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Why do we drink?

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Excessive alcohol consumption can lead to different health related, psychological and socioeconomic problems. As family doctors it is our job to screen people's alcohol consumption, inform them about the health risks related to excessive alcohol consumption and help them drink less or quit for good. But how often do we ask ourselves why do we drink? Why do our patients drink? Understanding why we consume alcohol can help us as doctors understand our patients better and help people to be healthier. We can also use this knowledge to influence the health policy in our countries to create an environment which supports better choices.

The session will start with group work, each group will get a sentence to finish or a question to answer; for example "Alcohol makes people feel...", "Why people drink?", "in which occasions people drink?" etc. in the next part there will be a short presentation about the psychology of drinking and the theory of planned behavior. At the end of this session we will practice on each others using motivational interviewing how to talk with our patients about alcohol consumption, how to find out the reasons why they drink and their motivation to change their behaviour.