



MI Matters

A newsletter for mioceania.org

MI Oceania

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Issue 1

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Links

David Prescott, who is a member of the *Motivational Interviewing Network of Trainers* recently wrote a blog titled -

“Implementation, Integration, and ‘Implegration’: Science and Practice”.

[Link to the Blog here...](#)

Welcome

What is “MI Matters”?

We are very excited to be bringing you our first edition of “MI Matters”, a newsletter created by members of MI Oceania, which aims to inform, stimulate discussion, and to bring you links to what is happening in the Motivational Interviewing world. At this stage we aim to publish it twice yearly and are really keen to receive feedback, suggestions and above all, contributions.

What is Motivational Interviewing?

Motivational interviewing is a form of collaborative conversation for strengthening a person's own motivation and commitment to change (Miller & Rollnick, 2013). We are hoping that MI Matters becomes a “collaborative conversation” that helps strengthen our own “motivation and commitment to change” in

our work helping other people.

What is MINT?

The Motivational Interviewing Network of Trainers (MINT) is an international organization of trainers in motivational interviewing, incorporated as a 501(c)(3) tax-exempt non-profit charitable organization in the state of Virginia, USA. The trainers come from diverse backgrounds and apply MI in a variety of settings. Their central interest is to improve the quality and effectiveness of counseling and consultations with clients about behavior change. Started in 1997 by a small group of trainers trained by William R. Miller and Stephen Rollnick, the organization has since grown to represent 35 countries and more than 20 different languages.

So what then, is MI Oceania?

MI Oceania was formed by the local members of the Motivational Interviewing Network of Trainers (MINT). This not for profit group covers Australia, New Zealand and the South Pacific Islands.

The founding members of MI Oceania are all passionate about representing an evidence-based, up to date face of MI, particularly in our region.

“I am so happy we have finally launched MI Oceania. This gives us a platform to really promote the key ideas around best practice which is based upon engaging in respectful ways and privileging the story of those who walk in the door to work with us. They are actually trusting us with their inner lives. I am really excited. We now have 57 MINTies in this part of the world which is just fantastic”.

Ken McMaster

Resources

The Motivational Interviewing Network of Trainers has a great reputation for generously sharing resources including research and training

material.

[Click here to link to some of the latest in MI resources.](#)

We would love to hear from you if you have a great MI

resource that you would like to freely share with others. This may include an internet link, a book, cards, games, training or clinical resources.

Editorial

In 1983, William R Miller published the first Motivational Interviewing article. Since then, the research world has seen an explosion in the number of papers published regarding motivational interviewing. It took twelve years for the number of MI-related papers published in Cinahl, Medline and Psychinfo combined to reach double digits. Since then, we have seen amazing growth, such that in 2013, there were 1,274 papers published. The use of MI has extended far beyond the world of addiction and substance dependence, and now includes areas such as mental health, dual diagnosis, problem gambling, employment, housing, social justice,

criminal justice, health care and health coaching, exercise, classroom management, parenting, teaching and supervision. Basically, anywhere that behaviour change is needed. Initially the focus of MI research was firmly focussed on “can MI help in this area?” It has now shifted to “how do we assist people to learn MI, and how do we know when they have learnt it, and can use it effectively?” This is the world of implementation science – moving research from the lab, to real life. These questions that we grapple with, are issues close to the heart of David Prescott, who wrote a blog about “implementation, integration and implegration” (a term coined

by Carl Åka Fabring).

Dean Fixsen, in his keynote address at the MINT Forum in San Diego in 2010 highlighted that people cannot benefit from treatment they do not receive, so our challenge is to strive to use Motivational Interviewing, in the best way possible, in bringing about change. This involves going beyond simple implementation, to thoughtfully integrating the process within the culture and context of the setting. We hope that MI Matters encourages you in this, and we look forward to you sharing your learnings with the broader MI world.

