

PRESENTING ISSUES

Daily alcohol use.

- Drinking up to two x 700ml bottles of wine and two x 375ml full strength beers daily over the past 6 months).
 - Nil consumption over the past week (cessation prompted by "near miss" single motor vehicle accident).
 - Was previously concealing extent of intake from partner.
- Has been experiencing symptoms consistent with alcohol withdrawal and this is currently under management by GP.
- Overall physical health has declined and experiencing sleep maintenance difficulties.

PREDISPOSING FACTORS

Early exposure to adverse childhood event through grief/loss of sibling.

- ?Perception of stillbirth as high-risk event

Family history of heavy paternal alcohol use (including role modelling of alcohol use).

Early adulthood experiences of alcohol as a coping response to relieve negative emotions ("chill out"), leading to positive expectancies of alcohol consumption.

PRECIPITATING FACTORS

Distal precipitant: Increase in stress associated with partner's pregnancy (especially the possibility of complications).



Proximal precipitant: Returning to the family environment, where care responsibilities and the health of the child are salient.

PERPETUATING FACTORS

Ongoing stress and worry about caring for (and health of) own child.

Positive expectancies regarding alcohol consumption, leading to overreliance on this as a coping behaviour.

Lack of alternative and adaptive coping skills.

Negative reinforcement provided from alcohol in relation to numbing difficult emotions. This increases the frequency of this behaviour as a maladaptive avoidance coping strategy.

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Neuroadaptation to alcohol (i.e. tolerance) resulting in increasing levels of use to obtain calming effect, and avoidance of withdrawal state.

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Decline in physical health and associated neurovegetative symptoms (e.g. concentration difficulties, fatigue, reduced appetite, sleeping difficulties). This reduces Rob's overall coping resources and encourages further alcohol use.

Concealment of drinking prevented early intervention through a lack of social support.

PROTECTIVE FACTORS

Has achieved over one week of remission with nil acute withdrawal complications.

Motivated to reduce alcohol intake due to "near miss" single vehicle car accident.

Engaged in treatment and presents with clear treatment goals.

Supportive partner (within limits).

Identifies with role of caring/hands-on father.

Supportive GP who is aware of alcohol use.

Employment, finances and accommodation are stable.