

Editor's Choice

Introducing **MOTIVATIONAL INTERVIEWING** *Training, Research, Implementation, Practice*

Allan Zuckoff

I am pleased to introduce the editorial board and structure of MINT's new online journal, *MOTIVATIONAL INTERVIEWING: Training, Research, Implementation, Practice*. *MITRIP* will extend the mission of the *MINT Bulletin* to provide an outlet for articles of interest to the worldwide community of practitioners, trainers, and researchers of motivational interviewing, as well as a virtual space in which members of MINT can communicate with each other (and the wider world) about their experiences related to the ongoing development and dissemination of MI.

In the pages that follow you will find an overview of *MITRIP*'s editorial structure and introductions to the members of the former MINT Bulletin Working Group who will be taking on editorial and liaison roles. You may notice that these introductions reflect MINT's traditions of informality and egalitarianism, which we intend to extend not only to our dealings with each other but to our relations with our readers and contributors. For the first time, MINT's flagship publication will accept contributions not only from MINT members, but from anyone who we believe has something of value to offer to the MI community. In that same spirit, the editors of *MITRIP* will be committed not simply to evaluating and making judgments about submissions, but to working with authors to shape and refine

their contributions so as to ensure that the ideas and discoveries therein have the chance to reach all who can benefit from them.

Following another tradition of MINT, which derives from the practice of the founders of MI, Bill Miller and Steve Rollnick, to share freely and generously of their expertise and to give away much of what they have created, *MITRIP* will be published in an open access online format, licensed through Creative Commons for non-commercial use and redistribution with appropriate attribution, and freely available to all. We owe our capacity to publish in this way to the University Library System at the University of Pittsburgh, which will provide us a completely online editorial, production, and publication process at no cost to MINT.

MITRIP is expected to go live this spring, with a call for contributions and guidelines for contributors, at www.mitrip.org and MINT's soon-to-be-launched website. Beginning later this year, readers of the *MINT Bulletin* will find *MITRIP* available more regularly, in a user-friendly and searchable format, and filled with a wider variety of articles from a broader range of contributors than ever before. We look forward to continuing the *Bulletin*'s relationship with its existing readers and contributors, and to establishing vital and collaborative relations with our new ones. 

MINT Bulletin

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Allan Zuckoff

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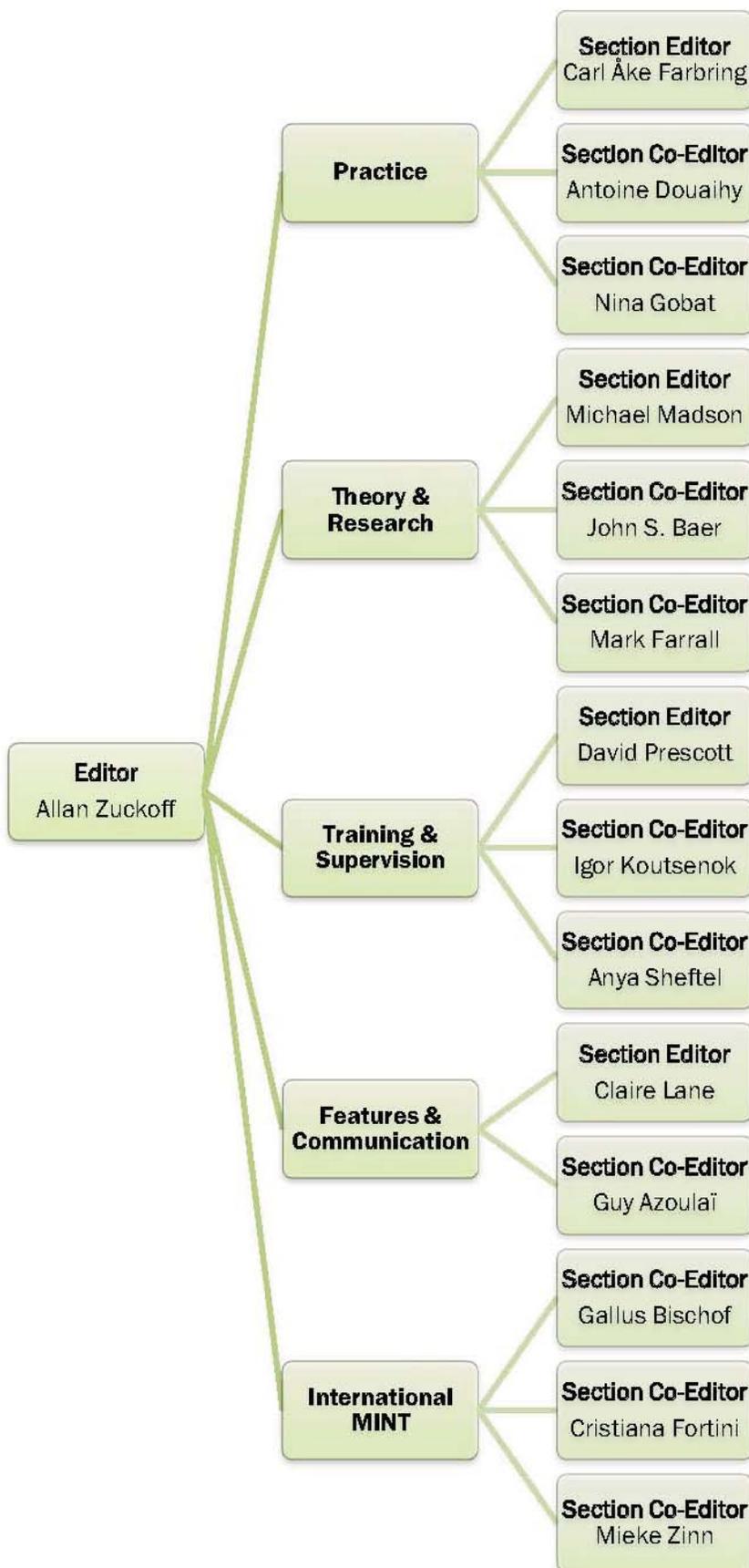
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Daniel Amran

