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 choose 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