Peer Support Specialist Certification Exam Study Questions With Complete Solutions

Person-Centered correct answer: A person-centered approach is where the person is placed at the center of the service and treated as a person first.

What are the OARS tools in Motivational Interviewing? correct answer: O Open-ended questions invite others to "tell their story" in their own words without leading them in a specific direction (as opposed to questions that can be answered yes or no). Be cautious about asking too many questions as it can damage the peer

A Affirmations are statements and gestures that recognize a person's strengths and acknowledge behaviors that lead in the direction of positive change, no matter how large or small.

relationship.

R Reflections/ Reflective listening ensures that the person's words are interpreted correctly and their inner wisdom is respected.

S Summaries are a type of reflective listening which helps to ensure that there is clear communication between the speaker and listener. Summaries can provide a stepping stone towards change.

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Guillaume Favre

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