I have been a MINTie since Sitges (June, 2009) and so I'm a "just got out of the oven" kind of bun. I live and work in Italy, in Tuscany, just about 30km from the leaning tower of Pisa. I'm an

MD; I started off with occupational medicine, and I continue my work as a prevention specialist now mainly (but not only) in the tobacco field. I do primary prevention for middle and high school students, and also with newly pregnant women and their partners as they come to receive their pregnancy booklet with all their necessary prescriptions for the whole pregnancy period; secondary prevention with adolescents who come to our clinic (*consultorio* in Italian) mainly seeking birth control (i.e., the pill)

and prevention information for safe sex and sexually transmitted infections; and finally counselling for tobacco cessation. I speak rather fluently English (born in Japan), French (I'm actually a Frenchman) and Italian. I was introduced about 2-3 yrs ago to MI by Gian Paolo Guelfi, who really helped me realise my interest to learn MI and to practice it during my brief counselling (with newly pregnant women), my classroom prevention work with the students as a facilitator, and, naturally, during the tobacco cessation counselling. Sitges did the rest! Meeting great people from the whole world opened me to a new way of imagining

my daily work and since then from then I have "met" Guy Azoulai, Cristiana Fortini, Michael Peltenburg (an almost neighbour of mine) and many other people who inspire me in this journey.

Guy Azoulai

I was born in Alexandria, Egypt of French nationality in 1954 before moving to France. I have lived several years in the USA (The Big Apple) before settling down in Aulnay Sous Bois, France, a Paris suburb.

I am an MD with a number of specialties (Addictions, Cognitive Behavior Therapy, Occupational Health, Sports Medicine, Diving and Hyperbaric Medicine) I have practiced general medicine and had the privilege to partake in two expeditions as doctor on the *Calypso* with Jacques-Yves Cousteau (1986). I am a MINT trainer (TNT Santa Margherita, 1995) and a Rational Emotive Behavior Therapy (REBT) supervisor (1994). Integrating MI and REBT has been most helpful in my practice. Based on these I developed a program for treating and preventing alcohol problems in the workplace (awarded first

prize in the European Club for Health contest 1994). Loving diversity and complementary activities I have three professional caps. As trainer I work at developing and implementing government funded continuing education programs for physicians (7 programs approved for 2010 including a 2 day seminar on motivational interviewing) and privately train and supervise health professionals. That represents on the average more than 30 seminars a year. I am currently working with a group on a project to develop MI as a post graduate university diploma. I also work as consultant for psychosocial risk prevention and addiction problems in the workplace with major firms (Astrium, Thales, France-Télécom, etc...). Add to

that a private practice in psychotherapy with a wide scope of patients (phobias, psychotics, addictions, OCD, etc...) and various populations in both French and English. I have had the honor to co train in two TNT's one in English (Albuquerque, USA 2008) one in French (Thann, France 2008). With everything to learn in the editing trade, my main desire is to have publication content useful, pleasant and accessible.

