

Motivational Interviewing

Fidelity Audio Recording Protocol & Sample Consent Form

Why capture audio recordings?

Ongoing skill-building in Motivational Interviewing is important because it supports and cements skills taught during training so that they can be effectively applied and evaluated post-training. By establishing strengths and areas for improvement participants can be provided with personal feedback and goals for improvement can be easily set.

Audio taping and/or direct observation allow the MI practitioner and his/her coach to evaluate the level to which the practitioner is employing the skills and strategies required to consider a session successful. The MITI 4.2.1

<https://casaa.unm.edu/download/MITI4.2.pdf> is a validated tool for assessing competency/proficiency and fidelity to the style of motivational interviewing.

What does it take to learn to do motivational interviewing?

Most people start with expert led workshops to learn and practice the fundamentals. Post workshop, one can read and practice. To **really** learn the style, one has to allow a coach to listen to sessions and provide coaching to reach basic proficiency with this complex style of communication. (Miller and Rose, 2009). Schwalbe (2014) recommends 3-4 contacts totaling at least 5 hours in total time over the course of a 6-month period. Participants will continue to grow in their skill development when their involvement with MI is somehow maintained.

1. **Recording Device**

Participants may use a cell phone, i-pad or computer to record their interactions.

2. **Invite a person* with a behavior they are ambivalent about changing to participate.**

*NOTE: This person might be an actual client or a person you know. It will be **much harder** to demonstrate MI skills with people who are solidly committed to change or the change they want to make is changing the behavior, thoughts or attitudes of someone else. Finally, if you choose to do this with a person whom you really like or love, some of your scores are likely to show up differently than they do in your work with your patients.

3. **Suggested script:** We here at <AGENCY NAME> are continually seeking to provide high quality services. As a part of that effort, I am currently working on improving my skills as a helper. I am being coached by an expert* who is outside of our agency. In order to help me, she listens to recordings of me talking to the people I work with and gives me tips about how I can be more helpful. If it's OK with you, I would like to record our conversation today. There will be no information identifying you on the recording. The recording will be sent to her and it will be destroyed as soon as she is done listening to it. Would this be OK with you? What questions do you have before we start?

4. **Consent Form:** If your agency requires it, have the client sign an approved consent form and store the form in the client's agency record. A sample is attached for you to use or revise as needed.

5. **Record the conversation with the client.** Do not use any protected health information (PHI), other than first name, in the audio recording. The recording must be at least 20 minutes in length. If your recording exceeds 20 minutes, indicate which 20 minutes should be coded.

6. **Submit the recording to Laura** using email or contact Laura for access to a secure server for uploading your file. Once the file is submitted to Laura, follow your agency protocols for deleting the audio file.

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SAMPLE Consent for Review of Audiotaped Interview

To be changed to fit your agency needs

Staff of the <insert agency name> are committed to utilizing best practices for gathering information and communicating with clients. In that effort, staff use a specific communication model to deliver SBIRT (Screening, Brief Intervention, and Referral to Treatment) services. Especially as staff are trained in this model, it requires periodic review by a trained observer of audio-recorded interviews to provide feedback to the interviewing helper. We are asking you to allow a meeting with your helper to be audiotaped for the purpose of review and feedback for the helper. The audio-recorded interview will be reviewed only by agency staff assigned to your case (in the same way that agency staff are authorized to review case notes or other materials from your case) and **one trained interview reviewer from outside the agency**. This outside individual is required by law to maintain the confidentiality of any and all information shared in the course of the interview. The audiotaped interview will be saved and maintained in your case record as required by law. You are not required to participate in an audiotaped interview and there is no consequence to you or your case for any refusal to do so.

I <insert participant's name>, as part of the case involving <insert name of case head> authorize the <insert agency name>, to audiotape an interview with me on <insert date> at <insert location>. This interview will be maintained as part of my case file and used for case planning. This interview will be shared with one trained observer from outside of the <insert agency name> to provide feedback to <insert practitioner name> in their use of Motivational Interviewing.

My consent is hereby limited as follows: <open-ended field for patient to list limitations, if any>

Participant's signature _____ Date _____

Witness signature _____ Date _____