“Motivation is a fire from within. If someone else tries to light that fire under you, chances are it will burn very briefly.”

Meet the new MINTIES!



The newest members of MINT who recently attended the 3 day TNT in Melbourne

Research updates

MITRIP stands for Motivational Interviewing Training, Research, Implementation, Practice. MITRIP is an online journal that publishes articles related to these areas, qualitative as well as quantitative studies, case presentations,

descriptions of innovations in MI practice or training, and theoretical or conceptual articles, as well as informal contributions related to the activities of MINT members worldwide. It is a place to find out about what is happening in Motivational

Interviewing, and to keep up with what is happening in the world of MINT. However, make sure to browse other Journals and online research pages to keep up to date with MI research.

Recent events – MI comes to Melbourne



Three MI events were held in Melbourne over four days (4-7th August)

TNT

“It’s moments like these you need MINTies”

A total of 40 people from diverse organisations from Australia, New Zealand and Hong Kong attended a 3 day TNT in Melbourne.

The training was facilitated by Terri Moyers, Helen Mentha and Kylie McKenzie.

This is what they had to say about the event...

“The people at this training, have been both the warmest participants that I have ever experienced, and also extremely well prepared and talented in their use of MI. It has just been a pleasure to be here.”

Terri Moyers

“What a great TNT group to join us as we build MI Oceania. We welcome 40 talented colleagues from across our region, and I am really looking forward to working with them

and learning together.”

(Kylie McKenzie)

“These few days were the culmination of many people’s hard work and commitment to MI. We couldn’t have hoped for a more positive, skilled and supportive group of people to join MI Oceania. I look forward to discovering where we go together.”

Helen Mentha

ISMI – The fourth event of this kind in our part of the world

A total of 83 delegates attended the fourth International Symposium on MI. The delegates were privileged to hear opening video messages from Bill and Stephen who set things rolling. Even though we are on the other side of the world we can still be connected as a community of MI practitioners, trainers and researchers.

[Click here to watch the ISMI Keynotes speakers who included...](#)

Dr Terri Moyers - Beyond motivational interviewing: What MI has contributed to the broader field of psychotherapy

Dr Denise Ernst - Not leaning in: Integrating equipoise and MI

Dr Allan Zuckoff - Motivational Interviewing and the Challenge of Improving Treatment

Adherence

Casey Jackson & Kelly Franklin - Effectively implementing system change

Jillian Bleazby - Motivational Interviewing: The Queensland Quitline Experience

Trudy Johnson - The Art and Science of Engaging Young Parents

Alison Bell - Capturing the Spirit of Motivational Interviewing in Online Learning



The final session included a panel discussion about “What I know (or pearls of wisdom)” featuring Kylie McKenzie, Denise Ernst, Terri Moyers, Allan Zuckoff and Ken McMaster.

MI applications

We hope to bring you examples of MI applications in future editions of MI Matters. These may include stories from the front line, practical practitioner perspective on the use of MI, and examples from areas such as: corrections, health care, mental health, addiction, youth, families, education, employment, social {housing}, cultural applications, organisational and change management.

Please let us know about your use of MI and how it has been applied in your work setting, perhaps even how you have begun to conceptualise the role of implegration in change.



MITI 4 Workshop

We were privileged to have Denise Ernst facilitate a three-day MITI 4 workshop which ran concurrently with the Oceania MINT Endorsed TNT. The MITI 4.1 is the most recent version of an MI coding system which allows researchers and MI trainers to assess MI practice and provide objective and subjective feedback to MI practitioners.

Dr. Ernst has participated in the development and refinement of the family of

MI coding instruments, including the Motivational Interviewing Skill Code (MISC) and the Motivational Interviewing Treatment Integrity (MITI) coding system, to determine treatment fidelity, practitioner skills and the critical elements of good MI practice. She has developed, trained, and overseen coding labs. With strong quantitative and analytic training and experience, she is committed to ensuring inter-rater reliability, utilizing a variety of methods

to accurately assess that reliability.

