

- I. Intro:
 - a. Welcome to MI Skill Refresher
 - b. Mention last Skill refresher of Jeopardy and check in with MI skills. *Example: Since the last refresher what MI skills have you used? What was your take away from the last refresher?*
- II. Quick Review (10 minutes):
 - a. Today we are going to review reflections.
 - b. What are reflections? *Reflective listening (think of a holding a mirror to the person who is speaking and trying to determine “what are they trying to say by that” (from their own perspective not ours).*
 - i. *Reflect feelings, speech, facial expressions or behaviors*
 - ii. *Make a hypothesis*
 - iii. *Assess the deeper meaning*
 - iv. *Capture key elements*
 - v. *NO Swooping!*
 - c. What is their purpose? *Express accurate empathy (client feels that the counselor understands the issues from their perspective) and guide the client towards change*
 - d. What is the ratio for reflections? *2 reflections for every question*
 - e. What are the different levels of reflections?
 - i. *Simple*
 - 1. *Repeat – simply repeat what was said*
 - 2. *Rephrase – slightly reword but not add anything new*
 - ii. *Complex*
 - 1. *Paraphrasing – infer unspoken content; make hypothesis*
 - 2. *Reflection of feeling – infer emotional content*
 - iii. *Example: I’m never going to complete school anyway*
 - 1. *Repeat – You will never complete school.*
 - 2. *Rephrase – It seems impossible to complete school.*
 - 3. *Paraphrasing – School is difficult for you.*
 - 4. *Reflection of feeling – You feel overwhelmed with school, yet it is important for you to graduate.*
 - f. What are double sided reflections? *Capture both sides of a client’s ambivalence; may sure to reflect two sides of the client’s point of view and not your own*
 - g. What do we use double sided reflections? *To develop discrepancy (discover and amplify a discrepancy in the client’s perspective between the behavior and their broader goals and values)*
- III. Game:
 - a. You Tube video – Let’s Make a Deal “White Belt Rabbi” (just the intro)
 - b. Let’s Make a Deal theme song from You Tube
 - c. Practice micro skills today in a fun way. The game we have today is Let’s Make a Deal. As you can see there are several “packages” for you to choice from; some have prizes

some of zoink and some have MI activities in them. In the true spirit of Let's Make a Deal grab a costume. Before we get started we are going to number off so please remember your number. So who has a candy taped under their chair? You are the first contestant so Let's Make a Deal!

- i. Contestant 1 – pick between deal **1** (conversion sheets) (*convert these questions into a complex reflection – we will complete the first one together then we will break up into pairs- you have 3 minutes to complete – come together as the large group and review a few*) or deal **2** (DARNCAT (*how to identify change talk*)(*Desire, Ability, Reasons, Need, Commitment, Activating language, Taking steps*) - Contestant 1 picks a number from the bucket.
 - ii. Contestant 2 – pick deal **1, 2** or **3** (candy) – Contestant 2 picks a number from the bucket
 - iii. Contestant 3 – gets deal **1, 2,** or **3** that was left over – Contestant 3 picks a number from the bucket
 - iv. Contestant 4 – picks between deal **4** (OARS (open ended questions, affirmations, reflections or summary) and pass out candy) or deal **5** (batting practice) – Contestant 4 picks a number from the bucket
 - v. Contestant 5 – picks deal **4, 5** or **6** (EARS (responding to change talk) (Evoking, affirming, reflecting and summary) – Contestant 5 picks a number from the bucket
 - vi. Contestant 6 – gets deal **4,5** or **6** that was left over
- IV. Batting Practice (15 minutes): Since we are an advance group we are going to do double hitting which means the client will read the zinger, the PO will reply with a complex reflection, the client will respond and the PO will respond with an OAR then we will switch. So everyone up and let's line up.
- V. Debrief

<https://www.youtube.com/watch?v=JkBvogs2-Ok>

<https://www.youtube.com/user/LetsMakeADealCBS>