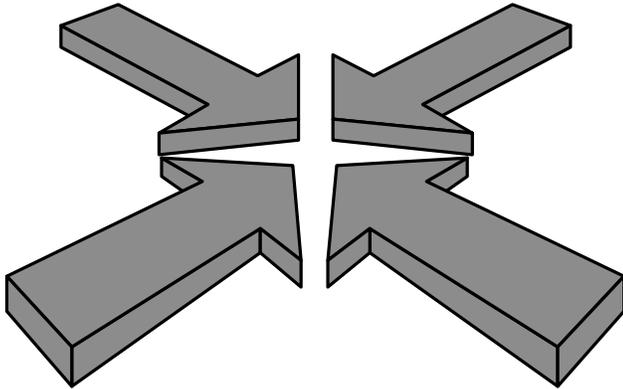


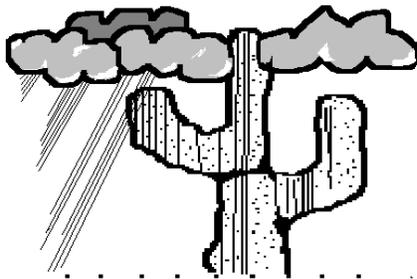
Motivational Interviewing Newsletter for Trainers

January 1, 1998, Volume 5, Issue 1

A Publication of the International Association of Motivational Interviewing Trainers



New Perspectives



From the Wetlands

Bill Miller

Where is that Umbrella?!

Greetings from the western range "where the skies are all cloudy all day." This has been a lively year, and I have a number of things to report.

First, the training tapes. The filming was completed last summer, and we have finished editing four of the seven tapes. MINTie Terri Moyers has done the lion's share of work in coordinating the filming and editing process. We were stalled for a month by an administrative problem that temporarily stopped editing of the last three tapes. The problem has been resolved,

and we now hope to have the full series ready for ICTAB-8 at the latest. As currently planned, the series will include:

- A. Introduction to Motivational Interviewing
- B. Phase I: Enhancing Intrinsic Motivation (2 tapes)
- C. Responding to Resistance
- D. Feedback and Information Exchange
- E. Motivational Interviewing in Healthcare Settings
- F. Phase II: Negotiating a Plan and Consolidating Commitment

We hope to hold the cost to about \$25 per tape, so that the whole series would cost roughly what it costs to purchase one commercial training video.

Second, MINT-6. The idea of a parallel meeting of alumni MINTies when we train new trainers was so well received that we are thinking of making this a regular feature. Our rhythm has been to offer one MINT training per year around October, so the next would occur in or near October, 1998. The parallel meeting places a few further constraints or at least considerations in choosing sites. We have gone back and forth between the American and European continents, and it's time to come back to America. Our first thought had been Hawaii, but something that far west does get costly for European MINTies. Yet clinging to Atlantic coastlines does keep us from many lovely sites. Your suggestions for an October 98 site are welcome. We do need somebody nearby to help with local arrangements, wherever it is held. Email me at millerwir@chr.mts.kpnw.org.

I recently heard from Dr. Richard Lueker, an Albuquerque cardiologist who is PI for a randomized trial of MI in cardiovascular rehabilitation (called "CHILE"). People entering his New Heart program for rehab after a heart attack were randomly assigned to receive or not receive a single "check-up" style intervention at the outset (MI after an MI!), paralleling the design

of several prior studies with alcohol/drug problems. They presented their preliminary findings at the Association of Cardiac and Pulmonary Rehabilitation meeting, and Dick says they found significant effects for increased exercise, decreased stress levels, and decreased fat consumption relative to people going through the rehab program without a preliminary motivational interview. This directly parallels our findings with MI as a prelude to outpatient and inpatient alcoholism treatment. There are also parallels to studies underway by MINTies Delia Smith (in diabetes management) and Steve Berg-Smith (on dietary adherence in adolescents). Therapists on the CHILE project were MINTies Nancy Handmaker and Kathy Jackson.

