

## Sample OARS Conversation

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Please review this sample conversation to see how OARS skills can be incorporated into your regular communication with your patient.

### Key:

Open ended question

Affirmation

Reflective listening

Summary

**Therapist:** Rachel, tell me more about your challenges with your exercise program.

**Patient:** The stretches are going okay. I do them at my desk when I'm at work, but the strength exercises, like the T exercise, are definitely harder for me to get done.

**Therapist:** So, it sounds like you are doing well with the stretches, that's really important, but the exercise is difficult to get done. Tell me more about the challenges with your letter T exercise.

**Patient:** I usually just read emails while I'm stretching, but I can't multitask while I'm doing the T exercise. And I can't really do it at work since I can't go lie down on a ball. Plus, it is just really hard. But I know that I should do it.

**Therapist:** It sounds like on the one hand you're not performing your T exercise because it is challenging and isn't convenient, but on the other hand you understand that it is an important component of your therapy. Is there a way that we can modify the exercise to make it more convenient to perform?

**Patient:** If I didn't have to lie on the ground, I'd probably do it more. Is there a way we can modify it so that I'm not lying down?

**Therapist:** That's a great idea! What if we were to modify the exercise so you're bending over?

**Patient:** That would be great. I'm also wondering if we could make the exercise easier by doing 1 set of 10 reps instead of 3 sets of 15?

**Therapist:** We can absolutely do that! So, this is what I've heard so far, let me know if I understood this all correctly. If you can perform the exercise bent over instead of on a ball, and one set of ten instead of three sets of 15, then it would decrease the challenge and make it more convenient to perform.

**Patient:** Yeah you go it, thanks for helping me figure this out.