

# Alcohol Programme

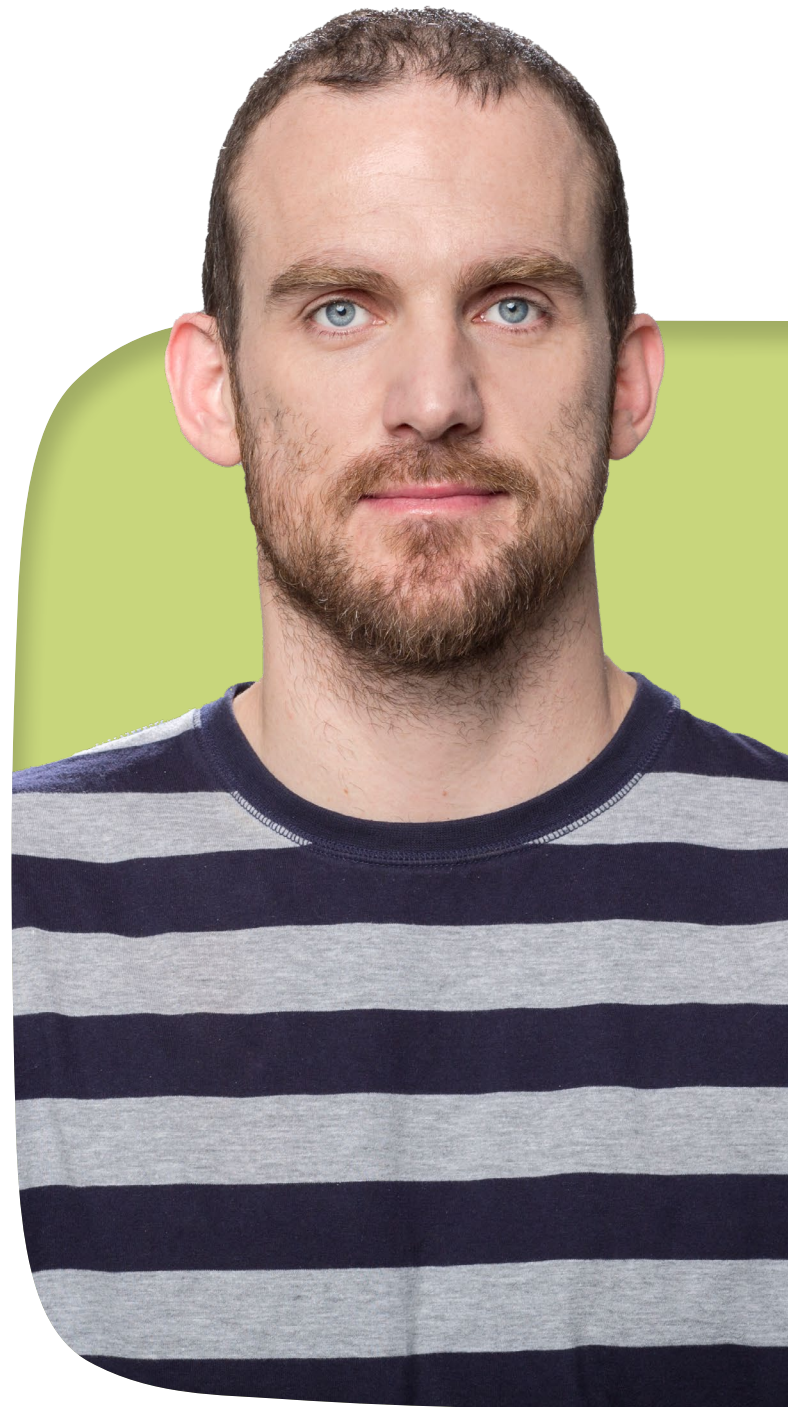
This programme from SilverCloud® by Amwell® is designed for adults engaging in excessive or harmful alcohol consumption who are at a precontemplation or contemplation stage of change. It is not designed for those with heavy or long-term problematic use.