MINTie Delia Smith has demonstrated the potential utility of MI within a diabetes management program. In this small-sample pilot study (N = 22), a motivational interviewing group (compared with a routine care condition in a randomized trial) showed significantly better adherence (attended more group meetings, completed more food diaries, and recorded blood glucose more often), and had significantly better post-treatment glucose control. The reference for this study is included later in this newsletter.

Meanwhile I'm gearing up here at the Kaiser Permanente Center for Health Research to do a more formal evaluation of training in motivational interviewing. In mid-December Kathy and myself will be training a group of counselors and probation officers in a county correctional system. We are gathering baseline data from trainees via questionnaires and audiotape recordings of naturalistic work samples. We plan to get proficiency work samples on videotape right after training, then follow-up questionnaires and audiotaped work samples (naturalistic setting) 3 months later. It will be at least a rough start on trying to demonstrate behavior changes in practitioners as a function of MI training. We are working with a cadre of four MINTies here at Kaiser: Kathy Mount (the Project Coordinator), Steve Berg-Smith, Denise Ernst, and Evelyn Whitlock.

Finally, I will be chairing a panel to prepare a Treatment Improvement Protocol (TIP) on "Enhancing Motivation for Change." The TIP process occurs under contract from the Center for Substance Abuse Treatment (CSAT), and the

panel is scheduled to convene in April. If all goes well, we will produce a comprehensive and free document on the range of methods that can be used to enhance intrinsic motivation for change in substance abuse. More about this in future issues.

The Music and the Dance

In reflective listening, finding the right metaphor can go right to the heart of a matter. I expect that the same is true in teaching. For several years, two metaphors have been floating around the MI field that strike me as particularly helpful in communicating the essence of this approach. One is "the music" of motivational interviewing, a phrase that Steve and I began to use to refer to the underlying spirit. Someone using MI techniques without understanding or manifesting the underlying spirit is said to have "the words but not the music".

I was helped, in thinking about this distinction, by a Kaiser colleague who recently asked me, "Do you think that a computer could be programmed to do motivational interviewing?" My immediate response was "No". To be sure, a computer could be programmed to state open-ended questions, to give assessment feedback relative to norms, to make statements emphasizing personal choice and control, and to give advice. There were several attempts, in the early decades of client-centered therapy, to program a computer to offer reflective listening statements. A computer could help clients to explore the pros and cons, the good things and not-so-good things. I expect that one could successfully trigger behavior change in this way. We managed in one study to produce a moderate effect simply by mailing people feedback about their own drinking, relative to norms (Agostinelli, Brown & Miller, 1995). In a way, the task of computerizing a motivational intervention is a bit like Steve's efforts to develop brief negotiation strategies that can be used in routine health care settings. Such strategies can be said to be "in the spirit of motivational interviewing," whether offered by computers or by health care practitioners who are not proficient in the larger approach. Yet in some important sense, they are not motivational interviewing, and the difference is in the music.

Consider another thoughtful question from a Kaiser colleague: "Can you teach an actor to appear to be empathic and caring, by having that

person reproduce the behaviors of counselors who are genuinely empathic and caring? If so, is that motivational interviewing? And can clients tell the difference? Here I said that there is a detectable difference between “going through the motions” and motivational interviewing with a heart connection. They are not completely separable, because even practicing the component skills can begin to create a compassionate, empathic connection felt by both participants. Doing motivational interviewing changes you. The behavior of humming or singing starts to teach you something about music. In any event, I think there are wonderful research questions to be asked here. We have little more than metaphor at present to differentiate “the real thing” from approximations. Should we, as in ice skating, have separate systems of “technical marks” and “artistic marks”? Similar distinctions are made in musical virtuosity between technical proficiency and a feeling for the instrument and music.

