

Motivational Interviewing Techniques

Paraphrasing Options

Simple reflection: demonstrating that you understand the meaning of the patient's statements

Amplified reflection: reflecting back what the patient has said in a more intense or extreme form so as to facilitate the patient taking the other side of the argument

Double-sided reflection:

you & patient already agree or are more likely to agree

Agreement with a twist: expressing your agreement with a part of what the patient has said, creating the appearance of being in the same place, however, you emphasize a difd.-0.2 (t)5p() 0