

MINT Incorporated Board of Directors Candidate Questionnaire

The mission of the Board of Directors is to oversee and guide the development of MINT Incorporated and establish mechanisms for long-term growth that recognize the realities of being a multinational, multilingual and multi-professional group. Board members are required to actively participate in ongoing Board listserv discussions and join biweekly, 2-hour Board conference calls. They are also expected to attend two in-person meetings annually, a 1-day meeting immediately prior to the Forum and a 3-day retreat held midyear at a place and time agreed to by all Board members. Members are expected to devote a substantial portion of time to MINT projects and working groups, and to lead efforts in important areas of MINT development. Members—committed to MINT values of quality, generosity, openness and respect—need to be able to differentiate between personal preferences and a viewpoint that considers the interests and concerns of MINT at large.

In order to ensure that MINT members have sufficient knowledge to cast their votes in an informed manner, each candidate for Board membership must complete a Candidate Questionnaire. If you wish, in addition to responding to the specified questions, you may also add any other information that you believe is relevant in supporting your candidacy. Please remember that MINT members whose first language is not English will read what you are writing. Completed questionnaires will be posted to the website for all members to review prior to the election.

Thank you!

MINT Nominating Committee 2016
Cristiana Fortini, Chair
Jeff Breckon
Margo Bristow
Joel Porter
Karen Ingersoll, MINT Board liaison

1. Please describe your experience in MI in any or all of the following roles: practitioner, trainer, supervisor, researcher, and/or administrator.

I'm a Doctor of Philosophy in psychology and clinical psychologist. I dissertated my PhD in the year 2015. I work (since 2005) mostly in academic settings, also I work as a psychologist in private practice alongside the main job. Before that, I worked for five years as a psychologist in prison settings in Estonia. The area of practice: Health, Addiction, Criminal Justice, Mental Health, Social, Organizational Change. My patients are outpatients, mostly with problems of depression, anxiety and addiction. I use MI as main counseling approach, especially working with low-motivated ones. I have been delivering variety of trainings to correctional specialists, university lecturers and school teachers, social workers, psychologists, primary health care workers, and workers in addiction field. The length of the trainings varied from two hours workshop till 3 days of supervised training. I elaborated several courses: some introductory training programs (e.g. "Motivation of students") and train-the-trainer program. I have carried out some MI related researches and since 2010 till 2013 I

led the MITI adaption research group. I'm also a member of the Board of Estonian Motivational Interviewing and Training Association (EMITA; nonprofit organization) which was established in year 2011, till 2016 I was the Head of the Board.

2. Please describe your involvement in MINT and any activities that demonstrate your commitment or service to MINT.

I'm member of the MINT Scientific Panel on MITI Coding Standards. I gave input to the International Advisory Committee (IAC) and helped prepare Guidelines for MINT Chapters; I served as Support on MINT TNT 2014 in Atlanta. I delivered several presentations and workshops on MINT Forums and MI conferences.

3. Please describe your vision of MINT, its essence and its mission.

For me the MINT as an incubator, a favorable environment for the development of those who wish to develop themselves and community and method. Supportive environment. Friendly environment. Developing environment.

4. What do you view as the main issues facing MINT since incorporation? What are your ideas for addressing these issues?

I think the main issues are related of being a multinational, multilingual and multi-professional group. From one side the differences enrich, but at the same time, they can also built roadblocks. Like language barriers. From small, non-English speaking community I'm quite familiar with limitations of that impede get to full part of the motivational interviewing, and its developments; also with needs which would help to smooth the way. To overcome those 'multy-'-issues first and foremost is the need to be noticed, and then a lot of support and cooperation. Personal contacts mean much, but the opportunity to get involved and developed could be supported also outside personal contacts. The first steps already taken: the local Chapters, MITI adaption to other languages in the way to improve access to opportunities for MINT TNT and network. Also the small, non-English-speaking communities' representatives in the board. The larger the network grows, the less important role personal contacts will play. MINT having already a number of committees. For example, to extend some committees to the subsections may help better to coordinate and develop both the national and professional activities. MINT has to be as close as possible and as available as possible to the members. Present main events, like Forums, are actually available (for many reasons) only to the part of the membership. Profession-based subsections region-based leadership may contribute to the regional development and engagement of members.

5. Please describe any experiences you have had in serving on other committees or boards, either in a professional or personal capacity that might support your candidacy. Specifically, include dates of involvement, positions held, experience of working as part of a team, challenges of the positions held, successes and frustrations. How have these experiences prepared you for serving on the MINT Board?

2011-2015 Head of the Board of EMITA, since 2016 the member of the Board of EMITA. Talking about challenges – it was and still is one big challenge! Challenge how to grow and nurture. The biggest success is that during extremely short period of existence our organization has grown into a well-known and reliable partner to many organizations, including national

agencies; and that our organization is composed of the best of the people who enjoy this togetherness. The biggest frustration lies on the fact that we might be/do/have/give much more than we currently have a resource. These experiences gave me the patience and the faith and belief that everything is possible, especially in good, enthusiastic, supportive company.

6. Board work currently consists of both operational tasks (keeping the organization functioning day to day) and strategic tasks (overseeing and planning). Describe your interest in and capacities in both these areas.

Based on my past experience, I dare to believe that I could be more helpful in strategic tasks, but I have been done both tasks where it was necessary. Also I may be useful in initiating. I have the ability to see the big picture, and I am good in finding solutions. I value a sense of duty, and keeping promises.

7. The typical Board member spends 5-10 hours per week on MINT Board matters. Please indicate how you will integrate this commitment with your ongoing professional and personal activities.

Last 5 years I spent often more than 10 hours per week working voluntarily for the EMITA, as the head of the Board. Since this year spring I do no hold this position anymore, so I have some extra space to fill with serving the MINT

8. Please send a current CV and also provide the contact details (email and telephone number) of two references that we may approach as part your nomination process. These people should be able to provide information about your suitability for this position.

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Please send the completed questionnaire to Cristiana.Fortini@chuv.ch by 23rd September 2016.