Outside work I take pride in raising my three children and sharing with them my favorite activities, swimming, scuba diving, biking and martial arts (Shorinji Kempo). I love: cooking (exotic cuisine), progressive rock (Yes), poetry (especially Edgar Allan Poe-try) and play on words.



John S. Baer

I am a clinical psychologist (PhD) and research professor in the Department of Psychology at the University of Washington in Seattle, Washington, USA and the director of an Interdisciplinary

Fellowship at the Center of Excellence for Substance Abuse Treatment at the Veterans Affairs (VA) Puget Sound Health Care System. I've been interested in the assessment, prevention, treatment, and relapse of substance use and abuse for over twenty years. I was part of a team in the late 1980s and early 1990s that conducted some of the first evaluations of brief preventive interventions for alcohol use among college students. Through that experience I became intrigued with brief models of care, and MI in particular. I was also asked to teach our

model of brief interventions at many colleges and universities. I completed the MINT TNT training in Albuquerque in 1999 with Bill Miller, Terri Moyers, Kathy Jackson and Carolina Yahne. Over the years I've developed and evaluated brief interventions and MI with incarcerated veterans and homeless youth. Most recently I've become interested in evaluation of the training of MI, and we recently completed a NIDA-supported study evaluating two types of training models. I've authored over 70 academic papers and chapters and serve or have served on the editorial boards for the *Journal of Studies on Alcohol and Drugs*, *Psychology of Addictive Behaviors*, *Journal*

of Child and Adolescent Substance Abuse, and *Journal of Consulting and Clinical Psychology*. I'm currently working with a local technology company in developing web-based assessment methods for MI skills.

I try to stay active in training and clinical work. I provide MI training to multidisciplinary interns and fellows at the VA in Seattle, and do several additional MI or MI-related workshops every year. I also maintain a small private psychotherapy practice outside Seattle. I'm excited to contribute to *MITRIP*. I hope it will provide a forum for the integration of excellence in training, practice and research on MI.



Gallus Bischof

I am a clinical psychologist (PhD) and senior researcher at the Department of Psychiatry and Psychotherapy at the University of Luebeck, Germany. During my university studies I started with

clinical work in a rehab center for drug addicts in 1992 but changed into more research oriented work on natural recovery from alcohol problems and brief intervention studies for substance use disorders after my Diploma in 1998. Currently, I am a senior researcher at the University of Luebeck where I am conducting an effectiveness trial on the Community Reinforcement and Family Training (CRAFT) approach. Beside research, I work as a behavior therapist and trainer for motiva-

tional interviewing. I am involved in the editorial board of the German journal *Addiction Therapy (Suchttherapie)*, and have authored or co-authored more than 80 academic papers and chapters, in journals like *Addiction*, *Drug and Alcohol Dependence*, *Journal of Studies on Alcohol and Drugs*, *Alcoholism: Clinical and Experimental Research*, *Psychotherapy and Psychosomatics*, *Alcohol and Alcoholism* and *General Hospital Psychiatry*. I have also served as a referee for various international journals.

I was introduced into motivational interviewing in 1995 and had my official TNT in

2005 (Amsterdam). My hopes for *MITRIP* include to help our MINT community to create a platform that is readable, informative and thought-provoking and that is produced on a regular basis.

Being of Swiss origin, I currently live in Luebeck (a medieval town in northern Germany close to the Baltic Sea) where I work and enjoy cooking together with my wife, long walks at the Baltic Sea, canoeing, cycling and all kind of modern art. Beside English, I speak German, French and rudimentarily Spanish and Italian.



