

Utt. #	P or C	Content of Utterance	Code
		<b>Green Change Talk</b> <b>Red Sustain Talk</b>	
1	P	So good morning, Mr. Dowd. How's it going?	Q
2	C	I'm fine, doc. I just need to get outta here. I'm not gonna hurt no one.	
3	P	I hear you. Okay. So we'll work on that. We'll get you out, um, pretty quickly.	GI
4	C	Good. I don't belong in this place. Gives me the creeps.	
5	P	Okay. I just need to ask you a few questions and then we can get you on your way. I did hear about your situation from the resident.	GI
6	C	Okay, good. <b>Cuz I already told the doctor everything and, and no lectures on drinking. I'm an alcoholic. I know it. I like my life and I'm not gonna change it.</b>	
7	P	All right. I'm hearing you and I, I hear that it's, um, a good thing in your life. There's um, there's stuff that it brings you and you don't feel ready or interested in changing at all.	CR
8	C	<b>That's, that's right. I, I work hard, so sometimes I drink at night a little bit or a little more on the weekends. My wife and I like to have a good time, but no harm done.</b>	
9	P	Okay. I got it. I got it. You, I, I know you're working, I know you work hard and you, you're married and things are, are okay. And the alcohol is just something that you do, you, you and your wife do, and it's not something you wanna change and you don't want any of these lectures that doctors sometimes give.	CR
10	C	You got it.	
11	P	Okay. So I hear about all the the good things that, about the alcohol that you like and what it adds to your life. I'm curious what things, if any, that are not so good on that, about the alcohol?	Q
12	C	Uh, <b>nothing really.</b> Um, I, <b>I was hospitalized last year for pancreatitis. Which did suck, uh, and hurt like hell. Uh, they also told me my, my liver tests were high and the, the medical guy last night said they were worse. So I, I guess that's not so good.</b>	
13	P	And what's not so good about that?	Q
14	C	<b>Well, it's not so good that the alcohol is wrecking my liver. I, I know it could, I know it will, uh, get, get worse.</b>	
	P	And then what?	Q
		<b>Uh, well, one day my liver could shut down.</b>	
15	P	And then what happens?	Q
16	C	<b>Well, uh, a liver transplant might help, but I don't think they'd give me one with my drinking, so I'd probably die.</b>	

17	P	So let me make sure that I am getting you right cuz I'm hearing some different things. You, the drinking and the alcohol is there in your life. It's a good thing. It's, it's a big thing. It's important. You enjoy it, you don't wanna do any changes. But now I'm hearing that there's this other thing, the liver thing and um, maybe that'll wind up killing you.	CR
18	C	Well, I'm not ready to die if that's what you're asking. And like I said, I like my life.	
19	P	So I hear those, like I said, those two things. And I'm just trying to ask you to help me understand the alcohol not changing, um, the things you enjoy about it. And then now you are telling me that you understand this thing about your liver and that could mess you up big time. I mean, it could kill you	CR
20	C	Look, doctor, don't get me wrong. I know that I'm gonna have to stop drinking. I'm just not ready to do that yet.	
21	P	Okay. I'm hearing that too. So it sounds like you, you, the liver does concern you and, and actually it sounds like, you know, somewhere in the back of your mind that it's, you're gonna have to stop and I guess what it is that I'm hearing to put it together is that, well, it's not gonna happen too soon. Maybe in five or 10 years down the line, that's when you'll stop.	CR
22	C	Are you kidding? No, no, no. I don't have that long. I'm gonna have to do something a lot sooner than that. Um, pro probably, probably this year, I think.	
23	P	Oh, okay. So something's gonna actually happen to need to change soon. Um, it, I can tell it's not something that you wanna do, but, um, and it's gonna be hard, I guess. I wonder if you're interested in getting some help with that?	CR Q
24	C	What kind of help and don't, don't tell me to go to a meeting. AA is not for me.	
25	P	Okay. No, not at all. I understand. So AA is great for some people, but it's not for everybody. We have this, uh, list. It's, um, I'll, I'll give it to you in a, in a, in a moment. It's, it's got community resources on it. Some, some, uh, low scale with low fees. Um, I wonder if you'd want to look at it with me and see if there's any place that's near you or might interest you.	GI Q PWP and Seek considered but did not meet the bar
26	C	Yeah. Okay. Okay. But I, I, I want to get outta here. Is this gonna take a long time?	
27	P	Well, we're almost done a, a minute or two. Um, here's the list and you can look at it with me. Is there any of these places you might like to think about going?	Q

