

The preparation group is a 3 session psychosocial educational programme that has been designed for you to gain the most effective start to looking at your alcohol use. The groups will be a relaxed and informative place where you can find out more about alcohol, its effect on you and begin to think about how you may wish to change your use of alcohol.

The preparation group is based upon the 'Cycle of Change' which was originally published in 1984 by two psychologists (Prochaska and DiClemente). The cycle of change model is recognised as a way in which many people have successfully worked through changes in their lives.

In the model, change is seen as a movement through a series of five stages from Precontemplation where you are not thinking about change, through to Contemplation, Preparation, Action and onto a Maintenance stage, where you work to maintain long-term change. We strongly recommend that everyone attends these sessions where possible.

We have planned these three educational sessions to support you in making the most effective plans for your future.

WORKSHOP 1: Alcohol and Units

- Alcohol Myths – Demonstrating that a number of myths are untrue.
- To examine the reasons people drink alcohol.
- Units
- Sensible drinking – what does this mean for you?

WORKSHOP 2: Alcohol & the body

- Alcohol and you
- Alcohol Myths – Demonstrating that a number of myths are untrue.
- Knowledge about how alcohol enters and leaves the body
- Alcohol Quiz

WORKSHOP 3: Motivation & Awareness Raising

- Increase understanding of the good and bad points of drinking alcohol.
- Cost Benefit Analysis
- Who does it affect? Recognise that consequences can affect others as well as yourself
- To assess stage of change – Consider where you are in the stage.

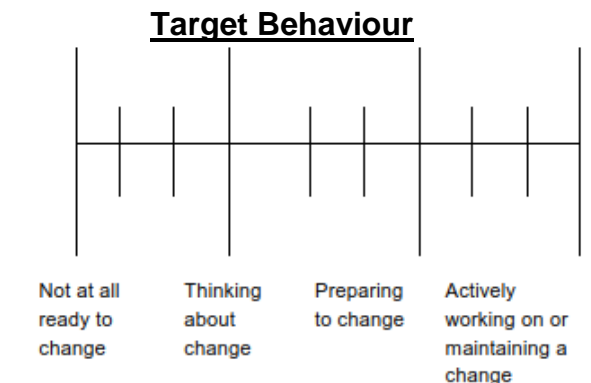
Readiness Ruler

Before starting the programme you may find it useful to ask yourself a couple of questions.

What behaviour do I want to change?

How ready am I, at the present time, to make that change?

If you think you are ready to try and make a change write out a description of the behaviour you want to change. Try and be more exact than just saying 'drinking' e.g. change my daytime drinking, drinking when I am angry, stop drinking for a length of time or forever?



Make a mark on the line at the point that most closely expresses your answer to the question, 'How ready am I to change?' We will ask you to ask yourself this question again, as the programme continues.

Group Boundaries

We know that people may be uncertain or nervous about being in a group setting, and it may be useful to consider that most people attending the group may be feeling the same.

We understand and appreciate that these concerns are by no means unusual. It is important that your rights to privacy are respected by group members. What we do ask is that you have an open mind and a willingness to participate in the group process. This is an educational group and you will not need to share any information with the group that you do not feel comfortable in doing so.

We expect all clients to be aware of and to abide by the following group rules:

1. Respect confidentiality.
2. You are not required to reveal things about yourself that you do not wish to.
3. Non-judgemental acceptance of others.
4. Valuing the importance of the group.
5. Recognising the available support in the group.
6. Respecting others (using constructive criticism, no 'name calling')
7. Do not attend under the influence of alcohol or other drugs.
8. No smoking is permitted in the building.
9. To attend groups on time.
10. To talk with their Keyworker or one of the group leaders if they have a problem that may affect their attendance in the group.

Contact details

Recovery Co-Ordinator Name:
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Telephone Number:
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Session 1:
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Session 2:
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Session 3:
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Time of Group: 10am – 12 Midday

Venue for Group: Walnut Lodge,
Walnut Road, Chelston, Torquay

TorbayAndSouthDevonFT

@TorbaySDevonNHS

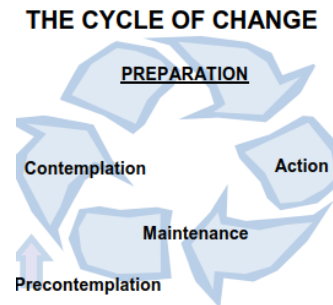
www.torbayandsouthdevon.nhs.uk/

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.

PATIENT INFORMATION

Preparation Group Leaflet

This is an educational group and not a therapy group.



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