

## Motivational Interviewing Workshop

### Types of Reflections

#### Simple Reflections

**1. Repeat: Adds little or no meaning or emphasis to what the client said.**

Client: "I want to start taking my medication again."

Helper: "You want start taking your medication again."

**2. Rephrase: Slightly alter what a client says.**

Client: "I really want to start taking my medication again."

Helper: "Taking your medication is very important to you."

#### Complex Reflections

**3. Amplified: Reflect what the client has said in an exaggerated way (over or under). This encourages the client to argue less, and can elicit the other side of the client's ambivalence.**

Client: "I'm here because my girlfriend made me come here."

Helper: "That's the *only* reason why you're here."

**4. Come Alongside: Use just a bit of amplification to join with the person.**

Client: "I've tried this AA thing a million times and it doesn't work for me. How can other people with drinking problems tell *me* what to do? Plus, I just get *too* nervous. I get too scared to open up, then I just clam up. It's not for me."

Helper: "It really may be too difficult for you. AA is not the best fit for everyone, even though it's effective. Being a part of the group means making your contribution and it might not be worth the discomfort. Perhaps it's better to stay as-is."

**5. Double-sided: Reflect both sides of the client's ambivalence.**

Client: "I don't like what smoking crack does to my health, but it really reduces my stress."

Helper: "On the one hand, crack brings you relief, and on the other hand you're concerned about how smoking crack affects your health."

## **Complex Reflections**

### **6. Metaphor: Painting a picture that can clarify the client's position.**

Client: "I can't take too much more of this anxiety"

Helper: "You want to be in a better space."

### **7. Shifting Focus: Provide understanding for the client's situation and diffuse discord.**

Client: "What do you know about being in recovery? You probably never had a drug problem."

Helper: "It's hard to imagine how I could possibly understand."

### **8. Reframing: Putting another frame around the client's story.**

Client: "I've tried to quit drinking so many times and I always relapse."

Helper: "You are persistent, even in the face of discouragement. This change must be really important to you."

### **9. Agreeing with a Twist: The impact of a reframe may be increased by prefacing it with a reflection that sides with what the person is saying.**

a. Client: "I can't imagine myself not drinking. It's a part of who I am, it's how I escape, and it helps me get through the day."

b. Helper: "You can't live your life without drinking. It's such a part of who you are that you will keep drinking no matter what the cost."

### **10. Emphasize Personal Choice: Reflect the client's autonomy, control and ability to make his/her own decisions.**

a. Client: "I really want to stop smoking weed, but I'm not ready yet."

b. Helper: "Stopping is really important to you. You'll stop when you're ready."

### **11. Siding with the Negative: Landing on one side of the ambivalence elicits the other side of the client's ambivalence.**

a. Client: "My drinking isn't that bad."

b. Helper: "There's no reason for you to be concerned about your drinking."

## **Complex Reflections, continued**

### **12. Reflection of Feeling: The deepest form of reflection.**

- a. Client: "If I don't stop drinking, I won't be able to qualify for a transplant, and I could die."
- b. Helper: "You're worried that your drinking is a matter of life and death for you."