

**University of New Mexico
Center on Alcoholism, Substance Abuse, and Addictions
Tape C - Motivational Interviewing
Professional Training Videotape Series 1998**

MITI Coding - Behavioral Counts

Terri: [Well Jim, I'm glad you're here. I'm kind of surprised to see you're coming back today.] **Not coded**

Jim: Well I tell you one thing. I sit out here in front for about an hour before I come in and I was about that close to just cranking that pickup up and heading back home. I'll let you know, just like I told Rich, I'm not real happy about being here. I hope you understand that.

Terri: [I'm hearing you loud and clear that being here is not something that is really a high priority for you.] **Complex Reflection ("loud and clear" adds emphasis)**

Jim: No. And...I'm looking at you and you've got blonde hair. I haven't had a lot of luck with blonde hair the last couple of weeks.

Terri: [Is that right? Well tell me a little bit more about that.] **Open Question**

Jim: Well, I got assigned a probation officer and she's a blond headed gal. And I think she's out to just destroy me totally, you know. She's talking about me getting a lot of jail time and a big fine and everything that she's going to do if I don't do certain things. And I just kind of think maybe you're going to do the same thing to me.

Terri: [So it seems to you like I might try to push you around and make you do a whole bunch of things you don't want to do.] **Complex Reflection (conveys a deeper picture of what the client has said)**

Jim: Yeah. And I'm about up to here with this kind of stuff. I hope you know that. It probably isn't your fault but that's just kind of the way things have been going, you know.

Terri: [You're pretty fed up.] **Simple Reflection**

Jim: Yeah. My daughter she you know, she uh... (sigh) won't let me see the kids.

Terri: [Your grandchildren.] **Simple Reflection** [What's that about?] **Open Question**

Jim: Well she'll let me see them but she won't let me take them anywhere anymore.

Terri: [Really?] **Facilitate, not coded**

Jim: And that really has me upset you know. She's afraid that I'll take them and hurt them driving around, drinking and driving and things like that. And I never have hurt one of them kids.

Terri: [So she's afraid that if you take the children with you that you'll be drinking and then you might hurt them or get in an accident.] **Simple Reflection**

Jim: Even when I say to her that I wouldn't drink she still don't trust me now. And that's really got me upset, really got me ticked off.

Terri: [So the fact that your daughter won't even take your word for the fact that you won't drink kind of bites at you a little bit.] **Complex Reflection (metaphor)**

Jim: Um Hm. And she says "well you need help." Well, you know, when she needed help I damn sure didn't put any kind of condition on it. And I don't know what the hell she means I need help. I've always bailed her out. I've always helped her financially if she needs the kids watched ...anything she needs ole daddy's always given it to her. And I don't know where she's getting all this from, this is really...

Terri: [What does she say to you about her concerns?] **Open Question**

Jim: Well she says she's afraid that you know I'll do something to hurt the kids. But I never hurt them kids and never have in my life done a thing to hurt them.

Terri: [Kind of a mystery to you why she'd even be worried about that.] **Complex Reflection (added meaning: you don't know why she would be worried)**

Jim: Ever since my wife moved out I think she's just taken an attitude with my wife you know, she's siding with her for some reason. Up until my wife moved out things were going pretty good. We're not divorced but my wife is kind of upset at me also. She moved out a couple of three months ago.

Terri: [Do you kind of have the feeling that your wife and daughter are ganging up against you?] **Closed Question**

Jim: It feels that way. I don't know if that true, but I just kind of feel like-- what do they call it? "Once they get you down everyone jumps on". That's the way I feel now. Since that DWI thing, car wreck and everything, my wife's left, my daughters you know raising cane with me. Now my probation officer wanting to eat my lunch, put me in jail, you know, break me financially and things. My boss has all but said if I lose my driver's license I won't have a job there. I've got

about 3 more years to go before I retire. So a lot of what I'm doing here or you know why I'm coming here.. the only reason I'm coming here is so I can maybe save my driver's license, so I won't lose my job and so I won't lose my house. It's not because I want to do any of this crap you know.

