

Catch the Change

A ball-tossing game for OARS and reflections

Time
20 to 30 minutes

Group
Threes, rotating

You need
Two marked balls, statements

Equipment

- A list of client statements with ambivalence, change talk or sustain talk (the group can write these together first)
- An **OARS ball**: a soft ball marked all over with O, A, R and S
- A **reflection ball**: a soft ball marked with types of reflection (simple, complex, double-sided, amplified...)

Key ideas

Change talk Anything the person says that leans toward a particular change.

OARS Open questions, Affirmations, Reflections, Summaries.

Reflection A statement that offers back the meaning, said or unsaid, of what the person just said.

How to play

There are three rotating roles: client, clinician and observer.

- 1 The **client** reads a statement and tosses the OARS ball to the clinician. The **clinician** responds with the skill under their thumb.
- 2 The client answers naturally, then tosses the reflection ball. The clinician responds with the type of reflection under their thumb.
- 3 The **observer** names any change talk they heard. The rest of the group can help.

This isn't a game of speed. Take a minute to find a response if you need it. The point is practicing on purpose, and catching the change talk.