

SUMMARIZING CARD GAME

OBJECTIVE: To summarize a conversation including pointing out change talk.

ACTIVITY DESCRIPTION: A group of about 10 staff divide into partnerships of 2. Each person receives a set of MI Question cards (6 cards/set). Partners take turns asking each other the questions on the cards about motivational interviewing (MI), jotting notes on the cards if desired. After each partner answers the questions, the other partner summarizes their discussion. The partnership discusses the process.

MATERIALS

- Set of MI Question cards for each person
- Writing Utensil for each person
- Timer/clock
- Bell or chime for alerting when time is up for a portion of the activity
- MI Session Summary sheet

QUESTIONS FOR DISCUSSION

- What did you choose to include in your summary and why?
- What impact did summarizing have on the discussion?
- How might you use summaries in the future?

INDIVIDUAL THOUGHT QUESTIONS

- How did the summary my partner gave make me feel? What about the summary made me feel that way?
- What were some of the challenges I faced developing a summary?

STEPS

1. Provide instructions about the activity. (1-2 minutes)

Instructions:

- Please find a partner. Once you have a partner, please come get a set of cards per person. You may also want a pen or pencil to jot notes on the cards.
 - Find a quiet spot for you and your partner to sit.
 - Pick one partner to ask questions. Ask all or some of the questions on the cards to the other partner. You will have about 5 minutes to do this. I will let you know when 5 minutes is up.
 - The partner asking the questions will then summarize the discussion, pointing out change talk as appropriate.
 - Take a couple of minutes to discuss the summary.
 - Switch roles so the partner that just asked the questions now answers the questions. I will let you know when it is time to switch.
 - I will also let you know when about 5 minutes has passed for asking questions.
 - Any questions?
2. Have each group member choose a partner and hand out a set of cards to each person. (1 minute)
 3. Have one person in each partnership ask some or all of the questions on the cards to her partner. (5 minutes) **ALERT them to summarize.**
 4. Have the person asking the questions provide a summary of her partner's responses. (1 minute)
 5. Have the partnership discuss the summary. (2 minutes)
 6. Have the partners switch roles. Whoever asked the questions now responds to the questions, repeating steps 4-6. **ALERT them to switch and then 5 minutes later to summarize.**

Total Time: about 20 minutes