



The Search for Gold Identifying Change Talk: Reflections

- Work in groups of 3 or 4
- Take turns being the client and reading a prompt.
- As a group, identify the Change Talk.
- Everyone respond using the 4 types of complex reflection

Here's what your client has to say:

"I know it's killing me, but I can't imagine ever giving up getting clean. Life is crazy. When I was sober a couple of years ago there was less going on. Now, the kids are driving me crazy and my husband is out of work again, but something's got to give."

"My mom used, my uncle used and I grew up with it. It's like my whole family's trapped in this cycle and I don't want my kids to be in the same boat. They deserve a better life. Kyle is so smart. He could go to college. Not like the rest of us, stuck in a dead-end job. I want to teach him a better way to live than this."

"I can't believe I lost my takehomes! It was only one slip up! You guys should understand that. These rules are so unfair. All I want is to get my takehomes back so I don't have to come here every day because I'm taking care of my sister's kids and, without transportation getting here is so hard."

"I only ever lost 10 lbs. with the Atkins Diet and they didn't even stay off. Losing weight is impossible! Believe me, I know. I've tried everything. I hate diets and I hate weighing so much. I look terrible. I just want the weight OFF!"

"It's tough being around my friends that drink. They are always offering to buy a round. You know, I have been clean and sober for the last 4 months and I'm proud of that, but it's not easy and sometimes I get afraid that I'll go back to my old ways."



Turning Change Talk into ~~Good~~ Goals

- Work in groups of 3 or 4
- Take turns being the client, worker and observer
- Choose one of the following interventions to expand on Change Talk and set a client-generated goal moving forward

Why Now?

Perfect for a rapid engagement, very brief intervention, asking why now things are different encourages Change Talk.

Reflect on the response and then ask: "What's the next step?"

Scaling Question: Importance

Using a two-part scaling question elicits change talk very quickly and is perfect for very brief interventions.

Part One: "On a scale of 0-10, where 0 is GOAL is not important at all and 10 is that GOAL is very important what number are you now?"

Example: Clinician: "On a scale of 0-10, where 0 is GOAL is not important at all and 10 is GOAL is VERY important to you what number are you now?"

Patient: "I guess I'm a 6."

Part Two: "Why aren't you a LOWER number?"

Example: Clinician: "Ok, you're a 6. Why aren't you a 2?"

Patient: "Well, I am trying to get more exercise and I've backed down to two Cokes a day. I used to drink at least 4. And I'm drinking water at my desk at work..."

*Clinician: "You've already made and **maintained** some important changes."*

Patients expect you to ask why they aren't a HIGHER number. Your question surprises them and helps them noticing and building upon existing resources and previous successes.

The Miracle Question

Ask the Miracle Question and reflect on the Change Talk that it evokes:

Part One: "Let's take a minute to use our imaginations. Suppose tonight you go home and go to sleep just like you usually do, but, without you knowing, overnight a miracle happens and this problem goes away.

"When you wake up in the morning what will be different?"

"How will you know the problem is gone?"

"What will other people notice?"

"What difference will it make?"

Part Two: Setting a goal "Given everything we've talked about what might be the next step?"
