



Traps to Engagement Skits

Skills:

- Understanding the Traps to Engagement and exploring ways to get out of the traps

Materials:

- Write up of traps to engagement (one per person)

Instructions:

1) SET UP: Each table community (TC) will be provided with a description of the traps to engagement. TC should identify one note taker, one presenter, one process facilitator, one content facilitator (discussion leader), 2 actors. The facilitator will assign each table at least 1 trap.

2) REVIEW AND DISCUSS: Tables are invited to read their traps independently and then discuss as a group. Some key discussion points are: 1) what is this trap, 2) how do you get out of it or avoid it, 3) what is an example from my practice.

3) PLAN THE SKIT: Ask each table begin planning their 2- min skit that demonstrates this trap. Facilitators should check in with each table to be sure that participants understand the task and have a good example for their skit

4) PRESENT: Each group will present their skit for 2 mins, the rest of the table is invited to guess which trap was being demonstrated. After the right trap is guessed, the facilitator can give a bit more info on that trap. Then the facilitator will ask participants for solutions for avoiding or escaping from that trap.

Motivation	Open Ended Question
Ambivalence	Reflection
Intrinsic	Double Sided Reflection
Extrinsic Motivation	Amplified Reflection
Change Talk	Complex Reflection
Sustain Talk	Values
Self Efficacy	Apologizing
Righting Reflex	Compassion
Discord	Evocation
Change Goal	Elicit
Acceptance	Partnership (Collaboration)
Autonomy	Equipoise
Affirmation	Guiding
Expert	Blaming
Confront/Deny	Question/Answer
Labeling	Premature Focus