Terri: [Yeah. You're not here because you think you have a problem. You're here because they sent you here.] **Complex Reflection (added meaning/emphasis to indicate the client does not have a problem)**

Jim: Yeah. The court sent me here.

Terri: [And that's the only reason you're here.] **Complex Reflection (emphasis added: amplified reflection)**

Jim: Yeah I'll be honest with you. There's no need in me lying to you because you know unless you go down and tell the court that you know I'm not motivated to be here or anything, but I don't like any of this I'll be honest with you. It's taking a lot of time that I don't have. Its taking of money I don't have for the court and the fines and all this stuff. On top of that I've got to pay my lawyer \$1000 which I don't have to represent me and I guess he's probably one of the reasons I'm here today because... but you know he and I drink together? I've known this guy ever since he got out of law school. He's a good friend of mine, but I said "Now, why do I have to go up there you know I'm paying you \$1000 to represent me and I've got to go over and go through this evaluation and all that." That does not make sense. And he says "you've got a drinking problem." Hell, you know I've had to take him home a lot of times, that I've been the one standing and he been passed out and couldn't walk. It doesn't make sense. None of this makes sense.

Terri: [So it's confusing to you why your drinking should cause a problem or everybody should be talking about that when you look around and you see that other people drink more than you do.] **Simple Reflection**

Jim: Well at this point it my life- it'd be different now- I mean, 10 years ago I probably would have taken my medicine without being too cranky about it. But, let me tell you something. I've changed an awful lot in 10 years. I used to be a rounder, I used to fight, I used to rodeo, I used to drink a lot, I made a living hauling rodeo stock and everything. Now I've settled down in the last 8-10 years, I've got me a good job. I'm driving short distance hauls. I drink a little bit but I work hard. It's nothing for me to sit down and drink a six-pack or two of beer and still be able to function. I'm not like one of them bums you see laying down there by the bus depot on the lawn selling his blood and stealing hubcaps. I've never stoled anything and I've worked everyday since I got a social security card.

Terri: [So, it's kind of the same thing you were saying before which is that it feels like everybody's looking at your drinking but its just not as bad as everybody thinks it

is.] **Simple Reflection (decision for this utilized the decision rule that when you cannot distinguish between a simple and a complex reflection, code as simple)**

Jim: You might say that.

Terri: [Um hhm.] **Facilitate - not coded**

Jim: I don't know that its true but you might say that.

Terri: [Well let me ask you this. Since you've been forced to come here and since you're feeling like everyone's kind of pecking on you like a crow, there's a bunch of crows flying around pecking on you about this thing about your drinking.] **Complex Reflection (metaphor)** [What would you like to do with the time that you spend with me here? What would be helpful for you?] **Open Question**

Jim: I don't know because I ain't ever been in one of these situations.

Terri: [This is all new for you.] **Simple Reflection**

Jim: People keep saying that you need to stop drinking and I ain't never done that either. I think I could. I've tried a couple of times and I wasn't very... I think one time I quit for a week or two just to show people I could stop drinking. I wasn't too happy. Really I didn't know why in the hell I stopped anyway.

Terri: [It almost sounds like you don't even know whether you could stop even if you wanted to.] **Complex Reflection (added meaning: continuing the paragraph)**

Jim: That's a funny thing to say. I can do just about anything but I can't say yes to that, that I can stop drinking. I think you're right on that one. There's a lot of things I can do, but I've never tried to stop drinking, I get thinking about it, honestly.

Terri: [What are the kinds of things you think would keep you from being able to stop? What would get in your way?] **Open Question**

Jim: I got some buddies that are pretty much like me. I'm not the leader of the pack, but none of them boss me around. We go down to the lake on the weekends and we got a spot out there we call it the bunker. We all take our boats down there and we all meet over there on the east side of Elephant Butte Lake, there, and we've kind of cleaned it all up. We made a campsite out of it. We get down there and hoot and holler and shoot guns and have fishing contests and wrestle around and toss somebody in the lake and things like that.

Terri: [Sounds like you guys have a good time.] **Simple Reflection**

Jim: Yeah and I don't know how they'd feel about me quitting drinking. I don't know what they'd call me.

