**Exercise swap 2, Friday**

Stephen Andrew

**Penguins** ice-breaker, group

Facilitator models how a penguin walks, someone volunteers to match the facilitator, a third person joins and imitates those two, then a fourth. The third and fourth break off and begin to improvise penguinosity, creating their own version of the penguin walk. Then a two more match the second or the first pair and whenever there is a third and fourth, they break off and create their own penguin walk. After everyone has joined, the exercise if over.

Debrief:

MI can be fun, and the work is about relationship and sustained collaboration, each can have his own style that juxtaposes own perception within the MI training framework and guidelines. Goal is to involve everyone and be respectful of each participant’s style.

**Pushing exercise** dyads

Facilitator asks participants to find a partner that theyt haven’t yet worked with. Standing, with no furniture between partners, one participant places hands on the other’s hands. The Facilitator asks the person with the longest hair (or other identifier) to gently push on his/her partner’s hands. The facilitator asks for the “pushers” to please push harder, then facilitator pleads with group to push even harder. After 90 seconds, facilitator asks group to stop, and asks the people who were being pushed, to whom the facilitator had given no instructions: What did you choose to do?

Debrief:

Most often people push back; some let the partner push them, some people who were supposed to push “took care” of their partners and didn’t push much. When we push our clients emotionally, they often react in discord in relationship to us. Premature focus or pre-established caregiver agenda (giving unsolicited advice) often creates discord.

**Shame circle (Tell me your secrets)** group

Everybody stands in a tight circle (shoulder-to-shoulder). Facilitator enters into the middle of the circle. Facilitator encourages the participants to take a deep breath, exhale and look down at the floor. Deep breath and slowly exhale. Facilitator asks the participants to close their eyes if they feel comfortable doing so. Deep breath and slowly exhale. Facilitator asks each person to recall something they absolutely ashamed of, something they did in their lives that brings shame, when they weren’t doing their best. Within 5 seconds (no more!), the facilitator says: When I touch you on the shoulder, I would like you to tell me about this event. Facilitator waits 2 seconds (no more!!), claps hands and asks, What just came up for you?

Debrief:

Often used when a participant asks Why do people lie?  
When working with clients and particularly when asking closed questions, we may unknowingly touch their shame. Shame often blocks the establishment and/or maintenance of the collaborative relationship. What generally comes from audiences: Participant doesn’t want to tell you; Angry that you asked, Will change their story to something more acceptable (either more or less shameful); Tears;

**Guided meditation on your favourite person** group

Facilitator encourages people to relax (deep breath, exhale…) and asks them to recall someone who made a major impact on your life, ways in which they contributed to your life and how you keep them in your spirit, how they behaved with you, what were his/her characteristics that made them so special to you. Bring group back and facilitator asks them what were some of those behaviours/characteristics.

Debrief:

Talk about influential behavior, qualities and characteristics and relate them to the spirit of MI. May raise strong emotions in participants.

Discussion about whether to contrast Favourite person with someone who had a negative influence on the participant:

Debrief:

Stephen asked if it was important to demonstrate the opposite of the *intended* goal (positive characteristics, positive relational style in an interview, etc.). He wondered out loud whether it was necessary to utilize this type of contrast because it may shame the participants and it reinforces unsought after behavior that is contrary to aspects of MI spirit and MI processes. A lively debate ensued.

**Poem** read to group

Stephen read a poem that one of his clients had given him that expressed the inner desire to belong while at the same time the contemplation of suicide.

Debrief:

People were asked to wonder what the client was feeling/thinking/yearning for and to remember that the client’s voice is fundamental to the spirit of MI.