Then there is the dance. Skillful motivational interviewing has also been likened to dancing, and the metaphor is apt in many ways. A dance is a brief period of relationship, moving to music. There are certain steps one must know, and yet there is a gestalt to fine dancing not captured by technical knowledge of the steps alone. One adjusts to the partner’s style, and to changes in pace of the music. Leading is a subtle thing in good dancing – a small pressure at just the right moment, moving with the momentum, an invitation – directive and yet flowing. After a role-play in a training workshop, Jeff Allison asks, “Were you dancing or wrestling?” It would, I think, make a good Likert scale for raters observing counseling sessions: the dancing-wrestling scale. The wrestler works against, seeking to topple and pin an opponent. A dancer has not an adversary but a partner, on whom attention and movement is centered. There is directiveness, but it may not be consciously apparent to an onlooker or even to the partner. While there is music, they dance. When the music stops, the dance is over.

The MI Macarena

At the MINT training in Malta, Pip Mason entertained us during an evening talent show with a fun children’s song picked up in her travels. The lyrics follow American fast food chains: “A Pizza Hut, A Pizza Hut, Kentucky Fried Chicken and A Pizza Hut... MacDonalds!” and it comes

complete with motions that add substantially to the hilarity. I couldn’t get the catchy tune out of my head the next day, and began thinking about a motivational interviewing version of the song. The result follows at the end of this newsletter. If things are dragging a bit on the second or third day of training, or if you have nothing to lose, give it a try. Suggested motions:

- Paraphrase: Hands rolled out in front of body, with palms facing up
- Open-Ended Question: Hands extended palms out, arms open wide
- Roll with: Hands rotated around one another in front of chest (for basketball fans, its the referee’s signal for travelling)
- Key Question: Right hand to right ear
- Recapitulation: Hands bouncing, palms down, as if putting things into a basket
- Commitment: Hands clasped together at chest level

For the truly brave and musical, it is also possible to do it as a round in three parts. To enhance this, I have altered the melody slightly from the original in order to differentiate parts 1 and 2.

Important MINT Dates

Submission	Publication
4/1/98	5/1/98
8/1/98	9/1/98
12/1/98	1/1/99

All MINTies (and others interested in MI) are invited to submit pieces for the MINT. Information does not have to be researched-based or written as for a journal. Our members have consistently stated that hearing what other MINTies are doing is one of the most interesting aspects of this publication. Don’t be shy.

Pieces for the newsletter may be faxed, emailed or mailed to me at the addresses and numbers listed at the end of the newsletter.

MINTie Biographies

Name: Melvyn Hillsdon

Location: London, England

Training Interests: Physical activity, eating

Training Language: English

How did you become interested in MI? Told about it while on a CBT counseling course

What sorts of things are you doing now with MI? RCT of exercise promotion

What is your favorite story about training? Make sure workshop participants are there because they want to be, not because their boss insisted. This leads to high levels of resistance that is not very conducive to good training. [Editor: Melvyn, it sounds like there is story behind this. Are you going to whet our appetite and then let us go hungry?]

You may reach Melvyn at:

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Name: Chris Dunn

Location: Harborview Injury Prevention and
Research Center

Training Interests: Teaching physicians, residents,
and medical students to do Brief

Interventions with their patients, teaching
social service providers MI,

Training Language: English

How did you become interested in MI?

Out of desperation, and while working in the Seattle VA's Pain Clinic as an intern, I read Prochaska's American Psychologist article on stages of change in smokers. It made immediate sense to me, and it also offered me a release from the push to get people into action immediately.

What sorts of things are you doing now with MI?

I'm using it on my boss. He wants to call our 2-year NHTSA grant to train docs to do brief

interventions, "Project SIR" (Screen, Intervene, Refer). But I'm the guy who has to go in there and train all those women physicians as a representative of Project SIR, and try to undo any unpleasant impressions this acronym may have created. I think we need a less sexist acronym, but I don't sense even an ounce of ambivalence on his part.

I recently left a job after a year of supervising chemical dependency counselors in an abstinence oriented addiction program that treats lots of drunk drivers.

What is your favorite story about training?

