

## **Worksheet 4.4.4: S of OARS – summarising**

A summary at certain points in the conversation can help pull everything together and check your understanding thus far. If a reflection or affirmation is like a flower, a summary is like a bunch of flowers. A summary reflection pulls together what Edi has said, with attention to important elements of the discussion (particularly helpful if Edi is struggling with concentration). It also provides an opportunity to pick out the green shoots – small positives that might otherwise go unnoticed. Carers can usefully paraphrase – ‘So let me check I’ve got this right...’

### **Carer task – in pairs**

For five minutes listen to your partner talking about something they are in two minds about changing. Then as the listener provides a summary incorporating the following;

- What was their goal?
- What were they in two minds about (on the one hand... on the other hand)?
- What is their plan?
- What change statements have they made (green shoots)?
- Share your summary.

Swap roles so both partners experience talking and then listening and giving/getting feedback.