



Overview of Coding & Coaching in Motivational Interviewing

In Motivational Interviewing (MI), the term *coding* refers to the process of a learner submitting a recoding of a MI session for review and feedback. Learners who undergo the coding and coaching process are provided with specific, targeted feedback based on objective measures. The personalized and accurate feedback that comes from the coding/coaching process supports learners in identifying both strengths and areas of growth. Typically, learners who submit tapes will become proficient in MI within 3-6 tapes.

What is a MINT Coach?

A MINT coach is an MI professional who is a member of the Motivational Interviewing Network of Trainers (MINT) trained in coding. The MINT coach is trained in the use of an evidence-based, valid and reliable tool called the Motivational Interviewing Treatment Integrity (commonly known as “The MITI”). The MITI measures behavioral counts of MI skills (OARS & Gi) and it also measures global scores of qualities associated with the practitioner’s use of the MI spirit (CAPE) and use of change talk.

How Does it Work?

Learners must have been through a basic 2-day MI training prior to submitting their tape. They submit a recoding (“tape”) of a 20-minute MI session (with a client or real play) to a MINT coach. The MINT coach transcribes the tape and then uses the MITI to evaluate the interaction. The end product is a transcription of the tape with coded interactions that includes coaching notes. The MINT coach reviews this document with the learner and helps the learner develop an MI learning plan.

About Jesse’s Coding Experience

Jesse Berg has many years experience using MI with clients in the community mental health setting. He has several years experience providing feedback to learners in a way that is encouraging and empowering. Jesse will be attending the MITI 4.2 training led by Ali Hall in March of 2016.

Process

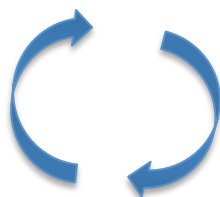
The process of coding and coaching includes recording the interaction, reviewing of the tape, and providing feedback to the learner. The below diagram outlines how this process works.

MINT Coach Reviews Tape

<i>Transcribing</i>	<i>Coding</i>
Interaction is transcribed into a word doc.	Utterances are coded using MIT 4.2.

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1



3

Record 20-minute session
<i>Client Session</i>
Interaction with existing client or consumer.
<i>Real Play</i>
Interaction with non-client who has a change goal.

MINT Coach Provides Feedback

<i>Strengths & Challenges</i>	<i>Learning Plan</i>
Areas of growth and strengths are identified and discussed.	Coach and learner collaborate to create a learning plan.