Terri: [They might have some names for you or they might say some things about you...] **Simple Reflection**

Jim: First thing they'd say I probably couldn't hold my liquor and that's why I stopped and that ain't true. I can out drink any of them.

Terri: [What would that be like for you? If you didn't drink and you were around them?] **Open Question**

Jim: What do you do for a living?

Terri: [Well, you know, I'm a psychologist.] **Self-disclosure - not coded**

Jim: Well what would you do if you couldn't be a psychologist?

Terri: [Yeah, it's hard to imagine isn't it?] **Closed Question**

Jim: Yeah.

Terri: [And that's what it's like for you. You can't even imagine it.] **Complex Reflection**

Jim: You couldn't give me an answer, and I can't give you one, so that's just kinda... That's a hard thing. Maybe that's something I need to think about before I even do any of this stuff that you're or that they're talking about.

Terri: [What else do you think might get in the way besides this thing with your friends and maybe not having things as easy socially as they were?] **Open Question**

Jim: Well, I'm kind of an uptight guy. I have a hard job. I work around a lot of old boys pretty rough and tumble. I drive a long ways and I unload big trucks. I get tired sometimes. I like to sit down and have a drink.

Terri: [So drinking kind of helps you relax and you know cope with your life.] **Complex Reflection (added meaning: drinking is a coping strategy)**

Jim: When I get really angry. I don't have to go slap somebody around. I used to, now. When I was younger I'd go over to somebody that upset me or irritate me and I'd take it to 'em but since I've gotten older I kinda have a couple or 3 or 4 beers kinda cool down a little bit.

Terri: [You know you've mentioned that twice already you used to be more hot

tempered than you are right now.] **Simple Reflection** [What do you think caused you to kind of become more..less angry and less violent?] **Open Question**

Jim: (laughing) I got put in jail a few times is one of them. I used to go down and hang out in some pretty rough places. I got thrown in jail a couple of times: Disorderly Conduct, Public Brawling, and things like that. My wife had to come bail me out several times. It got pretty costly doing that. Even though I enjoyed it, it was kinda... it got a little bit costly, I got a bad name in town, things like that. People...I'm from small little town up 20 mile north of here and everybody knows me. Especially the policeman. They know me pretty good so they don't cut me no slack anymore.

Terri: [So it looks like that was causing you problems in a lot of different areas, with the law and your family and other people in town.] **Simple Reflection (summary; no added meaning)**

Jim: Well just like this thing, my DWI. Did Rich tell you about what happened to me?

Terri: [Yeah he did.] **General Information (not coded as a facilitate because the therapist conveys information to the client about her knowledge of his history)**

Jim: I was sitting there at the damn stop sign, well first of all what happened was Saturday morning we were all going to the lake, I had my boat hooked up to my pickup and then my job called me, said they wanted me to come out there and just drive one load out to Jemez Springs and back and then I'd be off for the rest of the day. Well I'd already had 3-4 beers, maybe more, we'd partied that night before and I got up and was feeling bad, so I had 3 or 4 drinks early that morning, But I was just going to the lake, I wasn't going to work and it was my Saturday off and then they called me. And I went ahead and I was on the way out to the job, settin there at that 4 way stop sign and this old woman, she must have been 100 years old, come flying down the road and crashed right into the back end of that pickup of mine and the police come and damned if they didn't arrest me. And they say it's my fault for being there. Now that didn't make sense. You know...some kids or a school bus been sitting there that woman would have wiped them all out. She's lucky she hit my truck and it didn't tear it up too bad but it bent it pretty good, but....

Terri: [So just because you were drinking they kind of used that as an excuse to pin the accident on you.] **Complex Reflection (added emphasis: others are actively attempting to scape-goat him)**

Jim: Put on me. She walks away scott free. Tore my pickup up now I got to pay for her car for fixing her car and my pickup. Now I'm the one having to pay the penalty because somebody's grandma got out there and couldn't see and driving

around crazy. That's really weird. Really stupid to me and that's got me upset too.

Terri: [Yeah it sounds like it.] **MI Adherent (support)**

Jim: Every time I think about that, you know.

