**MITI Coding: Coaches CoP**

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| O | I’d like to start by finding a little bit about yourself as far as what brought you here, why are you incarcerated at this time. |
|  | Greedy/Materialistic |
| Rs | You’re saying that you were materialistic, and money was not going for substance |
| C | What exactly specifically was the money going for? |
| Rs | Ok, and you said this went on for about a six year period |
| O | What do you have for family, for support?  (Nice open question) |
|  | Really don’t have much for support  Have 3 children/one is an adult  Since incarcerated been doing it by myself  Weren’t close  Didn’t have family support/isolated |
| C | Are you close to your children? |
|  | In a sense I am. My oldest son yes  (May be a potential motivator) |
| C | How far away are they |
| Rs | Makes it even more difficult |
| O | What were your growing up years like? Would you say they were easy, they were difficult? What would you say made them so? |
| O | Why do you think she was doing that?  (Nice open question) |
| NC | Excellent, ok, that’s interesting. |
| Rs | So you’ve never been able to figure out exactly why your mother was that way |
| O | Did you think grandmother would have favored one child over another, or… |
| C↑ | In some ways the way you feel towards your mother is the relationship between you and your kids as far how your kids relate to you ↑ Would that make sense or not?  (Almost a great complex reflection. How could you turn this from a closed question to a reflection? Be confident in your reflections. If you’re wrong what will happen?) |
|  | The reason why we’re not close is because I’m incarcerated. I don’t have the means to talk to them on the phone. I do write. When I do get out, I’m going to make up for that.  (Change Talk - Potential Target Behavior. EARS to talk more about this) |
| C | Are there ways that you can keep in contact with your kids?  (How could you respond to the previous Change Talk to get her to talk more about it?) |
|  | My focus is to get out and be the mother that I can be  (Change Talk – Potential Target Behavior. EARS to talk more about this. What does this look like?) |
| C | Do you write to them very often?  (How could you respond to the previous Change Talk to get her to talk more about it?) |
| O | Have you asked them is that what they like, is this a good pace, would they prefer you to write more, or write less, or have you asked that specific question?  (Although coded as O, how could you make this more of an open question?) |
| Ss | Sounds to me like you’re dealing with things, keeping a good balance in your life then with your children, and keeping yourself in a good space too. |
| O | How do you think your behavior, crime, incarceration has affected you as a person right now?  (Nice open question) |
| C | And yet if you buy material things…were your children living with you at the time? |
| C↑ | So I’m assuming that in some respect you’re buying material things for them too right? ↑  (How could you make this a reflection?) |
| O | What kind of employment were you engaged in? |
| O | What does your future look like for you? How long do you think you will be here, and what are you plans when you leave?  (Nice open question. Asking for goals and potential Target Behaviors. Be careful with Planning Questions) |
| A | Excellent |
|  | When I do get out, my goal is to get my two children back from NY. My oldest is with my mom now.  (Nice language here. How can we get her to talk more about it?) |
| A | Good for you |
|  | When I get out that’s the arena I want to pursue. I want to get into fitness and stuff like that  (Change Talk – Possible Target Behavior) |
| O | How does that make you feel?  (Nice EARS – Gets her to talk more about this. How could this be asked in a more guiding way? Maybe “Tell me more about what getting into fitness looks like for you,”) |
| A | That’s a tremendous amount of weight to lose, and the positive impact on your health is tremendous |
| Rs | You must work on it an awful lot |
| C | Is it in the gym where you work out, or where? |
|  | Tonight I plan on going back to the gym |
| A | Excellent |
| O | And, why do you think a lot of people don’t? |
| Rc | Just a general, pretty good life balance. |
| O | How can you carry that through for example when you leave here?  (Solution Focused – Planning. Is this the Target Behavior? What is the motivation for the change?) |
|  | First few months, going to be hard, follow rules of the halfway house, it will have to take a back burner. They won’t have a gym or workout equipment there. But as soon as I get the opportunity I will be in the gym. I will probably do simple stuff in my room, in the yard.  (Sustain Talk and hypothetical Change Talk. Asked for a plan before building motivation. Consider the “WHY?” before the “HOW?” |
| Tp | And with halfway houses you have to sign in and out type of thing, and you may find that extensive walking may meet your needs as far as the exercise.  (Solution) |

O - 12

A - 4

R - 6

S - 1

C - 7

T -1

E - 0

Cf – 0

It’s been really hard to find time to use the skills let alone practice, but I really want to re-engage. I have to start using MI with my clients so that I can get better. I feel like I get better after the coachings and the CoPs, but then I let so much time pass in between that I end up right back where I started. So, I kinda plateau. I want to continue to get better, and not start over at each coaching. I really need to make it to the CoPs too. What’s been tough for me is that I ask too many questions. I also feel like I don’t ever have much of a direction in the conversation. I think that things go really well, but I don’t feel like I actually go anywhere. So I want to start doing more reflections, keeping my tone flat so that I don’t turn them into questions, and just not asking as many questions.