We have a female boxer with a terrible under-bite, whose tongue is too large to fit in her mouth. Her name is Ethel, and she photographs magnificently. I have 6 training slides of Ethel (available for an obscene fee), each one a face shot of a VERY different expression, each one

representing a different stage of change (or is it five?). I've done about 100 MI workshops since 1995, and have just about worn out the slides. No matter how bad things are going, I can always put Ethel up there, and people howl. After awhile, I began opening up workshops with slides of Ethel (always lead with your strengths), by asking before each slides goes up, "do any of you have patients who feel this way about changing?" I think this is called "bottom up" learning, versus "top-down", where you start with concrete examples of what you want to teach (that's the bottom), and let the audience think up the categories or abstractions (that's the top) which the examples illustrate. Anyway, as far as I can tell, Ethel's average rating on your basic evaluation questionnaire is off the charts. Modal comment: "nice workshop, LOVED ETHEL!"

What would people be surprised to know about you?

I once high jumped over a bar that was 7'3 1/2". I feel this makes me a better therapist.

You may reach Chris at:

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Editor's Cup

David Rosengren

A Tough Act to Follow

Well. How do you follow The MI Macarena?! Bill, I'm looking forward to seeing you do that in one of the tapes Terri is editing. It will be there right? Actually, I'm getting this image of a 7th tape featuring you and Steve leading a group of MINTies in MI dancer-cise. Lycra-outfits. The whole works. I'm not sure if I should laugh or call a talent agent.

The Business of Business is Business II

It seems I left some important information out of the last newsletter related to dues and membership. Dues are \$5 for 1 year and \$10 for two years (U.S. Dollars). It seems the majority of members have opted for the two-year plan. Memberships will run on a calendar year and won't be prorated, except by prior written consent of the commissioner of Major League Baseball. Since there is no commissioner currently, it means the likelihood of prorating is small. Checks may be made out to, "David's Fun in the Sun Vacation Fund". Actually, you better make your checks payable to, "I.A.M.I.T." since the thought of prison is not very appealing to me. Checks may be mailed to:

IAMIT
c/o David Rosengren
2400 NW 80th Street, #116
Seattle, WA 98117

What to do, what to do...

For our International Members, I remain perplexed about how to proceed in collecting dues in a fair manner. Melvyn Hillsdon has indicated that there can be a direct bank to bank transfer. When I asked my personal banker about this, she looked at me like I was out of my gourd. Now, in all fairness to her, it is certainly possible that she made an accurate evaluation of my situation –

being out of my gourd, that is. She basically said, "No." But Melvyn seemed more hopeful. If he succeeds, I will let you know the details of how to do it.

Steve Rollnick and I have been engaging in what can best be described as an episodic discussion about the possibility of an European Editor for the MINT. I think there are several potential positives about that, including that someone a little closer to home may be able to manufacture a workable European dues solution. I'll keep you posted.

Welcome to the Maltese MINTies

The Maltese MINTies. It has a nice ring to it. Welcome to the International Association of Motivational Interviewing Trainers (IAMIT). As newly minted MINTies you are accorded a year's membership free of charge. This is a rather blatant attempt to induce you into joining the IAMIT. Of course, our belief is that after a year you'll say to yourself, "How could I possibly live without IAMIT membership?!" Barring that, you might say, "It's only \$5 a year. What the heck!"

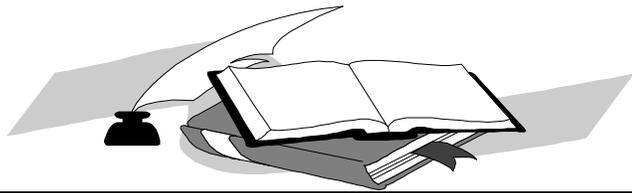
The IAMIT is a new entity and as such is still taking form. Currently the benefits of membership include this fabulously entertaining newsletter, bibliographic updates, and access to training tips and materials. It also appears that advanced training opportunities are on the horizon, as well as ongoing networking possibilities with other MINTies. Future goals include setting up a website.