Antoine Douaihy

I am currently an associate professor of psychiatry at the University of Pittsburgh School of Medicine (UPSOM), Pittsburgh, Pennsylvania, USA. I am the Medical Director of Addiction

Medicine Services (AMS), Associate Residency Training Director, Director of Addiction Psychiatry Fellowship at Western Psychiatric Institute and Clinic, and a co-Investigator and Associate Medical Director of the Appalachian Tri-State NODE of the NIDA sponsored Clinical Trials Network (CTN). Since I have been a faculty member at UPSOM for the past 10 years, I have assumed increasing responsibility in clinical services focusing on expanding and improving clinical care in AMS programs, and

involvement in teaching and mentoring medical students, psychiatry residents, and psychology interns. I have also become more involved in clinical research, particularly in the area of co-occurring disorders, smoking cessation, HIV psychiatry, and motivational interviewing. My involvement in clinical services, teaching, and research has allowed me to serve as a "bridger" between training, research, and clinical programs. Disseminating evidence-based therapies in addiction and particularly MI to community treatment practitioners, and trainees including medical students and psychiatry residents has become my passion. My publications focus on substance

use disorders, co-occurring disorders/patient recovery guides, and HIV psychiatry.

I became a member of MINT in 2002, following my TNT in Paris, France with Steve Rollnick and Tom Barth. I have served as a member on the Admin and Finance working group in 2008. I continue to be actively involved as an MI trainer and my top priority remains focused on the mission of dissemination of MI all across medical and psychiatric specialties.

Personally, I am an avid cyclist and an amateur ballet dancer. Prior to moving to the USA 17 years ago, I lived in Lebanon and France. I speak French and Arabic fluently.



Carl Åke Farbring

I have 30 years of specific experience of treatment in prison and probation (therapeutic communities—the famous Osteraker experiment—

relapse prevention, MI). I studied behavior therapy for 3 years during the 70's. I have done practical therapeutic work with hundreds of clients that aimed at behavior change. I have done mainly research and development work the last 10 years, but also clinical work, mainly within my own programs. I have been a member of MINT since my TNT in 1999 with Bill Miller and Steve Rollnick in Tarragona, Spain. I initiated the "what works" era in corrections in Sweden in 1999 in close collaboration with the Home Office in England. I have done evaluations and articles

on "implegration" (my term for the process of implementation and integration) of MI and treatment in correctional settings. I collaborated with Steve Rollnick on a "three styles" interactive CD in 2003-2005. I have conducted hundreds of workshops in MI and my own MI program. I translated two Miller & Rollnick books into Swedish and actually published the second edition of their *Motivational Interviewing*, which has since been bought by a regular publishing company. I am now also working on a consultancy basis with social welfare organizations. I have authored books and chapters in the field and two scientifically accredited programs. I hope for more integration of self-

affirmation theory and practice in MI. Implegration is another interest. I work with anything that helps—I don't belong to any "school" anymore and I have no religious affiliation (but respect for those who do).

Privately, I am married and have a 12 year old son, Oliver. I live in a calm, almost rural area 30 kilometers north of Stockholm. I fool everyone into thinking that I can play the piano and jazz clarinet. Oliver is a four year student on violin and is playing in a string orchestra. I own a set of golf clubs (handicap 27?!—the only area I know where practice doesn't make better). I am an exercise addict: swimming, bicycling, and more.



Mark Farrall

My interest in MI reflects the rather twisty career path I've followed: professional actor in educational and criminal justice settings (drama degree), then consultant and trainer (psychology degree and

Masters in criminological psychology) and a research PhD focusing on violent offenders. I'm also finishing training in Psychodrama, an experiential group therapy.

In the middle of all that is MI, which I first encountered in 1996 (trained by long-term MINTie and now-wife, Lucy Emlyn-Jones) and in which I completed my TNT in Tarragona, Spain in 2000. MI is, I hope, at the heart of all my personal practice and I have developed interventions and training which try to integrate it into a number of 'non mainstream' settings such as domestic abuse risk assess-

ment and group work. Two of my proudest MI achievements are developing and training criminal justice staff in *motivational interactions*, "taking motivation out of the box" and integrating it into everyday job roles within prisons, and delivering MI training for British Family Nurses, a new initiative which really does seem to change lives down the generations and which research shows is rendered more efficacious if delivered in an MI consistent way.

My role as director of Ignition, an independent training and consultancy company, allows me to pursue projects which interest me, which means I have worked as a clinician (personality disorder unit), teacher/trainer (visiting

university lecturer) and researcher, and published a few articles on subjects such as MI with domestic abusers, or in substance misuse education with special needs schoolchildren. I have also contributed to a few book chapters on subjects like experiential work with offenders and MI in domestic abuse work, and presented at the Live Symposium on MI in criminal justice work at the Amsterdam MINT Forum, and at other Forums as well.

