



Example Case Histories

Reducing Alcohol Consumption

Example 1

Lady who is very sociable, has lots of social functions to attend, entertains at the weekend, and wishes she could drink less wine

Example 2

Gentleman who has been regularly social binge drinking, often to the point of collapse

Example 3

Gentleman who has been using alcohol as an escape following family trauma.

Example 1

Lady who is very sociable, has lots of social functions to attend, entertains at the weekend, and wishes she could drink less wine

Questions to ask:

Why do you do that?

What is preventing you from drinking less? Finds it hard to control her drinking.

Why do you want to drink less? Wants to feel more in control and health.

How much drink and how much less? Bit less, and a bit less often.

Does she drink when she is not with friends? No, it's always social.

What would it be like to attend social event and not drink? Boring. Going without.

How would it feel to be more in control? Good about herself.

Has this always been the case. Yes, as far as can remember.

Does she have a confidence issue? No.

Will she be bored or is she afraid of being boring?

Treatment Plan:

Goal Plan (Realistic one)

Parts Therapy/Control

Visualisation being social without alcohol/ Future progression

Fork in the road suggestions.

Alternating glass of wine with soft drink or spritzer.

Direct suggestion

Change beliefs/Library model/

Anchor to stop her drinking

Practical advice re effects and how she would be more in control without it.

Change Identity.

Focus on feeling good when making good choices.

Example 2

Gentleman who has been regularly social binge drinking, often to the point of collapse

Questions to ask:

Why do you do that?

What is preventing you from drinking less?

Why do you want to drink less? Wants to feel more in control and health.

How much drink and how much less?

Does he drink when she is not with friends?.

What would it be like to attend social event and not drink?

How would it feel to be more in control? Good about herself.

Has this always been the case.

Does he have a confidence issue?

Will he be bored or is she afraid of being boring?

Family history?

Does he socialise and not binge?

What do you feel like AFTER you've been over-drinking?

What makes him decide to have another drink? Keeps going until he reaches the desired state?

What is the desired state? Carefree.

What does carefree mean? No responsibility. Irresponsible.

What is the reason/belief for his disappointment? Family history of him feeling like a disappointment - self and from others.

Treatment Plan:

Break the cycle of drink = disappointment = drink

Complete Stop on alcohol for a while.

Regression to root of disappointment

Parts

Swish away the drink.

Inner child therapy.

Identity shift.

Example 3

Gentleman who has been using alcohol as an escape following family trauma.

Questions to ask:

What was the trauma and when?

1 health incident that scared him - symptomising.

Is blame attached?

Did he get to say goodbye?

Treatment Plan:

Rewind to before the trauma.

Interactive Visualisation Saying Goodbye To His Daughter.