The newsletter is now published three times a year (January 1, May 1 and September 1) in beautiful black and white. We rely on member contributions to the MINT and, in fact, a recent MINTie survey indicates member updates were one of the most valued aspects of the MINT. If you'd like to contribute something, you may mail it in letterform, put it on disk or send me an email. The relevant addresses are listed at the end of the newsletter. I welcome contributions at any time, but if you can get them in a month ahead it makes my job easier.

A Web Page

The MINT Web Page is on hold until our volunteer programmer returns from a month long leave. However, before she left, she inquired what we'd like to see on this page. I shrugged. Things I thought of to include are brief articles, training

information, training materials for sharing or purchase, a trainer's list and information about the IAMIT. Are there other things that people can think of? I have also solicited a professional opinion about jazzing up the newsletter and our clip-art logo. If this person has time, we may be able to spiff up our newsletter as we build this web page. If you have talent in the creative arts and would like to submit ideas, I would love to see or hear about them.



Publications

Rollnick, S., Butler, C. and Stott, N. (1997) Helping smokers make decisions: the enhancement of brief intervention for general medical practice. Patient Education and Counseling, 31, 191-203.

Rollnick, S., Butler, C. and Hodgson, R. (1997) Brief alcohol intervention in medical settings: Concerns for the consulting room. Addiction Research, 5, 331-342.

Schmidt, U. and Treasure, I. (1997) Getting better Bit(e) by Bit(e): Clinician's Guide. I love, Sussey Psychology Press Ltd. (Steve – "The first pure MINT book. My psychologist colleagues speak highly of this book".

Smith, D. E., Heckemeyer, C. M., Kratt, P. P., & Mason, D. A. (1997). Motivational interviewing to improve adherence to a behavioral weight-control program for older obese women with NIDDS: A pilot study. Diabetes Care, 20, 52-54.

(Editor's Note: Attached to this newsletter, you will find an updated bibliography for MI publications.)



From Across the Pond

Stephen Rollnick

EuroEditor

The role of European editor will be rotated within the European MINT Forum. The Norwegian team of Tore Bortveit, Peter Prescott and Tom Barth will take over from Steve for the next issue. Thanks. I'll be back whenever you want me.

4th MINT in MALTA

Bill and I did no organizing. The European Addiction Training Institute in Amsterdam did it all – Iris Geitel and Rik Bes are their names. Thanks. A rainbow European meeting, with people from Turkey in the East, Ireland in the West, Norway and Sweden in the North (as usual), and Malta in the South. Some U.S. participants as well. One could almost touch North Africa and feel the breeze from the land of palm trees across the water.

The meeting had a stronger emphasis on training. On the final afternoon, 5 participants ran parallel fishbowls – training in action, with a serious and happy spirit. Jeff Allison came over from the Forum meeting and gave us a brief tour of resistance, a superb presentation.

First MINT Forum IN MALTA

Bill and I each had the privilege of sitting in on a meeting of old hands, which ran in parallel to the 4th MINT workshop in Malta. It was Jeff Allison's idea (Leeds, UK), supported by our Norwegian colleagues. His report is included in this newsletter.

The History of MI

Some people have expressed an interest in this. Quite unusual reactions to something still in its adolescence? I'm not sure whether this comes from people who just feel a bit old themselves (unnamed here, but over 50) or whether its that American feel for recent history, which we Europeans take for granted because we are surrounded by Roman ruins and 500 year-old pubs. Anyway, watch this newsletter space. Below, there's the first ever MINTerview, with an old hand, Tom Barth from Norway, who knows a lot about the history of MI.

Introduction

Tom Barth is one of the people who Bill describes as "one of the bright young psychologists" he encountered in Bergen, Norway, where it all started. He is now clinical psychologist and leader of a drug/alcohol outpatient clinic in Bergen, Norway.

Steve: You were one of the people who put a match under the fire which stimulated Bill Miller to first write about MI. What explanation do you give for this role?

Tom: I believe it was a good thing for Bill to leave the dogmatic and restricted discussions in the US concerning "controlled drinking" in the early 1980s. In some areas we were more open-minded in Norway at the time, and we were challenging the traditional view of motivation, which implied that motivation was "inside the patient", instead of being an aspect of the relation between client and therapist/counselor.

