

Instructions for Motivational Interviewing Coaching

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- Choose a client to ask to record. I suggest choosing one that is typical for you. It may help to rehearse your request. For example, "I have a request that is completely optional for you. It is fine if you say no. I am recording some of my sessions to learn how to be a better counselor. I and the mentor helping me who lives in a different part of the country will be the only ones listening to the recording. How do you feel about my recording our next session? You could take a few days to think about it."
- If you do not have a client to record or choose not to, conduct a session with a friend or colleague willing to be themselves and talk with you about a possible change.
- Record in mp3 format. Many smart phones can do this or purchase a simple mp3 recorder. Test recording quality first.
- Do not include the client's full name or other unique identifying information in the recording or file name. Name the file with your name and the date of recording (Ex: JaneSmith-3-2-13).
- Pick a 20-minute section you would like to focus on and upload it to my secure server by going to <http://www.dropitto.me/mollykellogg> and using the password: MIcoaching.
- Pay the \$175 for one coaching cycle here:
<http://www.mollykellogg.com/supervision.html>
- E-mail me at molly@mollykellogg.com to suggest some times that work for you for the follow up phone call (at least ten business days from the day you upload the file.)
- If you uploaded a whole session, let me know what minute to begin your chosen 20 minutes.
- I will transcribe the section and code it using the Motivational Interviewing Treatment Integrity (MITI) code.
- We will schedule a 30-minute phone call to review the feedback and to plan for on-going practice.