

# ALCOHOL & DRUG COUNSELLING SKILLS

This video demonstrates a range of general and drug counselling skills. It is an invaluable tool for generalist and drug workers who encounter clients with drug related problems in the course of their work.

This program features five counselling sessions with a young woman concerned about her cannabis use.

The interviews illustrate the following skills:

- General counselling skills - listening skills, empathy, use of questions, summarizing and reflecting feelings
- Assessment
- Motivational interviewing
- Problem solving and short-term goal setting
- Responding to relapse
- Termination issues

Time: 53 minutes

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## THERAPEUTIC JOURNEYS Exploring Choice

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SERIES ONE  
ALCOHOL  
& DRUG  
COUNSELLING  
SKILLS

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