



Fit to Drive

1st International Traffic Expert Congress
Berlin from May 3rd – 5th 2006



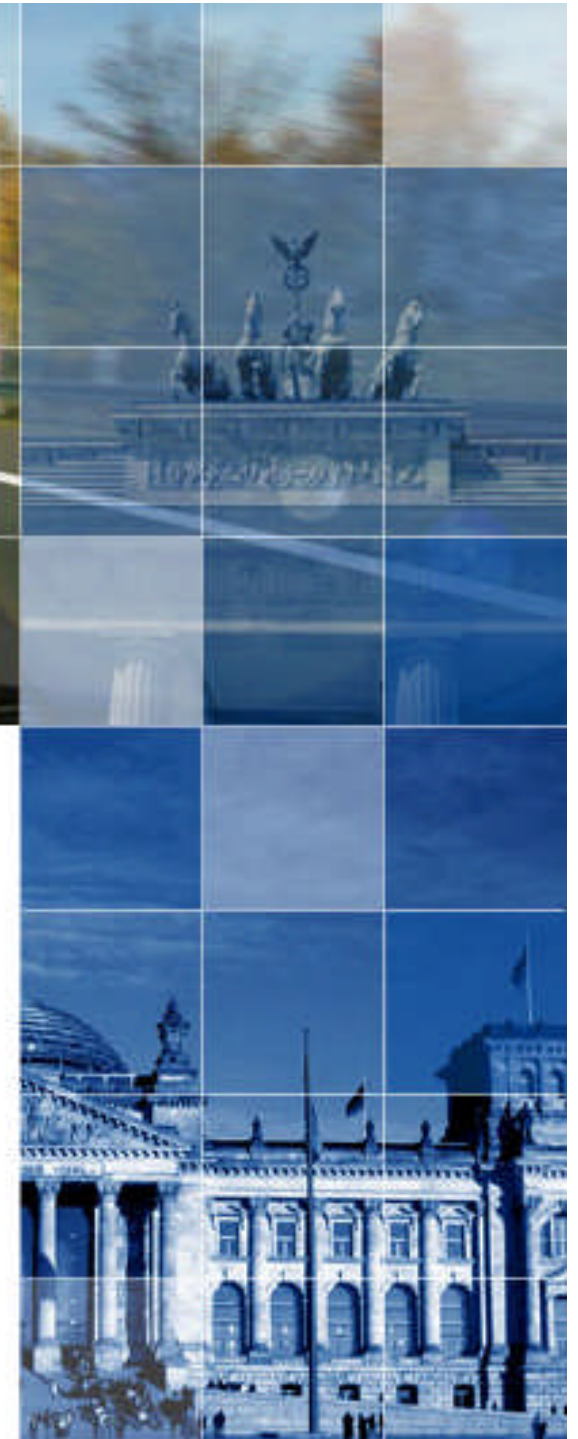
Welcome

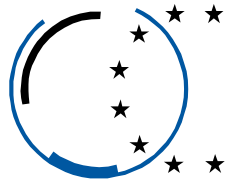
„Driver psychological counselling – first and essential step to restoring Driving Fitness“

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- **1. Driver psychological “track” counselling**
 - 1.1. On track after a driver’s license withdrawal
 - 1.2. Goals
 - 1.3. Basic conditions
 - 1.4. Principles
 - 1.5. Requirements for the counselor
 - 1.6.1. Spectrum of content – information
 - 1.6.2. Spectrum of content – brief intervention

