

Coding and Coaching in MI

What happens when you submit a recording for feedback

Recording	Tool	Result
About 20 minutes	The MITI	A learning plan

In MI, **coding** means a learner submits a recording of an MI conversation for review and feedback. The feedback is specific and based on objective measures, so it can show both strengths and growth areas clearly.

What the coach uses

Coaches use the Motivational Interviewing Treatment Integrity, known as the MITI. It is a reliable, research-tested tool. It counts MI skills (OARS and giving information) and gives global ratings for the spirit of MI and how change talk is handled.

How it works

- 1 Record.** After a basic MI training, record a 20-minute MI conversation, either with a client who agrees to it or as a “real play” with someone who has a real change goal.
- 2 Review.** The coach transcribes the recording and codes each statement with the MITI.
- 3 Talk it through.** You get the coded transcript with coaching notes, and you and the coach go over strengths and growth areas together.
- 4 Plan.** Together you shape a learning plan for your next steps in MI.

Many learners find that a few rounds of recording and feedback make the biggest difference in their MI practice.

Coaching with Jesse

Jesse Jonesberg offers MI coaching, not formal MITI coding. To talk about coaching, reach out through intrinsicchange.com.