**Unit Date**

**Participant**

|  |  |  |
| --- | --- | --- |
| Please record information about how you have practised any of the skills / learning listed below during this unit. You will not be expected to cover all these skills within one skills practice. You may also include any other skill you feel you have used during the practice for this unit. | | |
| **Skill** |  | **Example /evidence** |
| **Open questions** |  |  |
| **Affirmations** |  |  |
| **Reflective statements** |  |  |
| **Understanding of different models of addiction** |  |  |
| **Fostering a collaborative atmosphere** |  |  |
| **Understanding motivation to change** |  |  |
| **Exploring ambivalence** |  |  |
| **Developing discrepancies** |  |  |
| **Responding to change talk** |  |  |
| **Assessment of alcohol problems** |  |  |
| **Skills to prevent and manage relapse** |  |  |
| **Other** |  |  |
| **Trainer summary**  Trainer’s comments on the development and learning of the trainee and what has been observed through the skills practice within this unit. | | |

Trainee signature

Trainer signature Date