

# CHAMP

## MI:OARS and Complex Reflections

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### Land Acknowledgment





*The University of Washington acknowledges the Coast Salish people of this land, the land which touches the shared waters of all Tribes and bands within the Suquamish, Tulalip and Muckleshoot nations.*

Photo Credit: Paul Barry  
<https://native-land.ca/>

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### CHECK IN

- Any questions or concerns about research activities?
- Topics for November and December?
- Anything else on your mind?

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## Motivational Interviewing Skills: OARS and Complex Reflections

Material Credit to Mandy D. Owens PhD, UW ADAI

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### Learning Objectives

By the end of this session, participants should be able to:

- Express familiarity with the following basic MI skills forward:
  - Open ended questions
  - Affirmations
  - Reflections
  - Summaries
- Have increased comfort in employing complex reflections to encourage change talk

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### Resistance is Natural

- Our pressure or directive stance to move a patient forward triggers resistance
  - Clients protect their freedom, maintaining the status quo and independence
- But the quality of the interaction can influence a patient's motivation
  - "You can influence what you can't control"

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## Not Wrestling with our Clients



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## But DANCING!



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## Tools to Do MI: OARS



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## The "O" in OARS



- Open-ended questions:  
Questions to which a person cannot reply just yes or no.
- Examples:  
What would life look like...?  
How do you understand this problem?  
How has that worked for you before?  
What goes through your mind?  
What's your understanding?



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## The "A" in OARS



- Affirmations  
Genuine recognitions about another person's strengths or values.
- Examples:  
I know this is really hard to talk about.  
You worked really hard...  
Wow, this is really important to you.  
Thank you for being here. I appreciate...



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## The "R" in OARS



- Reflections  
Statements that convey an understanding about what that person is saying.
- Examples:  
You mentioned that you'd like...  
You want to feel healthier.  
I'm hearing that...  
On the one hand... On the other...



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## The "S" in OARS



- Summaries  
Organizing a collection of thoughts or ideas elicited from a person and offering it back to them.
- Examples:  
If it's okay, I want to check in to make sure I'm understanding everything. You've mentioned you like using because of \_\_, but are worried about X, Y, and Z. (How does that sound?)



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## Reflections



- Simple: Mirror almost word-for-word



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## Reflections



- Simple: Mirror almost word-for-word
- Complex: Add something above what a person said
  - Add meaning
  - Add emotion
  - Double-sided
  - Amplified
  - Metaphor

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## Reflections



- Simple: Mirror almost word-for-word
- Complex: Add something above what a person said
  - **Add meaning:** *You didn't deserve that.*
  - Add emotion
  - Double-sided
  - Amplified
  - Metaphor

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## Reflections



- Simple: Mirror almost word-for-word
- Complex: Add something above what a person said
  - Add meaning
  - **Add emotion:** *You were really hurt by that.*
  - Double-sided
  - Amplified
  - Metaphor

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## Reflections



- Simple: Mirror almost word-for-word
- Complex: Add something above what a person said
  - Add meaning
  - Add emotion
  - **Double-sided:** *On the one hand meth helps you be productive, on the other hand it makes you really irritable.*
  - Amplified
  - Metaphor

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Reflections 

- Simple: Mirror almost word-for-word
- Complex: Add something above what a person said
  - Add meaning
  - Add emotion
  - Double-sided
  - **Amplified:** *There are positives to staying on bupe.*
  - Metaphor

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Reflections 

- Simple: Mirror almost word-for-word
- Complex: Add something above what a person said
  - Add meaning
  - Add emotion
  - Double-sided
  - Amplified
  - **Metaphor:** *Your chronic pain is like a rollercoaster.*

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Clinical Example 

Client:

- “I want to get off everything, but meth isn’t a problem.”


You:

- Closed question?
- Open-ended question?
- Simple reflection?
- Complex reflection?

Complex reflections:  
*Add meaning \* Add emotion \* Double-sided \* Amplified \* Metaphor*

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Clinical Example 

Client:

- “Sometimes the bupe isn’t enough.”


You:

- Closed question?
- Open-ended question?
- Simple reflection?
- Complex reflection?

Complex reflections:  
*Add meaning \* Add emotion \* Double-sided \* Amplified \* Metaphor*

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Clinical Example 

Client:

- “\_\_\_\_\_.”

You:


- Closed question?
- Open-ended question?
- Simple reflection?
- Complex reflection?

Complex reflections:  
*Add meaning \* Add emotion \* Double-sided \* Amplified \* Metaphor*

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Questions & Discussion



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THANK YOU FOR JOINING US TODAY!

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