The *Alcohol* programme was developed in partnership with Inclusion, part of Midlands Partnership NHS Foundation Trust.

## Therapeutic concepts

The *Alcohol* programme applies principles from Motivational Enhancement Therapy (MET), summarised in what is called the FRAMES model:<sup>1</sup>

- F** **Feedback:** Give feedback on the risks and negative consequences of alcohol use.
- R** **Responsibility:** Emphasize that the individual is responsible for making their own decision about alcohol use.
- A** **Advice:** Give straightforward advice on modifying alcohol use.
- M** **Menu of options:** Give menus of options to choose from, fostering the client's involvement in decision-making.
- E** **Empathy:** Be empathic, respectful, and non-judgemental.
- S** **Self-efficacy:** Express optimism that the individual can modify their alcohol use if they choose.



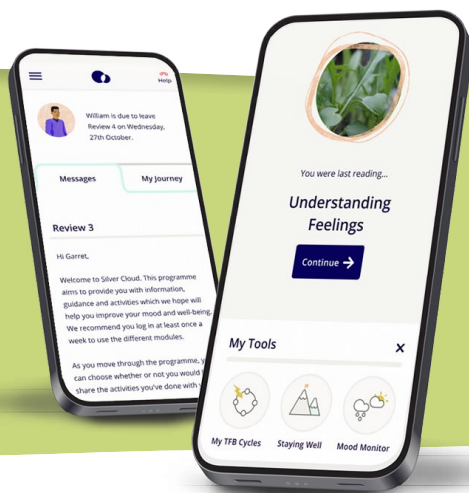
The programme also includes components of Cognitive Behavioural Therapy (CBT) and applies the Prochaska and DiClemente model of change to guide the target of the intervention to its intended population.<sup>2,3</sup>

The programme assumes that if individuals are progressing through the content, they may be moving toward contemplating or taking action. The programme accordingly supports individuals as they decide what the best course of action is for them.

## How it works

The *Alcohol* programme has been designed to be a brief intervention to help users identify a real or potential alcohol problem and motivate an individual to take appropriate action.

In keeping with the guiding principles of CBT, which endorse a structured outline and a goal-oriented focus, each module contains information, interactive tools and activities, homework suggestions and personal stories relating to alcohol use.<sup>4</sup>



## Summary of programme modules:

- **Alcohol & You** Provides education around alcohol consumption and helps the user to explore their relationship with alcohol. The user is also introduced to a Drink Diary tool to help monitor and understand drinking habits.
- **Considering Change** Encourages the user to reflect on the functions and patterns of their alcohol consumption, as well as what they may want to change about their relationship with alcohol.
- **Reducing Harm** Helps the user to understand and identify the harm that risky alcohol consumption can have and highlights potential harm reduction strategies.
- **Triggers & High-Risk Situations** The user identifies obstacles they may encounter when making changes to their relationship with alcohol, and is encouraged to create a plan to implement change.
- **Moving Forward** Prepares the user for coming to the end of the programme and focuses on helping them stay well in the future, highlighting the importance of social support and SMART goals.

The programme is available 24/7, allowing users to access content at a time that suits them. It can be accessed using a phone, tablet or computer and it can be tailored to suit the needs of the individual.

### References:

1. Miller, W. R., & Sanchez, V. C. (1994). Motivating young adults for treatment and lifestyle change.
2. Beck, J. S., & Beck, A. T. (2011). Cognitive behavior therapy. New York: Basics and beyond. Guilford Publication.
3. Prochaska, J. O., & DiClemente, C. C. (1986). Toward a comprehensive model of change. Treating addictive behaviors: Processes of change, 3-27.
4. Maerov, P. J. (2006). Demystifying CBT: Effective, easy-to-use treatment for depression and anxiety. Current Psychiatry, 5(8), 26

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