

Individual interventions

All the above group methods can be adapted to work with on a one-to-one basis, where extra individual help is needed. For clients who require more intensive support, counselling using techniques such as motivational interviewing (MI) and cognitive behaviour therapy (CBT) can be used by those trained in these methods. Such techniques will not necessarily be appropriate for all clients and other methods of delivering healthy eating messages described previously may be more suitable.

MI is used in counselling individuals to help and support them in bringing about changes in their health behaviour, by helping them explore and resolve any ambivalence they may feel about making changes. These techniques were first developed for use in the drug and alcohol field, but have since been used successfully by professionals in other health-related fields to help clients bring about other lifestyle changes. To be effective, MI or CBT methods require the client to be moving towards a state of readiness to make changes in their lives. These interventions may therefore be most appropriate for those people who are already addressing their alcohol dependency and making positive changes in that area. Some drug and alcohol workers, dietitians, registered nutritionists and other health professionals may be trained in MI and/or CBT methods.

Recommended reading



1. Participatory Workshops by Robert Chambers
2. Health Behaviour Change by Stephen Rollnick, Pip Mason & Chris Butler
3. Changing Eating & Exercise Behaviour by Paula Hunt & Melvyn Hillsdon

Sources of Information



Organisations involved in producing this booklet

Council for the Homeless NI.

NI's umbrella organisation for the homelessness sector.

Good Food and Health.

Good Food & Health is a nutrition consultancy which provides a range of services to organisations, focusing on improving health through healthy eating.

Depaul Ireland.

Part of Depaul International, a group of charities working to support the homeless.

Eastern Drugs & Alcohol Coordination Team (EDACT).

EDACT is one of four Drug & Alcohol Co-Ordination Teams in NI. It is a multi-agency, cross-sectoral partnership with a remit for Drugs and Alcohol.

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www.edact.org
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