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Complex Reflections

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"Complex reflections, especially those that emphasise change talk, move the client forward, enhancing motivation for change."

Often, in order to say what's not yet been spoken, the practitioner must make a guess at the meaning behind the client's statement.

Complex reflections: types

- Complex: adds more or different meaning
- Double-sided: reverses statements containing change and sustain talk replacing 'but' with 'and'
- Amplified: gives back with greater intensity than the client originally mentioned
- Metaphor: a comparison between two things that are unrelated by share common characteristics

Epic practice: large group(s)

- Two groups

Epic practice: smaller groups

- Duos or triads

Live Demo

- Two groups

Questions, comments