

## 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