Terri: [This accident is what caused you to have to come in here and got you in all that trouble at work and now they're thinking about taking your driver's license away and that's why you gotta come here.] **Simple Reflection**

Jim: Yeah. Is there anything maybe you guys can do maybe about me keeping my license and all that? Could you say something to my, that witch I got for a probation officer, maybe get her off my back, or is there, you know... I wouldn't mind doing some of this stuff may if there was anything in it for me, but so far I've been having to pay this and pay the lawyer and pay for the wreck and pay for the evaluation and everything and so far ol Jim ain't got nothing.

Terri: [Ok, Well let me just say that I think here in the treatment center we don't...we really try not to get too involved with the legal aspects or the legal trouble but lots of time people who have a DWI come here and they stay in treatment for a while and they quit drinking and then usually if that happens they're kind of out of trouble with the DWI and with the probation officer.] **General Information** [But, I don't know whether that's something that you're interested in at this point or not.] **MI Adherent (Emphasizing control)**

Jim: This treatment center thing- is that here at this facility?

Terri: [Yeah.] **General Information**

Jim: And what do ya'll do?

Terri: [We do all different kinds of things. We have all different types of treatment here. Some people come here and live for a while. Some people come on an outpatient basis, some people come with their families, some people come by themselves.] **General Information** [There's just all-different kinds of ways to do it. There's definitely more than one right way.] **MI Adherent (Emphasizing the client's control)**

Jim: What's... you said people come here to live. Do you think I'd have to come here to live?

Terri: [Well I think, you know you're the one that really needs to make that decision about what's the right kind of treatment for you. I couldn't decide that for you.] **MI Adherent (emphasizing control)**

Jim: I wouldn't mind coming here to live, but I wouldn't want to be in one of them places where you sit around in pajamas a bunch of longhaired hippie types crying and bitching and stuff like that. That ain't my style you know.

Terri: [So you're kind of wondering what it would even be like here.] **Complex Reflection (added meaning: reframing suspicion to curiosity)**

Jim: Well, I've seen pictures and things and watched TV and some of that stuff. How long do you think I'd be here?

Terri: [Well again I think that's something that you need to decide, what kind of treatment you want. I mean, there's some guidelines but on the other hand you would need to be the one that decided.] **MI Adherent (emphasizing control)**

Jim: Well, I want something that will help me with court.

Terri: Um Hmm.

Jim: Can you guarantee it will help me in court?

Terri: [Well, I surely can't guarantee it. All I can say is that people who have been here in the past, you know, we have been able to help them with that.] **General Information**

Jim: You know there was another thing I was thinking about. If I don't stop drinking I'm probably going to be right back in this mess again.

Terri: [Yeah.] **Facilitate, not coded**

Jim: Maybe not right away but somewhere down the road.

Terri: [It sounds like if you look ahead take look at your drinking and see where you're going to go with that you're kind of worried about that.] **Complex Reflection (continuing paragraph: looking to future)**

Jim: Yeah. Cause, if I get out of this, if I can save my house and my job I'd better do something that's gonna keep me from doing this again, don't you think?

Terri: [Its time for you to really get serious about this.] **Complex Reflection (added emphasis)**

Jim: Yeah. I just. I did something about the fighting thing. I just didn't go to the bars no more.

Terri: [Right, you were successful in changing that in the past and sounds like you'd kind of like to be successful changing this.] **MI Adherent (Affirm)**

Jim: As long as I'm putting all this money into it I'd like to come out with something.

Terri: [You'd like to get something for your money, huh?] **Simple Reflection**

Jim: That makes sense don't it?

Terri: [Yeah it sure does.] **MI Adherent (support)**

Jim: But, boy, I tell you what, I'm sure not really looking forward to any of this. I don't know.

Terri: [So you kind of feel two ways about it. On the one hand, you know, you think you'd like to have a change and you'd like to quit drinking and on the other hand you think you kind of dread it.] **Complex Reflection (double-sided reflection)**

Jim: Is that normal?

Terri: [Yeah. That's real normal for people when they first start thinking about something like this.] **MI Adherent (support).**