

# Catch the Change



## Equipment Needed

1. List of statements with ambivalence, change talk or sustain talk (this can be created as a group activity prior to this activity).
2. 1 OARS Ball
3. 1 Reflection Ball

## Key Concepts

- **Change talk:** Any client speech that favors movement toward a particular *change goal*.
- **OARS:** An acronym for four basic client-centered communication skills: *Open question, Affirmation, Reflection, and Summary*.
- **Reflections (various types):** An interviewer statement intended to mirror meaning (explicit or implicit) of preceding client speech; see *simple reflection* and *complex reflection*

## Directions

**Overview:** For this game there will be three rotating roles: 1) client, 2) clinician and 3) observer. We will be using the statements (that we developed previously/that are on your handout/that are on the board) and practice responding with OARS and reflections. We will also be throwing balls.

**Step 1** - Person 1 will throw the OARS ball at person 1 (the clinician). At the same time that person 1 throws the ball, she will read one of the statements. Person 2 will catch the OARS ball. Person 2 will respond with an OARS skill that corresponds to the letter that the thumb is touching. (maybe review what each letter stands for with the group).

**Step 2** – Person 1 then responds to person 2’s OARS statement (in a natural manner), then throw the reflections ball. Person 2 then will catch the ball and respond with the type of reflection that her thumb lands on (maybe review some of the types of reflections).

**Step 3** – Person 3 will then identify any change talk that she heard during the interaction. The audience can also help identify change talk if needed.

**Other notes:** Sometimes when we play this game we take extra time to think about our responses and a response can take a few minutes to come up with – that is OK. This is not meant to be a game of speed, but rather a time to practice the use OARS and reflections intentionally. Be sure to focus on change talk as you construct your responses. This activity is called “catch the change,” and you need to pay special attention to and respond skillfully to any change talk you hear. Take your time and think of the best responses, keep in mind there are many ways to construct OARS skills and reflections. Any Questions?

**Demonstration of Activity for Group.**

