

Participation Exercises for Talk: Tips for Engaging Peripartum Individuals in Sensitive Conversations

Exercise 1:

What I am most concerned about for this patient?

In what ways would I like their situation to change?

What advice or recommendations would I want to give?

Exercise 2:

What I am most concerned about for this patient?

In what ways would I like their situation to change?

What advice or recommendations would I want to give?

Participation Exercises for Talk: Tips for Engaging Peripartum Individuals in Sensitive Conversations

Pitfalls to Avoid

Common Counselor Advocacy Responses	
Arguing for change	
Assuming the expert role	
Criticizing, shaming, or blaming	
Labeling	
Being in a hurry	
Claiming preeminence	

OARS

OARS	
Ask Open questions	
Affirm	
Listen Reflectively	
Summarize	