Steve: What's been happening in Norway since then? For example, how many workshops have you and your MINTie colleagues run in Norway (besides the one in a place called Hell):

Tom: How many butterflies live in a summer meadow? I don't know. My calendar tells me that I have run 12 two- or three-day workshops, alone or with some of the other MINT colleagues, in 1997. I guess three or four of the others have similar figures, and then there are three or four more that do some training, but not as much. MI is a very popular thing in the

addiction field here. This activity has been on the same level for the last few years. I think I have been teaching MI since 1985. In the early years the workshops were not as sophisticated — more lecturing, and less exercises.

Steve: Will MI last? Should it?

Tom: Yes and yes, [but] perhaps not forever.

Steve: Short answers, but then the questions were closed. I guess you would prefer to be walking in the hills than talking to me. Focus, please. Let me ask you an open question. What's your worst fear about MI?

Tom: That someone turns it into business. Either personal business, by building up a system of certification diplomas and expensive licensing procedures — like some Californian therapy systems we have met — or developing the method into sales-techniques for the marketplace.

Steve: Have you witnessed people becoming more skilled in using MI?

Tom: Certainly! Some of my colleagues, for example, started out by not knowing it at all, and now...

Steve: Are workshops in MI effective?

Tom: I wish I could be equally positive on that one. I don't know. Sometimes I feel that my workshops give people many new thoughts, they can change attitudes, feel the entertainment has been good, and so on, but do they change??? We are constantly experimenting with different formats for MI-training and Tore and Arild are working on a very interesting evaluation in our clinic.

Reflections on the MINTerview

He's a tough interviewee. Talk about resistance. It was done just before the winter hibernation break. Thanks Tom.

I share Tom's fear about marketing forces affecting the integrity of our work.

There might be cultural differences in the sensitivity to this issue. How do North Americans feel about this? Surely Tom is not implying that if I get paid for a workshop I am smearing the integrity of MI? Alison Bell in Australia and Jeff Allison in UK are the first two full-time MI trainers who depend on this work for their living. The

integrity of their work is outstanding. In fact, I have had arguments with Jeff because he undersells himself! So where does one cross the line from good to bad practice? For me this will happen when the motive to earn money *dominates decisions about who to teach, how to advertise, and what to teach.*

For example, if I were to run a slick advertising campaign in a corporate setting, I could sell motivational interviewing to the human resource field. I could slip the term “motivational interviewing” into the title, because it attracts business, even though I know that the method depends on a high level of listening skills that cannot remotely be expected in a corporate setting. I then actively encourage managers to think of themselves as motivational interviewers. I could even tell them why their current practice is getting them nowhere, and how much better they will be armed with the motivational interviewing technique. In short, I can sell the product as a panacea.

The guideline I use, stimulated by the discussion we had in MINT 3 in Italy among UK colleagues, is the *motivational interviewing is a specialist method which depends on a high level of listening skills*, and we should take great care when teaching outside of a specialist field. If we ignore this we will turn the method into a fad, and consign it to an early grave. I use the phrase *behavior change methods* when training generalists. The methods taught are simpler, and might mention MI as a background influence.

Can marketing matters dominate decisions even within our specialist arena, where there is less concern about a lack of listening skills? Yes, they can, and they probably have in some quarters. This is one reason why we are hoping to use Rik Bes’ organization in Amsterdam (the European Addiction Training Institute) as one filter for advertising European training. If you ask Rik why he wants to support our work, his eyes do not light up with Gilder signs (the Dutch currency). He says something like, “I love this work, the people who teach motivational interviewing, and the way they think”. It’s back to the spirit of our work.

Will certification and diplomas reinforce bad practice? Bill and I have stopped short of this, partly for this reason. Surely though, if we offer to certify competence at a workshop, based on a

video analysis of performance, we are promoting good practice? Where does one draw the line here? My hunch is that it won’t be long before university courses of some kind are offered on our subject. Where do we draw the line here?

Bill and Steve letting go...

