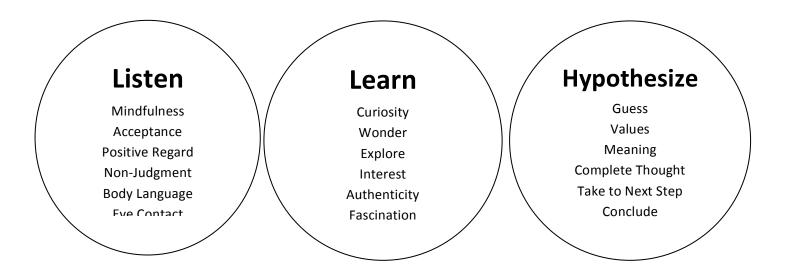
Anatomy of a Complex Reflection



Helpful Hints

Reflections are statements and not questions.

Stay away from "What I hear you say is..." and other overused phrases
Focus on change talk when reflecting



Complex Reflection -An interviewer reflection that adds additional or different meaning beyond what the client has just said; a guess as to what the client may have meant

Some Types of Reflections	
Simple Reflection	Repeating what client says with minimal changes in content or
	meaning.
Reflection of Meaning	Stating back essential meaning of what is being, or a guess at the
	meaning
Reflection of Observation	Stating back observations
Reflection of Feeling	Stating back feelings expressed, implied or observed
Reflection of Ambivalence	Stating back feelings of ambivalence and uncertainty
Reflection of Change Talk	Selectively Stating back change talk of a client
Double Sided Reflection	Stating the sustain talk then change talk, highlighting ambivalence

