

Utt. #	P or C	Content of Utterance	Code
1	P	Hi Denise, thanks for coming in today	
2	C	Well, yeah, the doctor thought it would be a good idea – I'm not, I don't know but	
3	P	Yeah your doctor spoke with me and I'm wondering if it would be ok with you if I share some of the information that he talked about	
4	C	Well yeah, I guess, I mean he talked to me too but I guess, yeah, what did he tell you?	
5	P	Sure, well why don't we make sure we're on the same page. So he indicated to me that he's a little bit concerned about how much you're drinking and thought it might be helpful if you and I just talk a little bit and see what's been going on. Does that work for you?	
6	C	Well yeah, I mean you know it's not, it's not really, I don't believe it's the drinking that's really the problem, it's my, you know, I'm having some stomach problems.	
7	P	Right right. So you don't see the drinking as the cause of all this. You think, you know, you're having this stomach issue and the drinking's not really related.	
8	C	Yeah, I actually think that it's probably more related to both the stress that I have going on and what I've been eating. And you know I think there must be something that I'm eating... I know other people who had that kind of problem and you know rather than the drinking, cause I just don't drink that much	
9	P	Right, right, well I'm not a medical doctor, you know, I don't know all the ins and outs but if it's ok with can I talk to you a little bit about what he shared specifically in terms of how much you were drinking and then some norms, people in terms of their drinking – how much they drink- would that be okay if we talk about that for a moment?	
10	C	Okay	
11	P	Okay, so your doctor indicated to me that he's pretty worried actually about your drinking and what he said to me was that it looks like you might be drinking about six drinks a day, and that, you know, some of the assessments you filled out - it looks like about six drinks a day. Now, do you remember talking to him about this or that's what you *( inaudible) in terms of your drinking	
12	C	Well, you know, I mean, I'm drink – you know, I'm not, I don't know, he asked me about how much you know and I, you know, pretty much said I kinda have a, you know, usually have a bottle of wine every day. But I, you know, I don't, he didn't ask me, he didn't say anything about six I mean I just, you know, it's just like one bottle	
13	P	Right, so he didn't talk to you about specific numbers, so this is a little bit	

		surprising	
14	C	yeah	
15	P	Yeah so, I don't, (*inaudible) is about six drinks a day and that often presents some health problems for folks. There's something called the...these guidelines that NIAAA, which is just organization has, in terms in how much people should drink. I don't know if you've heard of these or if you are familiar with them at all.	
16	C	No	
17	P	No, okay, so what they recommend is that women in particular drink no more than one drink per day and seven drinks per week. Does that, how does that fit with your current drinking right now?	
18	C	Well, I guess if I counted one bottle as one drink, I'd be fine.	
19	P	Right.	
20	C	But I don't know what if, I don't even know, what that means if he's saying six and I'm you know, what, I don't know how much wine that is	
21	P	Right so your numbers don't necessarily match up with his. Well, I mean I can tell you that regardless of the exact numbers you know I think his concern is that your drinking is quite a bit more than what is recommended and you know six drinks per day or four drinks per day, it doesn't really matter how much, it puts, generally puts people at risk for a number of health problems, sometimes legal problems, social problems and so I think that's why he wanted me to talk with you a bit.	
22	C	Well I can't see having any worries about legal problems or anything cause I'm not driving anywhere. I do it at home and, you know, I don't see any, you know, I'm not having problems with my family or anything other than my, you know, I'm having stress related to my teenagers. I've got one that's really acting up and it's causing me a lot of stress so you know I know I'm drinking more than I used to drink but you know or did a coupla years ago but it's just because there's so much stress	
23	P	It doesn't really fit with you, you don't really see yourself as having a drinking problem	
24	C	No, I don't see it as a problem. I guess if it's causing, if it has to do with my, you know, stomach – I am really worried about what's going on with my stomach cause it's pretty painful	
22	P	Right so it could be related to your stomach problems, I'm not sure but it definitely, you know, that much alcohol could be contributing to some problems with your stomach	
26	C	Yeah, I guess, I mean I you know I mean I do know that I shouldn't be drinking a bottle of wine every day. I mean I do know that that's more than is, you know, that's not good for me	
27	P	Right right. You can see the problems that might cause or even has caused drinking at that level	
28	C	I don't know, it's really hard to imagine, you know, not being able to. I	

