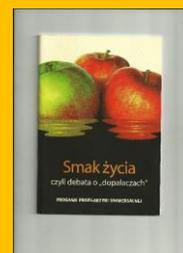
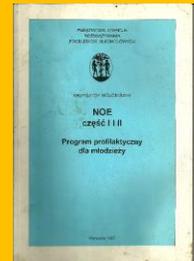
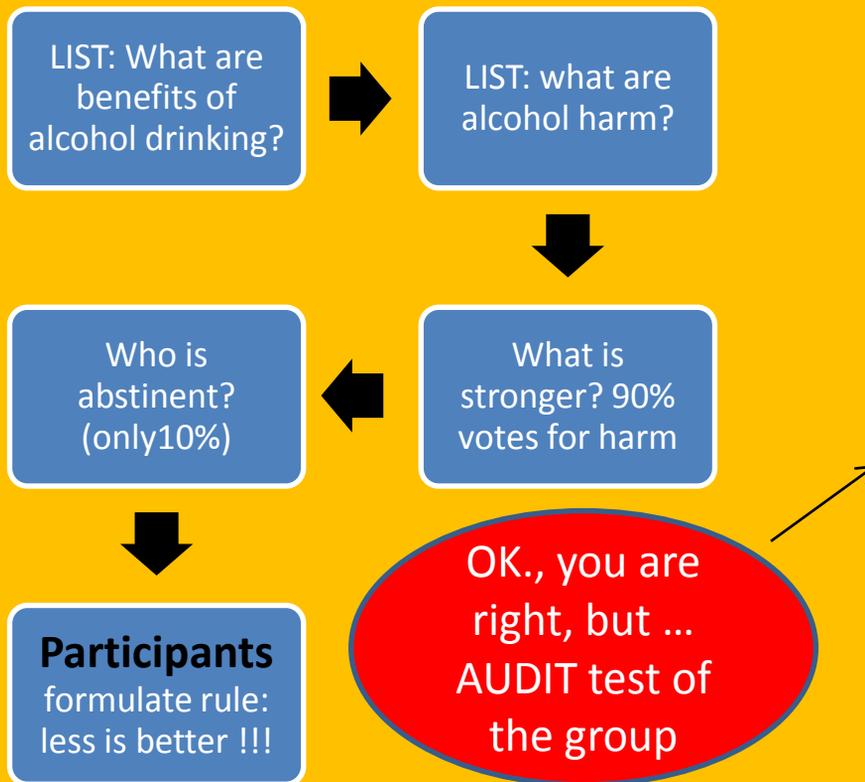




# BRIEF INTERVENTION FOR PREVENTION IN THE GROUP - THE POLISH EXPERIENCE

In the past 20 years in Poland used a large-scale original type of prevention activities tentatively called "brief intervention in the prophylaxis group." The distinguishing feature of these interventions were: short duration ( 15 minutes – 3 h), dynamic, attractive to the customer form, and sometimes simultaneous work with large groups ( n = 150 – 200 ), referring to the scientific basis of prevention activities in conjunction with the original anthropological base. These were the programs called: "Noah", "Preparing for the domestic prevention ", "Probe 21", "Debate", "Correction," "Barrier", "Taste of Life "(prevention of substance use – alcohol, "legal highs"). These programs attended annually by more than 200 thousands people: pupils, students and adults ( parents, workers, soldiers). In all uses the **original methodology based on the creative transformation of cognitive dissonance**. These programs have been subjected to formative evaluation, and some of them summarized assessment evaluation. The results of this evaluation are encouraging. It seems that this experience aims to develop a completely new type of intervention useful for the development of healthy cultural environment of modern societies in an efficient manner and ensuring an economically equal and wide access to large amounts of recipients with valuable prevention messages. **EXAMPLE:** intervention for soldiers is below ( Correction Program)



Essence of the method:

- Use the tension of cognitive dissonance by the reorientation of defending strategies used by clients ( changing communicates, damaging the source of communicate used for constructive change communicates).
- Do the didactic game of socratic kind ( maieutic / elenctic) with the group as a whole.
- Use the group mechanisms for changing normative believes.
- Rahter ask then tell the thesis – the most valuable communicates are formulated by the group.
- Use alcohol / drugs myths and stereotypes for didactic game. Be smart!
- Try to play with the group – have the fun.
- Stay with good contact ( bonds) with clients.
- Be the proper model for abstinence or temperance.
- Try to be very concrete and use personal experiences and knowledge of clients.
- Let them tell their story.
- Use examples from the common life and experiences.
- REMEMBER: THE CLIENT IS ENOUGH WISE TO FORMULATE PROPER PREVENTION COMMUNICATES – you can only provoke him by questions and debate in friendly atmosphere!

Short, effective, wide range interactive structural intervention are possible – effect? Wide range of prevention in the whole population of young people and adults. WORK WITH THE COGNITIVE DISSONANCE AS A RULE OF EACH SCHEDULE. All in the public domain. Nearly all were printed, one is in the internet library ( pdf). Used in the whole country – change cultural environment and customs.

