**Reflective Training**

**Reflective Psychotherapy**

**Curriculum Spring 2023**

One course of Reflective Training consists of 12 hours, made up of nine 1.25-hour cycles. Each of your cycles includes three activities that each takes 30 min or less to complete: Practice (roleplay or exercise), Feedback and Integration. So, your completed course consists of nine practice activities, nine feedback forms, and nine integration sessions. You have flexibility in how and when you complete these.

These are the practice requirements:

1. Practice and Integration activities are completed with at least one other co-learner and/or facilitator (Stephanie Mitchell, Dave Roberts or Danielle Hoard).
2. At least four (4) of your practice activities are roleplays.
3. Practice exercises are drawn from the document, *RT Practice Exercises* (in the *Information* section of the website).
4. In Cycle 1, you complete a “baseline” roleplay with a facilitator, and in Cycle 9 you complete a final roleplay with a facilitator.
5. Your first and last Feedback Forms are completed based on Standard Video #1 and Standard Video #2, which your facilitator gives to you.

These requirements are noted **in bold** in the table below.

The table below is a suggestedcurriculum. Again, other than the requirements above, you can make decisions about what aspects of the method you want to focus on.

**In the table below**,

The **Topic** column suggests a focus for each cycle to guide your training through a logical progression of content areas.

The **Practice** column suggests **exercises** and **roleplays** that correspond with each topic area. Exercises are smaller, easier bites that can be used to build up to full, integrated roleplays. Exercises are listed by name, and can be found in the document, *RT Practice Exercises*.Your first practice session is a roleplay with a facilitator so that they can walk you through the logistics and answer any questions. We will also use this as a sort of baseline measure of where you are at with your practice of these counseling techniques. The goal is not evaluative, but we do want to be able to give you information about any change over time in your objective use of skills.

The **Feedback** column notes that you are to complete your first Feedback Form on a Standard Video. Be sure to get coaching from a facilitator or, at a minimum, review the guide at the bottom of the *Enter Feedback* link on the website, before completing your first Feedback Form. As with roleplays, we use your first and last Feedback Forms to provide you with objective information on any change in your ability to recognize of counseling concepts.

The **Integration** column suggests a range of activities to help you integrate Practice and Feedback activities with the conceptual foundations of this counseling approach. This includes review of concepts, discussion of feedback you have received on your roleplays, and coaching and supervision sessions on *how* to implement concepts behaviorally in practice. You have broad leeway in how to use Integration sessions. Just be sure that you do it WITH another person.

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| **Cycle** | **Topic** | **Practice\*** | **Feedback** | **Integration** |
| **1** | MI Spirit | **Roleplay with Facilitator** | **RP Standard Video #1\*\*** | **Review the “Feedback Form Guide” document in the *Information* section of the website.**  **Feedback Form coaching with a facilitator.** Complete this BEFORE you complete your Feedback Form on MI Standard Video #1. |
| **2** | OARS/Reflective Listening | MI Spirit Exercises | Choose from website list | Group review of MI Spirit concepts with facilitator. |
| **3** | OARS/Reflective Listening | OARS Exercises | Choose from website List | Group review of OARS concepts with facilitator |
| **4** | Resistance | From Resistance to Ambivalence Exercises | Choose from website List | Review Feedback Form from your first roleplay with facilitator or co-learner |
| **5** | Focusing | Roleplay | Choose from website List | View roleplay and track Client Change Orientation (CCO) and Therapist Orientation (TO) in chat box |
| **6** | Ambivalence | Ambivalence exercises | Choose from website List | Discuss ambivalence-based formulation of current cases |
| **7** | Evoking Change | Roleplay | Choose from website List | Pairing Evoking Change Talk strategies with client situations |
| **8** | Integrated RP | * CCO Tracking * Evoking Change Talk exercises | Choose from website List | Staffing client difficulties through MI lens |
| **9** | Integrated RP | **Roleplay with Facilitator** | **RP Standard Video #2** | Review Feedback Forms completed on your roleplays |

\* Practice exercises are found in the document, “RT Practice Exercises,” saved in the Information section of the website.

\*\* Be sure to complete a Feedback Form coaching session before completing your first Feedback Form.