My hope for *MITRIP* is that we can be eclectic and open but also rigorous and clear in our consideration of MI, its mechanisms, its applications and its boundaries, developing practice and theory in a helpful and accessible way.



Cristiana Fortini

I am a clinical psychologist (Master degree), MI trainer and supervisor in clinical and research settings, working

at the Alcohol Treatment Center of the Lausanne University Hospital, Switzerland.

I was trained in MI in 1996 and completed my TNT with Bill Miller and Steve Rollnick in 1997, in beautiful and sunny Malta. My interest in MI runs deep in my veins: training, research, clinical work, supervision. I am Italian by blood (and in my heart), was born in Belgium, grew up in Canada and in Australia, am currently living in France and working in Switzerland. I therefore speak Italian, French and English (no great merit there... thanks, Dad, for a globetrotting childhood!). I co-trained in my first TNT with

Bill, Steve, and Jeff Allison in 2001, while still breastfeeding my 3-month old baby and looking after my 19-month-old boy, who had come along to Santa Margherita, Italy with my husband. I don't think my training efficacy was very high, but that is where I met my future boss, and the hospital I now work in is the one where my dad's life was saved 20 years ago after a very nasty heart attack while visiting my brother who was studying here at the time. The world is very small.

Regarding my service to MINT: I led the MINT-sponsored TNT with Steven Berg-Smith in 2006 and the MINT-endorsed French TNT in

2007; the first International Conference on Motivational Interviewing (ICMI 2008) was an initiative organized by our Service; I am currently serving on the MINT Board of Directors. On my wish list for *MITRIP*: to make it accessible to non-native English speakers.



Nina Gobat

Based at Cardiff University, I recently became a full-time student again having registered for a PhD, and a postgraduate diploma in Epidemiology. Before this I worked clinically and/ or in service

development roles for 10 years, mainly in mental health and addiction treatment—most recently with young people with early psychosis and their families. I hold two degrees: one in Psychology and Drama and a second in Occupational Therapy.

I have been teaching MI since 2005 after completing a TNT in Amsterdam (Claire's "vintage year"!) with Jeff Allison and Karen Ingersoll. Since then I have delivered training in the UK, South Africa, Ireland and Australia, to a variety of practitioners work-

ing in diverse settings as well as to support research projects. Much of my MI training has been in collaboration with fellow MINTies, an experience I value deeply.

Recently I have co-authored a chapter (with Lisa Merlo) for inclusion in the forthcoming book, *MI with Young People* (Sylvie Naar-King and Marianne Suarez, Eds.), as well as a chapter (with Vanessa Bogle and Claire Lane) for a book on behaviour change with dental practitioners (Jeanie Suvan and Christoph Ramseir, Eds).

On a personal note, I was born and raised in Cape Town, South Africa and grew up in a time of striking social

and political change. I speak some Afrikaans, French (courtesy of a Swiss Papa), and Spanish (a survival strategy during a solo South American adventure).

My wish for this MINT publication: a) that it provides a platform for (extra)ordinary voices to shine and b) that it is a welcoming home for innovation and creative developments, while at the same time preserving integrity in the growth of MI.



Gian Paolo Guelfi

I am an MD, specializing in Nervous and Mental Diseases; president of CMC Italia, the association of Italian trainers in MI; and pro-

fessor in the School of Specialization in Psychiatry, University of Genova, Italy. I have worked as a psychiatrist since 1968, in psychiatric hospitals, clinics, and psychiatric wards in general hospitals. In the last 15 years of my career, I was the Director of the Drug Dependence Unit in Genova. I was the President of the SITD (Italian Society of Addiction Studies), 1999-2005.

My research interest is in assessment of motivation, and I collaborated in the development of the questionnaire MAC2-A. My most important article was written with Valter

Spiller and Valeria Zavan: "Assessing motivation for change in subjects with alcohol problems: The Mac2-A Questionnaire," in *Alcohol and Alcoholism* (2006). I also co-authored two chapters in G. Tober and D. Raistrick (Eds.) (2007), *Motivational Dialogue*: "Motivational interviewing in the criminal justice system" and "Motivation and change: A three dimensional continuum." I was invited to give a Grand Rounds presentation on my MI experience at the Department of Psychiatry of the Stanford University, and to co-run a training course at the Palo Alto VA, in November 2006.

