

Alcohol Brief Intervention training

How to deliver Identification and Brief Advice (IBA)

What?

- IBA is a simple but effective '*brief intervention*' for people whose alcohol use may be harmful to their health without them often realising.
- For smoking, 'brief advice' can also be effective for engaging smokers with stop smoking services.

Who is the training for?

- The training is suitable for health professionals or any front line roles in contact with people.
- The training is particularly suited to:
- GPs, practice nurses, HCAs, midwives, sexual health staff, health visitors, school nurses, A&E staff, youth workers, community safety roles and more.

Why?

- Around 25% of all adults drink at levels that could be placing their health or well-being at risk
- IBA helps to identify risky drinking before it becomes a more serious problem such as dependency – prevention is better than cure!
- Alcohol harm costs society around £35 billion each year!

Is it evidence-based?

Yes! There is a very large body of research evidence supporting alcohol brief interventions

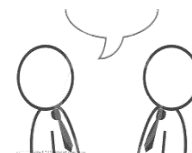
NICE recommends NHS professionals routinely carry out both wherever an opportunity presents

Course outcomes

By completing an IBA training course, participants will have developed an understanding of:

- A background to the way alcohol is used in UK society and the range of harms it can cause
- Understanding your role in IBA and smoking advice
- Delivery of IBA to reduce risky or harmful alcohol use
- Knowing how and when to refer someone to services
- Key engagement and motivational skills

Please note: The training is free to access but no-shows or cancellations within less than 48 hours of the session may result in a £50 fee to your service.



FREE half-day training workshops online:

Upcoming 2026 dates:

Wed 15th April - 9:30-1:30 pm

<https://www.eventbrite.co.uk/e/oxfordshire-alcohol-brief-intervention-training-tickets-1983384518486>

Thursday 21st May - 9:30-1:30 pm

<https://www.eventbrite.co.uk/e/oxfordshire-alcohol-brief-intervention-training-tickets-1983384600732>

Tuesday 9th June - 9:30-1:30 pm

<https://www.eventbrite.co.uk/e/oxfordshire-alcohol-brief-intervention-training-tickets-1983384689999>

Thursday 16th July - 9:30-1:30 pm

<https://www.eventbrite.co.uk/e/oxfordshire-alcohol-brief-intervention-training-tickets-1983384760209>

Your Trainer:



Dr James Morris

James has 20 years experience in the alcohol field and advised on brief intervention delivery for the World Health Organization and Department of Health. He is a Research Fellow at London South Bank University and host of 'The alcohol "problem" podcast'.

