

# WN4DC

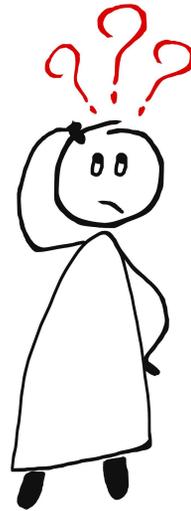
# Mini-counseling course

Summaries



## About This Course

This webinar will review what summaries are, their benefits and how to use summaries to transition towards goal formation.



## Learning Objectives

- State two ways Summaries are different than goals and reflections
- State two ways Summaries can act as a reflection
- List 3 benefits of Summaries.



## Crafting Summaries

**A Summary** is a unique aspect of MI which offers the following benefits when counseling.

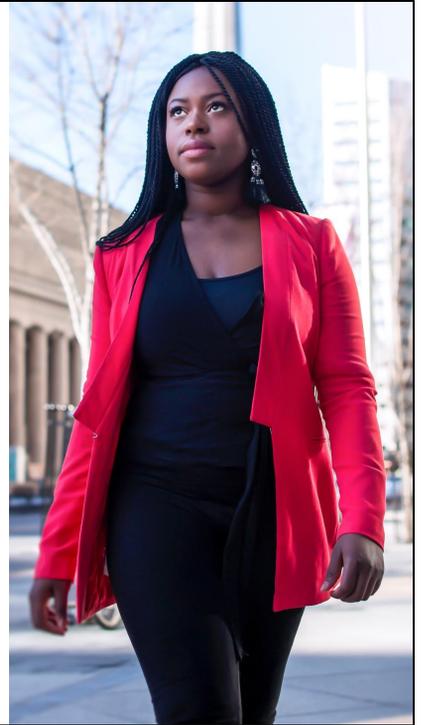
- Summaries aid in the transition from one topic to another.
- They can slow down the appointment.
- They can help the client pause and reflect.
- They can demonstrate your understanding of the situation.
- They demonstrate that you heard the key points.



# Summaries are not goals.

Summaries can be used through the counseling session.

Because of their ability to help pace the appointment, they provide reflection and support the client needs to feel heard.



## **Summaries can also act as a reflection.**

Summaries are often a list of points that show how things, thoughts, or situations intersect.

Summaries are different than reflections because summaries are longer in nature, may list events, and/or show intersectionality.



## 7 Things to Summarize

The **desire** to change towards self-care and self-kindness.

Take a moment and write a summary for the learning in this class. Focus on affirming the desire for self-care and self-kindness. In your summary consider how concepts thoughts, or situations intersect.



## Example:

*“Focusing on hearing desire, showed me new ways to support the client, even if they aren’t making a change. I now have more to talk about and I can affirm a client when they are stuck, because I can pull for and highlight the desire to change vs change itself.”*



## 7 Things to Summarize

The ability to **see choices** or **options** aren't tied to restriction of deprivation. Take a moment and write a summary for the learning in this class. Focus on affirming the ability to see choice and options. In your summary consider how concepts thoughts, or situations intersect.



## 7 Things to Summarize

The ability **identify sustainable steps toward change**. Take a moment and write a summary for the learning in this class.

Focus on affirming the ability to see sustainable steps towards change. In your summary consider how concepts thoughts, or situations intersect.



## 7 Things to Summarize

The willingness to **commit to self-care** vs. being a specific weight or size. Take a moment and write a summary for the learning in this class. Focus on the commitment to self-care. In your summary consider how concepts thoughts, or situations intersect.



## 7 Things to Summarize

The **ability to take action**. Take a moment and write a summary for the learning in this class. Focus on the greater ability of your client to take effective action. In your summary consider how concepts thoughts, or situations intersect.



## 7 Things to Summarize

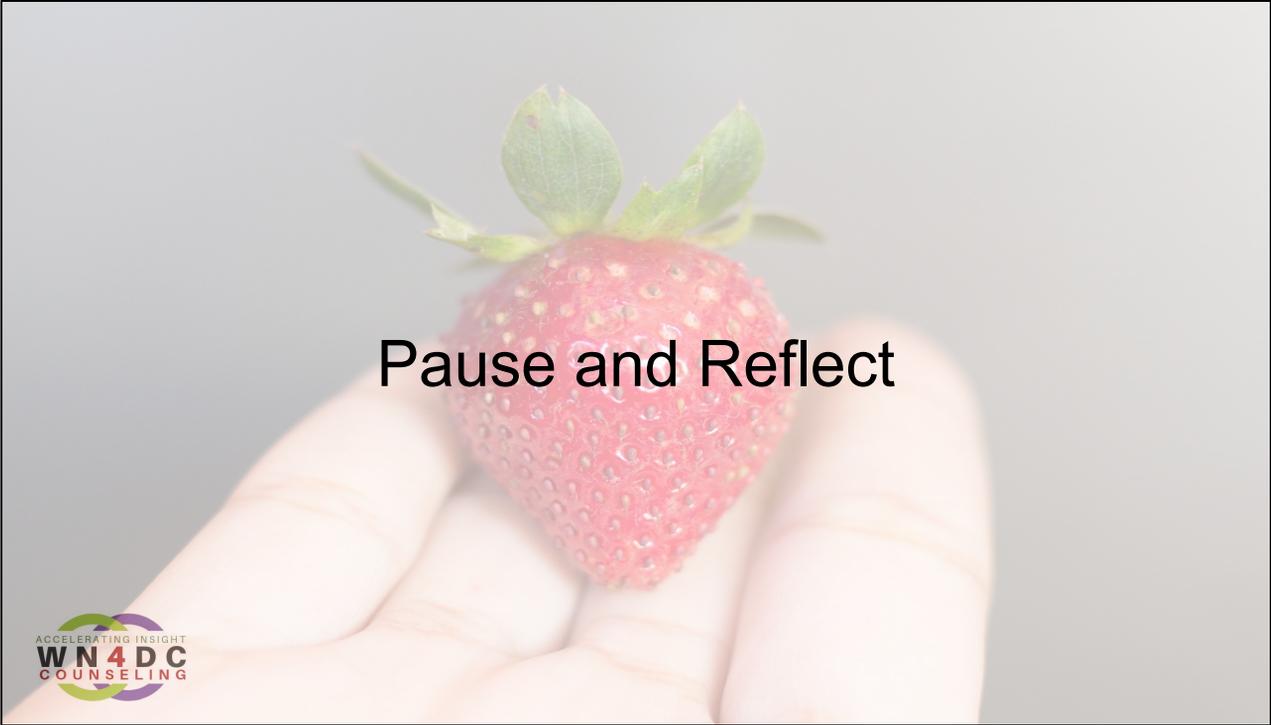
The **effort** to engage in self-care despite the surrounding diet-culture. Take a moment and write a summary for the learning in this class. Focus on the effort it takes to engage in self-care. In your summary consider how concepts thoughts, or situations intersect.



## 7 Things to Summarize

The **insight after taking action**. Take a moment and write a summary for the learning in this class. Focus on the insights gained from taking action. In your summary consider how concepts thoughts, or situations intersect.



A close-up photograph of a hand holding a single, ripe strawberry. The strawberry is bright red with visible seeds and a green leafy top. The hand is positioned in the center of the frame, with the fingers gently cupping the fruit. The background is a soft, out-of-focus grey.

# Pause and Reflect