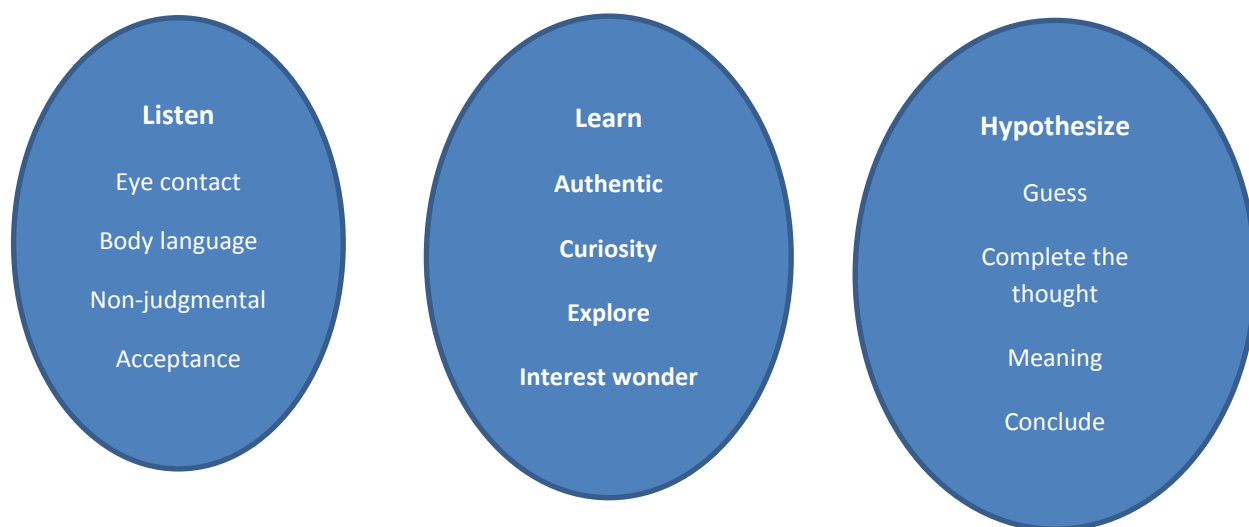


## Complex Reflections

**Reflections are statements not questions.**

**Focus on change talk when reflecting**



## Types of Reflections

Simple Reflection	Adds little or nothing to what the client said
Complex Reflection	Adds meaning or emphasis to what the client said
Amplified Reflection	Adds to the intensity of what the client said
Double-sided Reflection	Reflects both sides of the client's ambivalence
Come Along-side	Small amplification to join the client
Reframing	Offer a new positive interpretation of negative information the client provides
Metaphor	Create a picture that can clarify the client's position
Shifting Focus	Shifts focus away from barriers providing an opportunity to affirm client's personal choice