

Motivational Interviewing | Coaching | Fidelity Checks

What is Motivational Interviewing?

Motivational interviewing is a technique in which you become a **helper** in the change process and express acceptance of your clients. It is a **style** of counseling that can help **resolve** the ambivalence that prevents clients from realizing personal goals. Motivational interviewing builds on Carl Rogers' **optimistic** and **humanistic** theories about people's capabilities for exercising **free choice** and changing through a process of **self-actualization**. The therapeutic relationship for both Rogerian and motivational interviewers is a democratic partnership. The goal is to elicit self-motivational statements and behavioral change **from the client** in addition to creating client discrepancy to enhance motivation for positive change.

Essentially, motivational interviewing activates the capability for beneficial change that everyone possesses. Although some people can continue change on their own, others require more formal treatment and support over the long journey of recovery. Even for clients with low readiness, motivational interviewing serves as a vital prelude to later therapeutic work.

Motivational interviewing is a collaborative conversation style based on the following assumptions:

- Ambivalence about change is **normal** and constitutes an important motivational obstacle in recovery.
- Ambivalence can be resolved by working with a client's intrinsic motivations and **values**.
- The alliance between clinician and client is a **collaborative** partnership to which each brings important expertise.
- An **empathic**, supportive, yet directive, counseling style provides conditions under which change can occur.
- Direct argument and aggressive confrontation may tend to increase client defensiveness and **reduce** the likelihood of behavioral change.

What is MyMI?

MyMI is a virtual learning platform for Motivational Interviewing skill **development** and **refinement**. Users receive individualized feedback and coaching, and can monitor their progress over time via user-friendly performance charts. MyMI provides user feedback on all of the dimensions of the MITI 4.2, including: ratio of reflections to questions, proportion of open-ended and closed-ended questions, the proportion of simple to complex reflections, and the use of MI-adherent (e.g. affirmations) and MI non-adherent behaviors (e.g. confrontation). The feedback and ratings indicate the user's level of skill ranging from "**Beginning Proficiency**" to "**Competency**." MyMI users are issued a **certificate** denoting their current degree of fidelity to an MI style, which can be used to demonstrate their MI skill level to clinical supervisors, employers, and others. The proficiency certificate includes MI thresholds, identified by MITI developers, including: average relational global ratings, average technical skills global ratings, the percent of one's reflections that are complex versus simple, and the ratio of reflections to questions.

The MyMI Coding Lab is staffed by graduate and undergraduate research assistants at Arizona State University and directed by a member of the Motivational Interviewing International Network of Trainers (MINT). All coders have had **extensive** training and exposure to MI and coding with valid and reliable instruments such as the MITI 4.2. Coders must attain and maintain **inter-rater reliability** to protect against coder drift.

MyMI serves the mission of the **Southwest Interdisciplinary Research Center (SIRC)** to improve the quality of treatment services by providing virtual practice **fidelity** measurement and coaching.

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Develop your motivational interviewing skills through our virtual ASU MI Coding Lab.

With our innovative secure MI portal, users may upload video or audio samples for review, coaching, and fidelity checks to improve their motivational interviewing techniques. Individuals, groups, and agencies may use the MI portal for ongoing work sample submission, to track their progress and development over time.



Why choose the ASU MyMI Coding Lab?

As a **New American University**, Arizona State University remains one of the fastest growing research institutions in the country and has been ranked #1 in innovation by U.S. News and World Report for three consecutive years. The ASU MyMI coding lab has been operating for **over a decade** and is made up of members of the Motivational Interviewing International Network of Trainers (MINT), as well as other university MI subject matter experts. ASU coders undergo **extensive** training in the MI model, as well as the Motivational Interviewing Treatment Integrity (MITI) fidelity instrument. ASU coders participate in regular **inter-rater reliability** checks to ensure consistent and high quality MI **coding and coaching services**. MyMI users can expect thorough feedback on submitted work samples, usually within 7 to 10 business days.

What will I get out of MyMI?

MyMI users will receive an assessment of their **current fidelity** to a Motivational Interviewing style. Through submission of recorded video and/or audio work samples, MyMI users will receive **individualized feedback and coaching** from experienced ASU MI coaches. Learners can **track their progress** over time with user-friendly performance charts. MyMI users earn a **certificate** of proficiency in MI reflecting their scores, which can be used to demonstrate their MI skills level to clinical supervisors, employers, potential employers and others.

How do I get started?

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“Motivational Interviewing is a collaborative conversation style for strengthening a person’s own motivation and commitment to change.”
- Miller & Rollnick, 2013