

Contents

1	Introduction	1
2	Theoretical Background	3
2.1	Risky Alcohol Consumption Among Adolescents.....	5
2.1.1	Consumption and Distribution	5
2.1.2	Minors with Acute Alcohol Intoxication	6
2.2	Risks and Consequences.....	7
2.3	Consumption Motives and Consumer Expectations.....	8
2.4	Models of Adolescent Alcohol Consumption	10
2.4.1	Motivational Model of Alcohol Use	10
2.4.2	Social Reaction Model of Adolescent Health Risk.....	12
2.4.3	The Dual Process Model of Adolescent Risk Behaviour.....	13
2.5	Risk and Protective Factors for Later Harm from Alcohol Consumption.....	14
2.6	Recognition of Risky Alcohol Consumption.....	15
2.7	Effectiveness of Brief Motivational Interventions.....	17
2.8	Motivational Interviewing According to Miller and Rollnick	18
2.8.1	The Basic Therapeutic Attitude in MI	20
2.8.2	The 4-Process Model of Motivational Interviewing	22
2.8.3	OARS	24
2.8.4	Dealing with Sustain Talk and Dissonance in the Counsellor-Client Relationship.....	25
2.8.5	Dealing with Young People Without Ambivalence.....	27
2.9	The Transtheoretical Model of Change According to Prochaska and DiClemente	29
2.10	Stages of Readiness for Change and Therapeutic Behaviour	31
2.11	The Components of the Brief Motivational Intervention According to Spirito et al. (2004).....	32
2.12	Differentiation of Motivational Interviewing from Other Therapeutic Approaches	33
3	The HaLT Hamburg Study	35
3.1	Background	36
3.2	Development of the HaLT Hamburg Intervention	36
3.3	Study Design.....	37
3.3.1	Measuring Instruments.....	38
3.3.2	Statistical Analyses.....	39
3.4	Evaluation Results.....	39
3.4.1	Who Does HaLT-Hamburg Reach? Description of the Sample	39
3.4.2	Effectiveness of Brief Motivational Intervention at the Bedside.....	40
3.4.3	Positive Appreciation by the Counsellor Promotes Readiness to Change	43
3.4.4	Process Evaluation: The HaLT-Hamburg Project from the Counsellors' Point of View	43
3.4.5	The HaLT-Hamburg Project from the Perspective of Hospital Staff and Chief Physicians.....	44

3.4.6	Assessment of Therapeutic Relationship Behaviour from the Perspective of the Study Participants	45
3.5	Conclusion	46
4	Practice	49
4.1	Practical Implementation of the HaLT Hamburg Intervention	50
4.1.1	Target Group	50
4.1.2	Qualifications of the Counsellors	50
4.1.3	General Conditions	50
4.1.4	Procedure	51
4.1.5	Preparations	52
4.2	Objectives of the Brief Motivational Intervention for Adolescents	52
4.3	Goals of the Parent Intervention	53
4.4	Implementation of the Brief Motivational Intervention	54
4.4.1	Welcome and Presentation of the Project	54
4.4.2	Brief Motivational Intervention for Adolescents	57
4.5	Parental Interview	68
4.5.1	Recognition	69
4.5.2	Understanding	70
4.5.3	Support	71
4.6	Final Discussion	72
4.7	HaLT-Hamburg Discussion Documentation	73
5	Materials and Further Literature	75
5.1	Materials for the Implementation of the Intervention	76
	Further Reading	104
	Supplementary Information	
	Literature	106
	Index	111