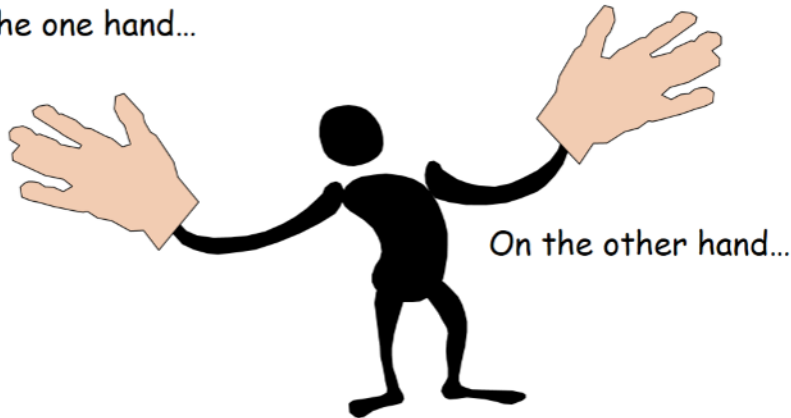


## SEPTEMBER TIP OF THE MONTH

Evidence Based Practice  
Skill found in Motivational  
Interviewing

### DOUBLE SIDED REFLECTIONS

On the one hand...



On the other hand...

#### **EXAMPLES:**

**Criminal Peers:** On one hand, you feel loyalty towards your friends and on the other hand, they do things that get you in trouble.

**Family:** On one hand, you value being there for your family and on the other hand, they demand too much from you.

**Emotion:** On one hand, punching a hole in the wall felt good and on the other hand, it scares the people you care about.

**AOD:** On one hand, you want to be sober and on the other hand, you remember the fun times when you used.

**Incorrect Use:** On one hand, you punched him and on the other hand, you wanted to kick him. (This example only looks at one side of the 'anger' issue).

A DOUBLE SIDED REFLECTION REFLECTS BOTH SIDES OF THE AMBIVALENCE. A STEM FOR DOUBLE SIDED REFLECTIONS IS, "ON THE ONE HAND... ON THE OTHER HAND..."

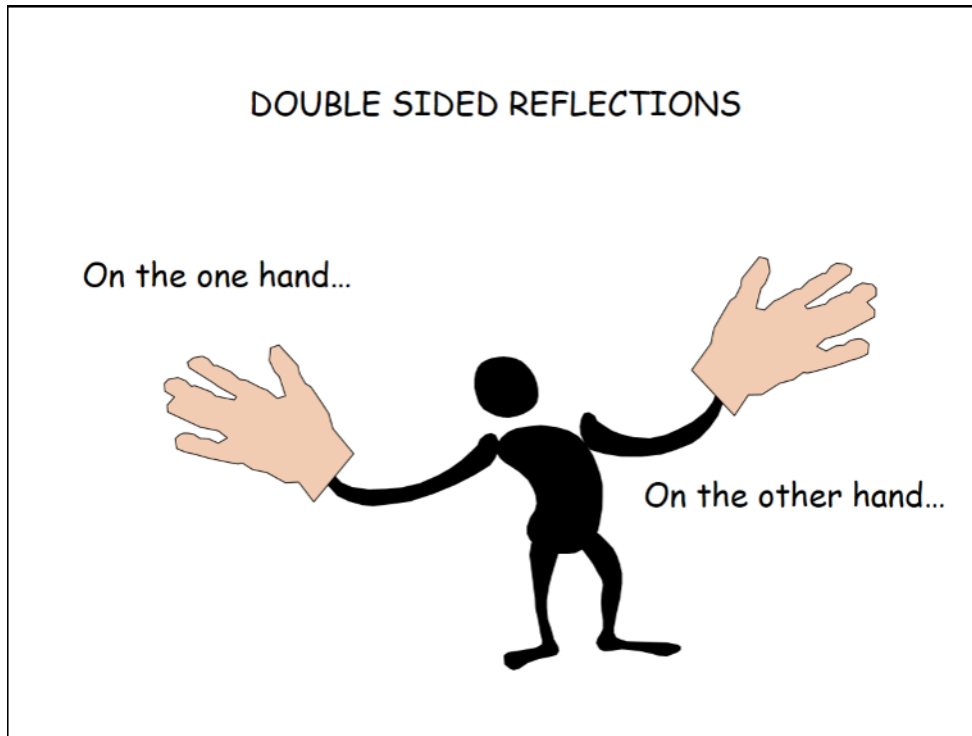
Some key elements to a double-sided reflection are:  
1) it is a reflection (a statement); 2) that reflects BOTH sides of the ambivalence, discrepancy, or issue.

This is a useful skill for: 1) working with ambivalence, 2) dealing with resistance, and 3) highlighting a discrepancy with words vs. behavior, goals vs. behavior, and thoughts vs. actions.

#### DID YOU KNOW?

Double-Sided Reflection is one of three Reflections used in dealing with Resistance. Can you name the others?

## September Tip of the Month: Double Sided Reflections



Practice Scenarios: See if you can apply the Double Sided Reflections on the following.

### Scenarios:

Scenario: A client tells you that he's pissed for being put on a contract at treatment for consistently being tardy to class. He says the bus was late, it was hot, he couldn't find his bus pass. He blames the counselor for being mean and that the counselor is trying to get him violated. He knows his conditions say that he has to get a clinical discharge and wants permission to go to another treatment program.

Scenario: A client says that coming in often is hard because of his busy work and life schedule but he understands that meeting with you is an important part of his supervision

Scenario: A client says she doesn't see any problems with hanging out with friends who are still using drugs because she is strong in her sobriety and not worried about them influencing her.