If you are interested in learning more about the MITI, please go to: Motivational Interviewing Treatment Integrity Coding Manual 4. 2.1

"I have been impressed with the standard of work that the TNT applicants submitted it's a reflection of the hard work that people have been doing to advance MI in this region."

Denise Ernst

The Berlin MINT forum 15-17 October 2015

The Berlin forum was a stimulating 3 days with additional preforum workshops. The forum is only open to members of MINT but the organisation is keen for members to continue to share learnings from "the heartland" and bring insights from other disciplines and domains. Every year a plenary session is dedicated to an expert from a field outside of MI. This year it was John Ballatt

who gave a fascinating presentation on "Intelligent kindness: Culture and Practice in Care Systems", outlining a practical, evidence based approach to assisting healthcare systems to be more effective, functional organisations.

In his plenary with Steve Rollnick, Bill Miller spoke about the obligation on psychology to make key learnings freely available in service of others, referencing

the seminal paper by George Miller (1969). Bill shared 15 of the key the learnings from MI he considered robust and important enough to share widely with the broader community:

"If you are only willing to use a hammer, every problem encountered begins to look like a nail."

- Abraham Maslow -

Humour...

If you know of some funny, curious, puzzling things that have happened in the MI world of training/research or practice let us know.

On change:

1. Ambivalence about change is normal
2. Ambivalent people already have their own motivations (for and against) and if we listen, we are likely to hear both
3. Such motivations take different forms of speech
4. There is a balance between pros and cons, and change tends to happen when that balance tips toward the pros of change
5. People literally talk themselves into or out of change

On conversations about change:

6. The mindset of the clinician matters: what you see is what you get
7. Empathic listening matters (and empathy is a learnable, measurable skill)
8. Affirmation also matters
9. When people are ambivalent, persuasion evokes defensiveness
10. Pushing back against the negative normally strengthens it
11. A guiding style that helps people to voice their own motivations for change encourages them to move toward change

On learning complex skills (such as communication about change):

12. Expressing to another person your intention to make change increases the likelihood it will happen
13. Knowledge about a skill (reading, observing, attending workshops) normally does not change practice much
14. People tend to overestimate how much they have learned (ie their use of a new skill)
15. Feedback and knowledgeable coaching based on observed practice improves skill.

He suggested that a key role of workshops on MI was to help people to learn enough about MI to decide if they want to put the effort into learning it - which will take time, practice and, ideally, coaching. This is the equivalent of going to a "try out" session for a sport or musical instrument.

It was announced that the next MINT forum will be held in Montreal, which means anyone who missed the TNT in Melbourne this year can apply to attend the MINT TNT 26-28 September 2016 and join their new MINT colleagues for the forum on 29 September to 1 October 2016. If you are interested in applying, you can register your interest at mint.tnt.applicant@gmail.com and feel free to reach out to any of the local members of MINT for more information.

References:

Ballatt, J & Campling, P (2011) *Intelligent kindness: Reforming the Culture of Healthcare*, RCPsych Publications, London.

Miller, G (1969) Psychology as a means of promoting human welfare, *American Psychologist*, 24(12), 1063-1075.

Editors



Dr Mark Wallace-Bell is a nurse who works at the School of Health Sciences at Canterbury University, Christchurch, New Zealand. He is the coordinator of two subjects focused on Motivational Interviewing (MI).

His current interest is in the training of health care workers in MI techniques and smoking cessation. He is a part-time trainer with the Heart Foundation, which involves working with nurses and other professionals to develop their skills in managing smoking cessation and health behaviour change.



Dr Rochelle Cairns is a Health and Clinical Psychologist who works at Monash Health, Austin Health and in Private Practice.

She trains and supervises clinicians in the use of MI to improve patient outcomes and has a particular interest in health behaviour change in the areas of chronic disease self-management.