Bill and I have deliberately tried to keep control over some aspects of MI training, because we feel responsible for the integrity of this work, not because we are control freaks! Hence, we remain directly involved in the MINT workshops, which I can assure you do not run for their fee earning potential. I now realize that in Europe we have high quality people who can protect this integrity. This gives me huge pleasure. I know that there are similar MINTies in North America and Australia.

I have this personal vision. Once the MINT Forums are stable, and we have a secure organization with network of trainers able to promote high quality practice and training, I would like to withdraw. I would not retreat completely, and certainly not from the infusion I get from Bill’s wildly thoughtful and introverted spirit, or from the privilege of meeting such high quality colleagues, but from being a leader! We are getting close to this vision in Europe.

MINT 2000 and Before

Not after 2000, but before, we might seriously adapt the MINT training. Certainly, we are going to tighten up on whom we train. This means we need the financial flexibility to be more selective, even if the training runs at a slight loss. The 4th MINT in Malta was much more clearly focused on training, and this will continue. The next big step is to have two meetings alongside each other, like we had in Malta, one a forum of old MINTies, the other containing new trainers. Then we can use a few Forum members to present material to the new trainers, in return for live supervision from Forum colleagues. We got close to achieving this with Jeff Allison’s presentation in Malta, although he did so well he needed no supervision afterwards!

Pip Mason: a Delinquent MINT

Pip, a close UK colleague was in Malta, and is responsible for Bill composing an MI song adapted from a culturally insulting piece she sang to us one night, about Pizza Hut, Kentucky Fried Chicken, and other US and British things. My 18-month old boy doesn't realize how sick this song is, but reels around like a delighted drunkard every time I do this dance Pip taught us. My wife leaves the room. Thanks, Pip!

Trainer's Manual

Watch this space. Talk about this is beginning. Ask Bill. We will need help with this.

Videos

Watch this space. Talk about this has ended. Ask Bill. The Yankees do it big. I got hauled over to Albuquerque, and we made 6 of them. Good stuff in there. I got the flu, filmed and fled. There is some really good stuff in there — a trainer's chocolate box. MINT Terri Moyers worked as director like a Norwegian cutting wood. She also provided the best entertainment on film, with a huge, resistant truck driver, who even complained about her hair color. We plan to sell them cheaply. The Euro distribution will go through Rik Bes in Amsterdam. Yankees, wait for word from Bill and Terri.

Translations

Watch this space. Chinese, apparently? Two MINTies from Turkey and one from Spain are making plans. Let us know if you need help. Publishers and colleagues have approached me about writing or gathering a collection of chapters on applications of MI in different settings. I am not about to start another project of this kind, but we should do one edited by MINT colleagues, with a true international flavor. Watch this space.

Why Meet Again? A report from Jeff Allison

There was a training event in Norway in March 1997, which Steve Rollnick and I attended and the idea was hatched with Norwegian MINTies. You were all written. Twenty-four people expressed an interest in attending, and fourteen MINTies from seven countries actually got to Malta. This

included far-flung travelers from Australia and the USA.

The two-day program was largely determined by participants; offers of contributions. The twelve presentations were grouped under five issue headings: Professional, Materials, Prevention, Evaluation, and Research and Theoretical. The atmosphere was informal, with as much time as possible given to discussion (particularly around the swimming pool in the late afternoon!). The meeting language was English and it needs to be acknowledged that for six of the participants, for whom English is a second or third language, this represented a significant demand on their concentration – a point to be remembered in considering how best to orchestrate any future meetings.

The enthusiasm was such that much of a third day was spent in further discussion. In the spirit of MINT, ideas and materials were shared and exchanged. The general feeling was that the meeting had been more than worthwhile, particularly because of the proximity of the MINT workshop – Bill M. and Steve R. both joined in when able. For myself, I found it fascinating to hear of the many new and diverse applications of the original training procedures. The creativity of MI trainers is remarkable: from Siberia to Saskatoon, from Newfoundland to New Zealand, new formulations are being devised and applied to test, ever wider, the possibilities of MI. The meeting demonstrated how much more effective this process might be with mutual encouragement and support.