I organized and attended the third TNT, held in Santa

Margherita, Italy, 9-11 October 1995, and led by Bill Miller and Steve Rollnick. I was among the organizers of the MINT Forum and TNT in Santa Margherita, Italy, June 2001, and co-led the MINT-sponsored TNT in Italian. I also co-organized and co-led a MINT-endorsed TNT in Italian in Genova, in November 2005 (see the report in *MINT Bulletin 13.2*).

I hope that MITRIP can improve the communication among practitioners of MI across the world, with attention to languages other than English.

I live in Genova, Italy. In addition to Italian and English I also speak French, though not as fluently as English.



Igor Koutsenok

I am a psychiatrist (MD), MS in Addictive Behavior, Director, Center for Criminality and Addiction Research, Training, and Application at the University of California San Diego, Department of

Psychiatry. I am a clinician and a teacher. I completed my TNT in Albuquerque, New Mexico in 2008 and became a MINT member. I was born and raised in Kiev, Ukraine, lived 14 years in Bulgaria, graduated from the University of London, St. George's Hospital Medical School, and for the last 13 years I have lived in San Diego. Moving from one place to another gave me the opportunity to learn unique communication styles and traditions of cultures I didn't know much about. I have learned how people differ, and what we have in common. I also had to learn

how to speak foreign languages not just properly, but culturally adequately, so I will not unintentionally say anything offensive. This experience gave me the skill of thinking before opening my mouth—a quite important skill in general and very relevant to MI as well.

I have authored and co-authored over 50 scientific publications in journals including the *Journal of Substance Abuse Treatment* and the *Journal of Teaching in the Addictions*, as well as book chapters in J. Lowinson, P. Ruiz, R. Millman, and J. Langrod (Eds.) (2004), *Substance Abuse: A Comprehensive Textbook* (4th edition), K. Knight and D. Farabee (Eds.) (2005), *Treating Addicted Offenders:*

A Continuum of Effective Practices, and A. Browne-Miller (Ed.) (2009), *Praeger International Collection on Addiction*.

I would like to contribute to *MITRIP* in two ways: helping MI to maintain its integrity of implementation in different countries in different languages, and opening the MI community to the rest of the world. I really do believe that this will be another step in helping countless people who face the challenge of change-making to better their lives.

On a personal note, I am a proud father of three and my attempts to use MI skills with my older kids (20 and 4) are still ongoing with fluctuating success. My youngest son (5 months old) doesn't care much yet.



Claire Lane

I am currently a trainee clinical psychologist, holding a BA (hons) in Language and Communication, a PhD and a DipPsych. Prior to my present position, I worked in a research capacity for 8 years, being particu-

larly interested in how MI is taught, learned and 'implegrated' (to use Carl Åke's fantastic term!). I have authored eight publications in peer reviewed journals, six articles in the *MINT Bulletin*, two book chapters, and have regularly reviewed articles. In addition to my research job, I have provided support (on a voluntary basis) to individuals in emotional distress (including those who are suicidal), and individuals with anxiety disorders.

I completed my TNT in Amsterdam in 2005 (a vintage year!), and was trained by

Karen Ingersoll and Jeff Allison. Within MINT, I am a member of the Public Service Fund committee, provide some input to the Governance working group, and am known for being somewhat 'colourful' on the listserv. I have presented workshops at four MINT Forums, and delivered a plenary address on 'the essence of MI' at the 2009 Forum. I have three hopes for *MITRIP*: to bring back some informality and fun, to encourage and support those who haven't contributed in the past to do so, and to engage those outside of MINT with what MINTies consider to be the topical issues in MI.

On a more personal note, I was born and bred in the UK, and grew up in Plaistow, East London. I moved to Cardiff in 1996, and this is now my permanent base. I study/practice in Birmingham / Wolverhampton during the week, returning to Cardiff at weekends to be with my husband Graham and our cat 'Kiwi'. I speak some German (not fluently, but I can more than get by), and take every opportunity to practice! In my free time, I enjoy eating (!), writing, the arts, and hiking. I also find occasional nights out in Essex night-clubs help me to retain balance in my life.



