

## FEBRUARY 2018 TIP OF THE MONTH

Evidence Based Practice  
Skill found in Motivational  
Interviewing

# Amplified Reflection

Increasing the intensity of the resistant element



### EXAMPLES

Client: It's hard to stop drinking alcohol (or use drugs) because my friends are using.

Staff: So it's more important to be 'liked' than to be 'clean'.

Client: I know I made a mistake, but the hoops you're making me jump through are ridiculous.

Staff: You don't believe that there are consequences to any of your actions.

Client: I can take care of myself, I don't see why my parents are always in my business.

Staff: Your life would be perfect if your parents are not around anymore.

**Amplified Reflection is a delicate skill that is best used if you have established a rapport with the client. When used correctly, the client will pull back and explain their statement. This gives the client a chance to re-examine their statement.**

**AN AMPLIFIED REFLECTION, REFLECTS BACK WHAT THE PERSON HAS SAID, BUT INCREASES ITS INTENSITY. USUALLY, THE RESISTANT ELEMENT THAT IS INTENSIFIED.**

Some key elements to an amplified reflection are:

a) it is a reflection statement; b) the resistant element is intensified, increased or exaggerated

Caution: Any hint of sarcasm, irony, impatience, or disbelief can elicit hostile or resistant reaction

### DID YOU KNOW?

Amplified Reflection is one of three types of Reflections used in dealing with Resistance. Can you name the others? Hint: one was a previous Tip of the Month

PRACTICE STATEMENTS FOR AMPLIFIED REFLECTIONS. See if you can come up with your Amplified Reflections.

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Client: My wife is always exaggerating; I have never been that bad.

Client: I don't know why my boss keeps getting mad when I'm late for work. I mean, everybody does it.

Client: I don't like going AA meetings because everyone's story is different from mine.

Client: My grandfather drank alcohol every day and he lived until 88 years old, so for some people it's not bad.