		mean I should be able to just, I should be able to reduce that I guess but it's hard for me to imagine not being able to, to do it, you know I mean it's just, otherwise the anxiety's just gonna bowl me over, you know	
29	P	Right right. Drinking is...so it's something that you do in a lot of ways to cope with some of the stress you've got going on. And it sounds like you're working really hard and you have a lot going on with your kids and that you're trying to be the best mom that you can be to them and drinking has made a lot of that easier for you	
30	C	Yeah, yeah, I mean it has made things easier for me, well, I mean I really, you know and my husband and I we have to sit down and try and figure out every night, you know, what are we gonna do now cause this is with the situation, you know, and how are we gonna deal with this and you know it just makes it a lot easier - he has a hard time talking about that stuff and we disagree about a lot of it so, you know, so if we sit down with a coupla glasses of wine it really helps	
31	P	Right. Right. No, that makes a lot of sense. You have a lot going on and that's been a way for you to cope and I can see that. So on the one hand, you know, drinking is – you're worried about what it's doing to your stomach and you're worried about the possible health consequences of it. On the other hand it's a big part of your life and helping you get through some difficult times.	
32	C	Yeah, yeah I mean I, you know, I don't know...otherwise, you know, I'm afraid I might have to do something drastic to my kid, you know.	
33	P	Mmm hmm. Yeah, things might get pretty bad.	
34	C	Yeah	
35	P	With him, yeah. Well, would it be all right if I give you, you know, some ideas about how to possibly cut back on your drinking?	
36	C	Well yeah I guess	
37	P	So it sounds like you're drinking anywhere from 4 to 6 drinks a night and really we don't want people drinking more than a glass of wine, so really you shouldn't be drinking more than a glass of wine a day or more than 7 drinks a week. So, you know, there's lots of ways people can cut back, but what does that, how does that sound to you?	
38	C	Wow, I mean that you know I mean I have a glass of wine when I'm fixing dinner, you know like, and that would be if I had to stop there then you know I wouldn't even get to have it with my meal	
39	P	Right right. It's a big change for you potentially	
40	C	Yeah. I can't see going down to one. That doesn't, I don't see that	
41	P	Okay. What seems like a reasonable number for you?	
42	C	Well, maybe you know, I mean it seems like if I went, you know it might be reasonable to go down to half of the bottle, like maybe two drinks	
43	P	Mmm hmm	
44	C	Or maybe a little over two. That'd get me through dinner.	

45	P	Right. So making some changes seems like it would work for you but you're not willing to cut back all the way to one	
46	C	No, I'm – I can't see doing that. I guess, you know, it should help my stomach, though, if I cut back even a little bit, shouldn't it, if it really is doing, if it's causing some of the problem?	
47	P	Yeah, I mean cutting back is always better, right? And you know I think your doctor was pretty firm that he would really like you to cut back possibly, what he said to me is "I'll take a third" cause he's worried your continued drinking affecting your stomach and that what he thought was going on was that it was kind of tearing up the lining of your stomach so that any alcohol, caffeine, coffee that kind of thing, that could all potentially cause you problems. But it sounds like that doesn't, like it's not going to work. That you're not willing to cut back to one or you know, quit drinking altogether	
48	C	Wow. Yeah, coffee too? Man he didn't talk to me about that	
49	P	It's a lot to go through at once. And yeah, I think he was worried about taking away it all for you at once, but you know...	
50	C	Maybe he'll take my kids	
51	P	*(Inaudible) if he took the children from you	
52	C	At least if he dealt with the problems we're having now with the one that's really rebelling, and acting out and going out and running off and uh...	
53	P	Well what are activities you could do that would help you to relax? You know sometimes I have patients who find other things or other ways to relax and they start doing those at about the time they started drinking or beforehand and that helps them, you know, have something else to occupy their time when they would typically start drinking. So that might be something for you to consider.	
54	C	Well, I you know when I get home though I mean I have to cook dinner. I can't not cook dinner	
55	P	Mmm hmm	
56	C	You know and I mean and that you know it's not that its not I mean, I don't mind cooking dinner but it you know I can't go off and take the time to myself and take a bath or whatever because I gotta cook dinner	
57	P	Right right. So cooking dinner is really what's most important here for you	
58	C	Well, I mean that's part of my responsibility, right, that's what I do, I'm responsible to feed my family	
59	P	Mmm hmm.	
60	C	And umm, you know...	
61	P	It sounds like you really value being a good mother, and being a good role model for your family and that you're holding people together right now.	
62	C	Yeah, I doubt it. I'm not sure they see it that way	
63	P	I guess I worry a little bit about you not taking care of yourself and that you are not necessarily putting yourself in the best position to take care of	

		them	
64	C	Well I mean I do I am feeding them and I am taking care of them. I run them around I do all the things I'm supposed to do to take care of them, so, you know, I mean I guess if I really got sick then I wouldn't be able to do it, but I've been able to work through, you know how we women we have to work through everything. You don't get to be sick	
65	P	No (*inaudible) and you're doing a great job of it and it's sounds like you have an important role in your family. It also sounds like you have a lot going on and that, you know, there might be other ways to deal with some of the stress other than relying on the drinking. But this again, it has to be your choice. You know, I can tell you that, you know, your doctor does think that some of these stomach problems may be linked back to the drinking, but you know what I'm not a medical provider and you know, I think ultimately you're the one that gets to make the decision about how you proceed with things.	
66	C	Well	
67	P	Why don't we talk about this maybe next week. Would you be willing to come in and talk to me a little bit more about it?	
68	C	Boy I don't know if I can get here next week but maybe two weeks I guess I could come in I guess. Next week I have a really busy schedule at work, I have a big project that I'm working on and I can't, I really can't do that. But I can come in the next week, I think I can probably work that out.	
69	P	Well, let's plan to speak then and maybe we can talk a little bit more about this if that's ok with you.	
70	C	Alright I'll think about it	
71	P	Alright, thank you	
72	C	Ok	