



The DrinkWise workshops, from Alcohol Focus Scotland, are designed and run by experienced professionals who are highly regarded as the finest trainers in the alcohol support field. Our training is high quality and participant focused and we aim to be the best in Scotland at what we do. After the success of our recent workshop programme, we are pleased to announce the following workshops which will run at the end of summer.

Foetal Alcohol Spectrum Disorder (FASD)**Thursday 12th August — Trainer: John Marletta**

This workshop will seek to remove ignorance and uncertainty around the use of alcohol in pregnancy and allow recognition and management of the condition in children who are affected. It is specifically for workers who have a support role with clients considering or going through pregnancy, who have a history of alcohol use, and workers who are likely to be supporting children affected by the condition. The day will examine the recent reversal of health advice to would-be mothers from 'it's okay to have some drink' to advocating abstinence, and exploring how this message can be more effectively accepted.

Rory (half day workshop)**Tuesday 17th August — Trainer: Jane Wilson**

This workshop will further participants' knowledge and understanding of how best to use the Rory book and resource pack to effectively communicate emotional support and information when helping children affected by alcohol problems within the family home.

CBT Mindfulness & Relapse Prevention**Thursday 19th August — Trainer: Bridie McKenzie**

This workshop is based on Alan Marlatt's programme of mindfulness and relapse prevention. It will introduce participants to practical strategies to help them support people who are dealing with urges and cravings.

Breaking the Cycle - Alcohol in Families**Thursday 26th August — Trainer: John Marletta**

The focus on the individual service user with alcohol problems often neglects the role of their family in the conception and consequent sustainment of the alcohol problem. The shrugged acceptance of second or third generation problem drinkers to their 'inevitable' situation is what this workshop seeks to challenge. Through exploring possible sources of family traits (genograms) and coping strategies, we will attempt to break a cycle of alcohol problems from further developing.

Motivational Interviewing**Thursday 2nd September — Trainer: John McCormack**

Motivational Interviewing is an evidence-based approach to supporting behaviour change. The motivational interview helps the client develop the argument as to why they want to make changes. Integrated with an empathic counselling style, motivational interviewing can be a powerful catalyst for change. Respectful of the individual's autonomy, this approach links practice to the Cycle of Change model. This experiential workshop will cover both theory and practice. There will be NO stressful or embarrassing role play!

Telephone Counselling for Reception Staff**Tuesday 7 September — Trainer: John Marletta**

This workshop will teach participants about the effects of alcohol on problem drinkers and people affected by problem drinkers. It will seek to improve participants' communication skills when dealing with people with alcohol problems.

To book a place on any of the training workshops please call

0141 572 6703 or visit www.alcohol-focus-scotland.org.uk