28	C	Uh, let me see. I know this place, actually, I know someone who goes there. Uh, it's, it's not that far from me. And this other one is two or three miles.	
29	P	Well, actually, to this would be a big change for you to actually, you know, um, make a decision to go to one of these two places. Would, if you do make that decision, which one would work for you, you think?	EA
30	C	Um, I guess, I guess the, the closer one would be easier. Uh, when my buddy Frank just started there, he got a D U I, which he's not too happy about, but he, he says it's not that bad.	CT
31	P	Would, you wanna make a plan to actually go ahead with calling one of these places? Call this place like you said?	Q
32	C	Well, what, what do you, what do you mean plan?	
33	P	Well, plan would be, um, okay, this is the place I'm gonna call. I know somebody that goes there, um, when you'll call them and, um, what you'll ask them, that kind of thing.	GI
34	C	Sure. Yeah. Yeah. I, I think I should go ahead with this	
35	P	And so give me more specifics if you'd like. When would you do that? Call them and make that decision.	Q
36	C	Uh, well, today's Sunday, so they're closed. Um, I'll take this sheet with me and I'll call this one on, on Juniper Street tomorrow on my lunch break or, or maybe after work. Um, I'll tell my wife, she'll be okay with it.	
37	P	And what are you gonna actually ask for?	Q
38	C	I'm just gonna ask for help. Just cutting, cutting down. I'm not ready to stop, and I don't really think I need to.	
39	P	I'm, I'm hearing your plan now. You want to say it all back to me to make sure we're on the same page?	Q
40	C	Okay. Uh, tomorrow on my lunch break or, or after work, I'll call this center on Juniper Street and ask for appointment for help with cutting down alcohol.	
41	P	It sounds like a plan that's, um, important to you and one you're likely to follow through on?	Q (inflection)
42	C	I'm not crazy about it, but I'm gonna have to do something like this eventually.	
43	P	I'm curious, as I was thinking about your plan, like about how confident you feel like on a zero to 10 scale or a zero means, you know, what, if I, if I reflect on this, I'm pretty sure I'm not gonna do it on the other end of the scale is a 10 where, you know what the time for this is now, and I'm sure I'm gonna do it.	Q

44	C	I mean, I'll be honest with you, I know I'm gonna be going back and forth on this one, but it it is, it is important. Um, at least, at least a seven.	
45	P	I hear you. So I'm curious though, and we're getting, we're getting done here. I know you need to get home. Why would you say a seven rather than a six or a five.	Q
46	C	Well, I'm thinking if I'm able to cut down a bit now, I might have to stop drinking altogether and I can still save my liver.	
47	P	It sounds like a good solution for you. Tough. Really tough, but important at the same time. Good for you that you're, you know, taking this step at this time in your life. Would it be okay if, uh, we had somebody in the clinic call you on Tuesday or Wednesday to see how it's going with your plan?	CR Affirm Seek
48	C	Sure that, that'd be fine.	
49	P	All right. So I'll get that arranged on your way out. Anything else?	Q
50	C	No, no. Thanks, doc. I'm, I'm ready to get outta here.	
51	P	All right. Good luck to you. Call us back if you have any questions.	NC
52	C	Uh, will do.	
53	P	All right.	NC

## GLOBALS

CCT	4
SST	3
PAR	4
EMP	3

## Behavior Counts

Giving Information (GI)	4
Persuade (Persuade)	0
Persuade with Permission (Persuade with)	0
Question (Q)	16

Mr. Doud transcript

P = provider, C = client

Simple Reflection (SR)	0
Complex Reflection (CR)	6
Affirm (AF)	1
Seeking Collaboration (Seek)	1
Emphasizing Autonomy (Emphasize)	1
Confront (Confront)	0