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# [Law & Order: Special Victims Unit Season 24 Episode 3 Review: Mirror Effect](https://telltaletv.com/2022/10/law-order-special-victims-unit-season-24-episode-3-review-mirror-effect/?s=09)

[October 6, 2022](https://telltaletv.com/2022/10/law-order-special-victims-unit-season-24-episode-3-review-mirror-effect/)[Lara Rosales](https://telltaletv.com/author/lara-rosales/)[Law & Order: Special Victims Unit](https://telltaletv.com/category/law-order-special-victims-unit/), [Reviews](https://telltaletv.com/category/reviews/)

[***Law & Order: Special Victims Unit***](https://telltaletv.com/tag/law-and-order-svu/)Season 24 Episode 3, “Mirror Effect,” is definitely preparing us for Amanda Rollins’s departure. This is one of the most Amanda-centric episodes we have seen in a while, and there are definitely no complaints.

After her shooting on [***Law & Order*** Season 22 Episode 1, “Gimme Shelter — Part Three,”](https://telltaletv.com/2022/09/law-order-season-22-episode-1-review-gimme-shelter-part-three/) Amanda is still dealing with the aftermath. She is skipping therapy sessions, pulling her gun out at home, and losing focus at work.

As fans, we know Kelli Giddish’s days are numbered, and Amanda’s farewell is coming. Now, the show is doing its best to prepare us for that moment, showing us how much she is struggling, and how it is affecting her personal and professional life.

F,{7b9ecd27-864c-422f-bec0-41d39102feb7}{82},13,9.770833333333334LAW & ORDER: SPECIAL VICTIMS UNIT — “Mirror Effect” Episode 24002 — Pictured: (l-r) Kelli Giddish as Det. Amanda Rollins, Peter Scanavino as A.D.A Sonny Carisi — (Photo by: Zach Dilgard/NBC)

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“Mirror Effect” does something [***Law & Order: SVU***](https://telltaletv.com/tag/law-and-order-svu/)has done multiple times in the past — pulling a case from the headlines. He said/she said cases are very common on the show, but this time around, it comes with fame attached to it.

When seeing the promo for this episode, we all knew the case a little too much. Everyone is familiar with the famous case that was televised and discussed all over social media. So, it is no surprise that [***Law & Order: SVU***](https://telltaletv.com/tag/law-and-order-svu/) decided to give it a twist.

Pulling a very public case and turning it into fiction can backfire. However, the show does an amazing job this time around, making it feel original and allowing the voices of the victims to be heard.

Olivia says it herself, “there are no perfect victims.” The case proves that, but it also shows that the victims will *always* be heard in the [***Law & Order: SVU***](https://telltaletv.com/tag/law-and-order-svu/) universe, even when at times it felt like they were deviating from this.

[**Related 13 TV Partners with Undeniable Chemistry**](https://telltaletv.com/2021/11/13-tv-partners-with-undeniable-chemistry/)

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F,{7b9ecd27-864c-422f-bec0-41d39102feb7}{141},13,8.666666666666666LAW & ORDER: SPECIAL VICTIMS UNIT — “Mirror Effect” Episode 24002 — Pictured: Julia Goldani-Telles as Kelsey Jones — (Photo by: Ralph Bavaro/NBC)

In the same way in which the floor is opened for the victim to share her story and begin her healing process, “Mirror Effect” gives the detectives an opportunity to do the same.

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This time around everyone is focused on Amanda as she isn’t giving herself enough time to heal. Mariska Hargitay and Peter Scanavino do an incredible job of portraying their characters’ worry for Rollins.

The little glimpses here and there and the looks exchanged between the two showcases perfectly well how much they care about the detective.

Kelli Giddish herself steps up her acting game and gives a memorable performance. Amanda loses focus, is disconnected, and reacts irrationally throughout the episode, allowing us to see how much she is hurting.

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Lucky for Rollisi shippers, this struggle opens the door for the lawyer and the detective to have open and honest conversations about their relationship and the reality of what is going on.

When there are two strong female characters on a show, most people expect them to fight each other or antagonize one another. Years ago, when Rollins first joined [***Law & Order: SVU***](https://telltaletv.com/tag/law-and-order-svu/), that was what happened with Benson.

“Mirror Effect” is living proof that those days are well behind us. Benson is a safe space for Amanda who realizes she can open up and share the depths of her pain. Instead of judging her, Olivia helps her.

[**Related Law & Order Season 22 Episode 1 Review: Gimme Shelter -- Part Three**](https://telltaletv.com/2022/09/law-order-season-22-episode-1-review-gimme-shelter-part-three/)

As much as some may say the “monster in the closet” metaphor is corny, it does what the show wants it to do. Everyone has a monster in their closet, and only by talking about it and relying on each other will they overcome their fears.

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F,{7b9ecd27-864c-422f-bec0-41d39102feb7}{244},13,8.666666666666666LAW & ORDER: SPECIAL VICTIMS UNIT — “Mirror Effect” Episode 24002 — Pictured: (l-r) Kelli Giddish as Det. Amanda Rollins, Mariska Hargitay as Capt. Olivia Benson — (Photo by: Zach Dilgard/NBC)

For so many, Benson has been the one to help them get through the roughest days of their lives. But when is it Olivia’s turn?

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Benson gives great advice, particularly when she tells the victim that she needs to learn to love herself before she can love anyone else. Sounds a lot like a famous drag queen, doesn’t she?

We love hearing Olivia encourage others on their healing journey, but she seems to not have time for herself. In the past, we have seen her lie to her therapist, and we hope those days are over.

Maybe [***Law & Order: SVU***](https://telltaletv.com/tag/law-and-order-svu/) Season 24 will be Benson’s healing journey, allowing her to listen to her own words of advice. We all know she still has monsters in her closet.

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[***Law & Order: SVU***](https://telltaletv.com/tag/law-and-order-svu/) has its dark moments and the themes of the show can be emotional, nerve-wracking, and anxiety-inducing. But the show usually finds ways to make it a bit lighter for the viewers.

More recently, these light comments come from Olivia Benson. “Mirror Effect” gives us a few gems itself with Olivia making fun of millennials and giving wardrobe advice to her new detective.

[**Related Law & Order: Special Victims Unit Season 24 Episode 2 Review: The One You Feed**](https://telltaletv.com/2022/09/law-order-special-victims-unit-season-24-episode-2-review-the-one-you-feed/)

It is definitely important to uplift the victims and let their voices be heard, but it is also important to know how to keep a balanced show that will have us tuning in week after week.

What did you think of this episode of [***Law & Order: SVU***](https://telltaletv.com/tag/law-and-order-svu/)? Share your thoughts in the comments below!

**Critic Rating:**

**User Rating:**

Click to rate this episode!

[Total: 4 Average: 3.5]

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[***Law & Order: SVU***](https://telltaletv.com/tag/law-and-order-svu/) airs Thursdays at 9/8c on NBC.

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