- **2. First and essential step to restoring Driving Fitness**

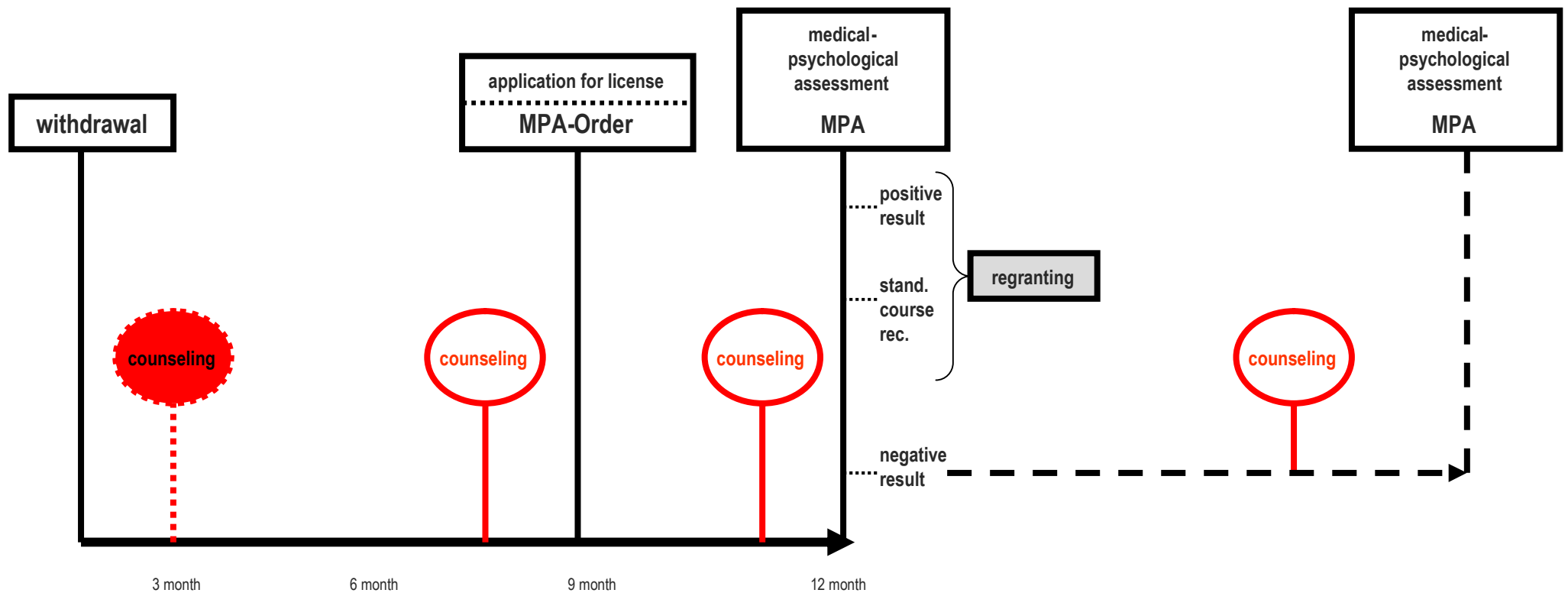


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1.1. On track after a driver's license withdrawal





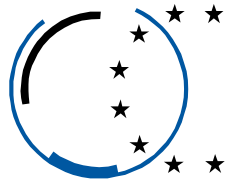
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- **1.2. Goals**

- Utilize time of withdrawal intelligently
- Initiate and support restoration of driving fitness as soon and as permanently as possible
 - Reinforce the client's acceptance of responsibility for the driving problem
 - Motivate him/her to reflect on own behaviour /attitude as a reason for the withdrawal
 - Encourage gaining insight into the problems that caused the withdrawal
- Initiate individually tailored measures smoothly



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- **1.3. Basic conditions**

- Participation voluntarily
- Without legal consequences
- Confidentiality pledge
- Strictly maintain a clear separation between counselor and certifier
- Performed by traffic psychology experts (usually experienced certifiers serve as counselors)
- Limited to one hour
- The client pays
- Upon request, participation by third parties such as relatives, attorney or therapist possible
- Cooperation with traffic or other therapists possible (may be questioned after release from confidentiality obligation)



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- **1.4. Principles**

- relate to the goals of the person and to the individual case
- inform expertly, understandably and comprehensively

- without value judgement
- with empathy

- focus on the events that were the cause of the withdrawal
- pointing out discrepancies and contradictions
- clear and understandable feedback

- strengthen belief and motivation in ability to change
- Encouraging further self-exploration

- individually tailored recommendations



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- **1.5. Requirements for the counselor**

- Diagnostic competence
- Methodical competence for motivating discussion leadership
- Problem-specific differentiated and current knowledge of the criteria for evaluating driving fitness
- Problem-specific differentiated and current knowledge of the restoration of driving fitness
- Extensive knowledge of administrative law procedures
- Comprehensive knowledge of regional and super-regional information- and intervention agencies



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- **1.6.1. Spectrum of content– information on**
 - administrative law procedures
 - procedures of medical-psychological assessment (MPA)
 - case-specific criteria for the medical-psychological assessment
 - appropriate time for a medical-psychological assessment
 - optionally necessary medical examinations or objective findings (e.g. proof of abstinence)
 - possibilities for further information and self-help (self-help manuals, websites, literature)
 - possible sources of expert help (traffic therapists, addiction held desks etc.)



• 1.6.2. Spectrum of content – brief intervention

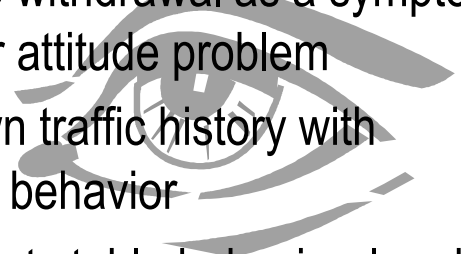
• From the “short term” perspective

- Driving fitness as number of kilometers driven
- Traffic offence as accident, bad luck, exception
- Driving fitness as technical and physical ability to drive
- Focus on the hurdle medical-psychological assessment
- Medical-psychological assessment as a further punishment



• To the beginning of a “long term” perspective

- Understanding of the withdrawal as a symptom of a behavioral and/or attitude problem
- Connecting one’s own traffic history with history of problematic behavior
- Developing permanent stable behavioral and attitude changes
- Restoring “life-long” driving fitness
- Medical-psychological assessment as a chance to prove restored driving fitness





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- **2. Driver psychological counseling as first and essential step on the “track”**

- A chance to gain early understanding of the present behavioral problem and the necessary attitude/behavior changes
- A chance to initiate and stabilize these changes
- A chance to choose one’s own ideal path back to fitness to drive
- A chance to earn long-lasting traffic-safe mobility as soon as possible
- A chance to get the license back as soon as possible
- A chance to prevent the development of drug abuse / addiction
- A chance to reduce financial und other consequences of the withdrawal
- A chance to avoid further offences such as driving without license



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