

Summarizing

Foundation Skills

OARS

- Open questions
- Affirm Efforts and Strengths
- Reflect
- Summarize

Our Outline

- Why summarize?
- What is effective summarizing?
- When to summarize?
- How to use it most effectively

Why summarize?

*Life is not holding a good hand;
Life is playing a poor hand well.*

Danish proverb

Summarizing

What you do

Collect the main themes from the client and reflect them as a statement

What summarizing sounds like

Let's see if I've heard you right, Mrs. Jones. You are worried that your son is still using a bottle all day and know this may be contributing to his excess weight gain. You have been offering him a cup at meals and are pleased that he seems to be able to use it. You are not ready yet to put him to bed without a bottle. You liked my idea of bringing a Sippy cup when you are out and will start that today. Have I missed anything?

When to summarize

- When you want to ask for action
- Prior to shifting gears
- When you hear ambivalence and want to open the idea of exploring it further
- When you want to give advice and expect resistance
- At the end of a session

Summarizing

What to include

- Change talk: desire, ability, reasons, need
- Steps taken already
- Commitments
- Ask for a response

What summarizing does, Part 1

- Shows you have been listening and remembering
- Helps you pull together the themes yourself
- Allows you to confirm your image of what is true

What summarizing does, Part 2

- Reemphasizes certain aspects or ideas
- Sets up for asking for action
- Helps you shift gears
- Client hears own motivations all together

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Summarizing

*Feeling inadequate means
you are inadequate at
what you are focused on.*

Practice summarizing



- Form a summary of an observed session
- Practice summarizing a typical client session
- Say your summary out loud