Michael Madson

I am an assistant professor in the Department of Psychology at the University of Southern Mississippi in Hattiesburg, Mississippi, USA. My PhD is in counseling psychology. I completed MINT training in 2006 in Miami, Florida, USA, with

Denise Ernst and Ralf Demmel. I primarily train master's and doctoral students; I teach courses in counseling theories, alcohol and drug abuse treatment, and clinical supervision, and supervise advanced students in our training clinic. My areas of interest include screening and brief interventions for college student alcohol abuse, protective behavioral strategies, and motivational interviewing with a variety of health behaviors. Currently I am an investigator on a project funded by the National Center on Minority Health and Health Disparities examining an MI enhanced

nutrition program focused on reducing hypertension. I am also interested in researching MI training.

I have published 19 refereed journal articles, bulletin articles and book chapters. I hope that my experience as an editorial board member (*Journal of Addiction & Offender Counseling, Rehabilitation Counselors and Educators Association Journal, Journal of Teaching in the Addictions*) and peer reviewer (e.g., *Behavioural and Cognitive Psychotherapy, Drug and Alcohol Dependence, Training and Education in Professional Psychology, Psychology of Addictive Behaviors*) will assist our team in disseminating state of the art articles on MI theory and research in a fashion that is applicable and

valuable to all MI trainers, practitioners and researchers alike and will facilitate further examination and refinement of MI. I encourage manuscript submissions from those new to MI as well as MI veterans. It is through the diverse contributions of ideas and research that we will truly advance all aspects of MI.

Personally, I was born in Sheboygan, Wisconsin, and am an avid Green Bay Packers (football) fan. I moved to Mississippi two weeks before Hurricane Katrina, and that was my welcome to the South. Before psychology I was in communication and was a radio DJ in high school and college. I enjoy running and walking with my labrador retriever, Voodoo.



David Prescott

I am an LICSW and Clinical Director of the Minnesota Sex Offender Program - Moose Lake. I have worked as a clinician and administrator in and around residential programs for 25 years, serving

emotionally disturbed adolescents, abuse survivors, and people who have sexually abused. I have authored and edited five books, including *Building Motivation to Change in Sexual Offenders*, published by Safer Society Press. I have also authored a number of book chapters and edited two newsletters for professionals working with people who have sexually abused. I have published studies of sexual offenders' experiences in treatment in *Sexual Abuse: A Journal of Research and Treatment* and the

International Journal of Offender Therapy and Comparative Criminology, and provided peer review to journals such as the *Journal of Interpersonal Violence* and the *Journal of Criminal Justice*. In 2008-2009, I was the Immediate Past President of the Association for the Treatment of Sexual Abusers, the largest professional organization for this purpose in the world.

I joined the Motivational Interviewing Network of Trainers in Miami in 2006. Prior to that, I received training and mentoring from Steve Berg-Smith. I have since attended ongoing training with Steve and also participated in training for

supervisors by Terri Moyers, Denise Ernst, and Bill Miller. I have contributed articles to the *MINT Bulletin* and been a member of the working group on trainer development and certification.

My primary goal in my work with MITRIP is to promote the exchange of resources and ideas for those in training and professional practice.

In addition to my work in the above areas, I enjoy running along the Minnesota back roads and collect electro-acoustic music.



Anya Sheftel

I am a graduate teaching fellow and a counseling psychology doctoral student at the University of Oregon. Prior to coming to University of Oregon, I worked as a moti-

vational interviewing counselor in research and clinical settings. I was trained in MI in 2005 and completed my TNT in 2008 with Terri Moyers, Anette Sogaard Nielsen, and Allan Zuckoff in Albuquerque, New Mexico. Since then, I have attended the 2009 Sitges Forum, where Allan Zuckoff and I led a breakout session on the application of MI in work with adolescents. I am also a member of MINT's Professional Issues – TNT working group.

My interest in MI encompasses research, clinical work, training, and supervision.

Currently, I am working with a local agency on integrating MI into its everyday client interactions. I conduct MI trainings for the University of Oregon and am in the process of developing an undergraduate course that will be focused on MI. I also lead a weekly supervision group that offers support to MI practitioners who have attended my trainings.