Peter Prescott, Tore Bortveit, Tom Barth and I have been asked to coordinate another meeting in Autumn of 1998. Given the costs, in time and resources, of attending international meetings, the current thinking is that we should concentrate our efforts on arranging a meeting in Europe. I understand that David Rosengren will coordinate a similar meeting in North America, also in the latter half of 1998. If you wish to maintain an awareness of developments, it is imperative that you inform the editor of any change of address or contact numbers. Finally, thanks to Rik Bes and his colleagues from the EATI, for making both the meeting and the parallel workshop happen – and with such efficiency and style. Good job, well done!

Ambivalence resolved in 15 seconds. Is this a new record? - Jeff Allison

It was getting late. I was tired and looking forward to a soak in the bath. The journey back from Malta to Leeds City railway station was long and dull. I was suffering from the usual sense of anticlimax after a stimulating week amongst so many fascinating people. I joined the queue for a taxi. A few minutes later I was travelling the four miles to my home. I chatted to the driver about nothing much — the contrast between Malta and England — more in my thoughts than his remarks about “bloody drunken students” running across the road in his path.

Arriving home, I paid and thanked the driver, got out and walked around to the rear of the taxi to get my two bags out of the boot. I pressed the button for the boot lid. Just as the lid flew open, the taxi drove off. Momentarily, I stood stunned. Was this guy stupid? Couldn't he see his boot lid up? Didn't he remember that I had luggage? Was I being ripped off? In a second I went from tired and lethargic to astonished and angry. I had to catch him and there was a chance he'd stop briefly at the end of the street, where it joins the

main road. He accelerated fast, but I was off too — fuelled by a stream of curses. As I gained on him, I realized that I'd get one *and only one* chance to grab a bag from beneath the flapping lid. Which bag should I grab? The smaller one with my entire collection of precious teaching materials, or the larger one, with my clothes and personal effects? In the course of a few seconds I weighed up the many pros and cons of each choice. Which bag did I value more? What would be easier to replace? Now he was at the end of the street, and yes, his brake lights lit up. As I got to him, the brake lights went off and he hit the gas. TIME UP- DECIDE NOW OR FORGET IT. Maybe I could dive into the boot? My hand reached out for the handle, my fist tightened, and the acceleration of the car lifted the bag out. I stood in the middle of the road, cursing him. Which one do you think I grabbed? Which one would you have grabbed? Are you a truly committed MI trainer? THE END

(Euro-editor – AKA Steve: The schmuck!
Someone should ask him why didn't he just leave the bags alone, and bang on the side of the car?!)

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Trainer Slides

Available from Reid K. Hester, Ph.D., Behavior Therapy Associates, 4300 San Mateo NE, Albuquerque, New Mexico 87110 505-884-3002

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Translations

MOTIVATIONAL INTERVIEWING

Italian

Miller, W. & Rollnick, S. (1994). Il colloquio di motivazione: Tecniche di counseling per problemi di alcol, droga e altre dipendenze. Trento, Italy: Edizioni Centro Studi Erickson. [Italian translation of Motivational interviewing by Gian Paolo Guelfi.]

Slovenian

Natalijja Groselj (Translation in process)
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MOTIVATIONAL ENHANCEMENT THERAPY

French

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DRINKER'S CHECK-UP

Dutch

Schippers, G. M., Brokken, L. C. H. M., & Otten, J. (1994). *Doorlichting Voorlichting Alcoholgebruik (DVA)*. Nijmegen: Bureau Bêta (Weezenhof 32-30, 6536 GK Nijmegen, The Netherlands). [The DVA is a Dutch language version of the Drinker's Check-up, with administration manual, testing materials, client booklets, and demonstration videotapes.]

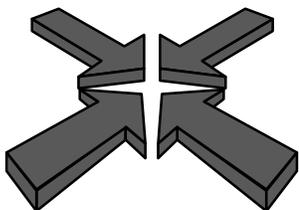
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