I grew up in Russia and have lived in the United States for the past 17 years. Coming from this background, I would love to see *MITRIP* become accessible to MINTies whose first language is other than English. Also, I believe that it is important to invite contributions from MI

practitioners and researchers who, for their own reasons, are not part of MINT. There is a wealth of insight and information that we could share with one another and, thus, create a more open and inclusive organization.

Living in Eugene, Oregon affords me the opportunity to engage a multitude of outdoor activities from camping to hiking to surfing. Also, since moving here I've been reliant on my bike for transportation and have become an avid cyclist. Besides speaking Russian and English, I have a fairly good comprehension of Spanish and am working towards getting my speaking ability up to speed.



Mieke Zinn

I am a clinical psychologist and (cognitive behavioral) psychotherapist working at Brijder, a large organization for addictions (in charge of psychosocial interventions) and in a small private prac-

tice. I combine treating patients, developing and improving treatment protocols and educational, coaching, and training activities. I am a licensed CBT supervisor, and a member of national and regional committees that monitor quality of treatment. "New addictions" like internet addiction trigger me; I am conducting a pilot study with an adjusted protocol. I am involved in online treatment programs for substances and gambling.

I have been involved in MI ever since I got introduced to it in the mid-eighties and

immediately felt "a click". I Had my official TNT in 2007 (Sofia) and am proud to be a MINTie. I am an active member of our Dutch section and watch the MINT listserv for 'what's new and what's hot' for those who are less fluent in English or aren't able to follow it all. In our Dutch group I participate in most activities, but I contribute most by getting on top of what's happening in research and theory development and passing it on.

I have some writing experience, both in newsletters and bulletins and in co-authoring books and articles. This ranges from being the chief editor of *Sjalhomo* (shalom and homosexual) in the nineties to contributing to the

National Multi-disciplinary Guidelines Alcohol that appeared this last year. I take pride in having co-translated *Controlling your Drinking* by Bill Miller and Ricardo Muñoz. I like translating in the sense of getting information through, assisting people to communicate and connect around important themes. This is also why I am eager to participate in the editorial board of *MITRIP*.

I am married to Katja and we love our two guinea pigs. I like spending time with my friends, eating, being outdoors, reading, and listening to music and watching series and movies on my Cowon. I like working with computers and am fond of gadgets.

**Allan Zuckoff**

I am a lecturer in psychology and psychiatry at the University of Pittsburgh, Pennsylvania, USA. As a clinician (PhD) I spent ten years working with people with co-occurring mental health

and substance use disorders, and I also have a special interest in psychotherapy of complicated grief. Most of my research focuses on developing and testing adaptations of MI in the areas of adherence to psychosocial treatment, health risk reduction, and resolution of ambivalence. I've published in journals including the *Journal of Substance Abuse Treatment* and the *American Journal of Psychiatry*, and served as an ad hoc reviewer for journals including the *Journal of Consulting and Clinical Psychology*, *Addictive Behaviors*, and *Behavioural and Cognitive*

Psychotherapy. I am co-author (with Dennis C. Daley, PhD) of *Improving Treatment Compliance* (1999) as well as "Motivational Interviewing and Treatment Adherence" (with Allen Zweben, DSW) in Miller and Rollnick (2002) *Motivational Interviewing* and "Motivational Interviewing as a Prelude to Psychotherapy of Depression" (with Holly A. Swartz, MD, and Nancy K. Grote, PhD) in Arkowitz, Westra, Miller, and Rollnick (Eds.) (2008) *Motivational Interviewing in the Treatment of Psychological Problems*.

I became a MINT member in 1998, following my TNT with Bill Miller and Steve Rollnick in Newport, Rhode Island, USA. I have been editor of the *MINT Bulletin* since

2004, and on MINT's Board of Directors since 2008. I was a member of the Planning Committee (PC) for the 2006 MINT Forum in Miami, Florida, USA, and chair of the PC for the 2007 MINT Forum in Sofia, Bulgaria. In 2008 I co-led a MINT-sponsored TNT with Terri Moyers and Anette Sogaard Nielsen in Albuquerque, New Mexico, USA. I'm an active MI trainer, and have conducted workshops in Canada, Australia, New Zealand, and Norway as well as across the US.

Personally, I live with my wife, a psychologist in private practice, and my 16-year-old son, a Malone Scholar and singer-songwriter in the Violet Imperative, a guitar duo.

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