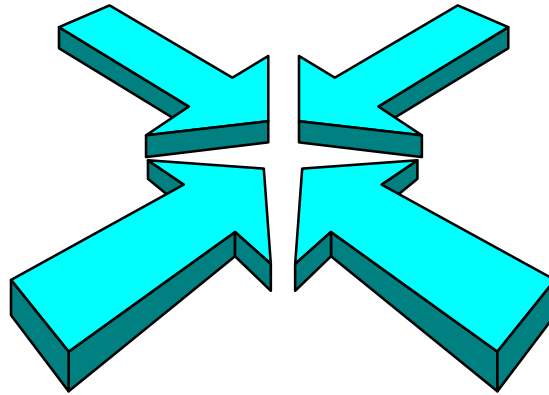


# Motivational Interviewing Newsletter for Trainers

January 1, 1994, Volume 1, Issue 1



Sharing new perspectives

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## Editor's Cut

For this inaugural effort I find myself with many decisions about how this newsletter ought to work. There were three primary goals I heard expressed when I agreed (somewhat foolishly I might add) to this endeavor: to stay updated on what is occurring in the Motivational Interviewing field, to provide a forum for presenting issues and topics of concern to trainers, and to provide a network for and of trainers. The translation of these goals into specifics is far from clear. I confess (notice its significantly after the fact) I am a novice at this sort of thing and quite frankly have no good idea about how this ought to work. The beauty of that (lack of) perspective is that it is easy to blaze a new path. The hazard is in missing where we set out to go.

Therefore, I regard this as an adventure which we are undertaking together. My job

is to put something in front of you and to listen to your feedback. Your job is to provide me with updates on what is happening in your part of the world and let me know if this is serving your needs. There are several pieces I would like to see in future newsletters: problems or experiences that others might find informative; updates on the BBS; "Personals" for trainers including collaborative opportunities; profiles on our members. I'd like to hear about your ideas.

Humor is an important part of who I am and how I work. Therefore, I hope to combine a "lighter touch" with the goals of this newsletter. I hope you will find this mildly entertaining as well as useful. Best wishes for the holidays.

David B. Rosengren, Ph.D.  
Alcohol and Drug Abuse Institute  
University of Washington

## GUIDELINES FOR CONDUCT OF FISHBOWLS

Reid K. Hester, Ph.D.

### Setting Up

Setting up can take time: to organize chairs, role players, the case to be examined, and the goal of the fishbowl. Be organized. The following steps could be taken:

1. Explain the purpose of exercise to all (i.e. what is to be practiced, and how the fishbowl works).
2. Select client and counselors. Select client carefully (i.e. someone who will not use any other agenda than that provided by you). Asking for a volunteer can be risky. It is best to nominate someone yourself. Pick a person whom is likely to be helpful.
3. Set up chairs with the client facing and the three counselors with their backs to the audience.
4. Provide a written brief to the counselors and the client. Brief client separately.
5. Explain to their audience what their role will be and what your role will be. Explain to the counselors what they should do: **follow the goal for the exercise.**
6. Put prompts up on wall including the task to be done, and the skills to be used.
7. Ask all participants to speak up!

### Getting Started

Provide counselors with guidelines for switching. A number of possibilities exist including:

- a) They stop themselves after a few minutes and allow or ask a partner to take over.

- b) You as the facilitator tell them when to start and stop.

### Survival Tips

- Don't let participants know if you are worried about time!
- Supervisors: stand behind the client facing the therapists
- If you need to interrupt the process, kneel down to the level of therapists and client.
- Minimize the interruption between therapists
- Give therapists power to call time out
- Everybody can make mistake
- Prescribe making mistakes for coders to catch (frees up therapists to make mistakes and supervisor)
- Debrief clinicians first, then the client, coders, and finally observers
- Co-facilitators designate different responsibilities
- Facilitators don't hesitate to nudge client forward
- Structure how outside group gives feedback as suggestions rather than directives (you should have...)
- Number items on cheat sheets, client and therapist responses to make it easier for coders
- Ask for positive feedback first, then constructive criticism
- Trainers summarize what has happened and put constructive spin on it.
- Stop exercise when it's going well
- Make sure the observers are observing

## Free Grant Writing Software

Reid K. Hester, Ph.D.

NIAAA has just released its most recent version of SPIRIT in November. SPIRIT is a Windows-based program designed to help write grant applications and renewals. It contains over 8 MB of information about the National Institutes of Health, its policies and procedures, the grant review process, and tips on how to write grants. When combined with a commercially available software that creates forms called Perform Filler Pro Plus (about \$130), the software

enables you to fill out the forms for R01 and Continuation of Grant Proposals. It will also integrate with your word processor, your spread sheet, and your graphics program.

I have installed it on my computers and am using it in preparing a proposal. It has been helpful and informative. Contact Joanne Fertig, Ph.D. at 301-443-0796 for your free copy.

## Electronic Bulletin Board

Reid K. Hester, Ph.D.

As promised the Electronic Bulletin Board, a.k.a. the Motivator's BBS, has been up and running since November 1. As yet, not many of you have signed up and we are looking for more participation. I have already loaded into the library section a book chapter I just finished writing with Tom Bien on brief interventions. It will be available for BBS users to download and read until it is published sometime next year. I've also put the Fishbowl Survival Notes in the library which will have been

available to BBS users for some time before this newsletter has come out.

More detailed information about how to hook your PC up to this service was included in a memo included with the mailing sent by Bill in November. The telephone number for the BBS is 505-237-1415. Dial this number with your computer modem's parameters set at 8-N-1. If you have either questions or problems, please call me at 505-884-3002.

## Motivator's News

### Grants

Reid Hester and Nancy Sheehy Handmaker have just submitted a Phase I Small Business Innovative Research (SBIR) proposal to NIAAA to develop training materials for primary health care providers.

The purpose of the training materials is to teach providers how to conduct motivational interviews with pregnant drinking women. Nancy has just completed the only controlled trial of brief intervention with pregnant drinking women and her findings

support the use of motivational interviewing with this population. We are excited about the prospects of being able to develop and test these training materials.

David Rosengren is a consultant on a grant proposal to the Robert Wood Johnson Foundation that will look at training primary health care providers in motivational interviewing with displace timber industry workers and their families.

### **Training Events**

David Rosengren and Carl Rimmele will be providing a four hour workshop for the King

County Substance Abuse Training Consortium in February 1994.

### **Publications**

A quick literature review of Psych Abstracts did not reveal any new publications under the heading of brief interventions, motivational interviewing or treatment duration for alcohol. Please let us know if you have either published something or are aware of articles others might be interested in.

### **Miscellany**

Slides for training events are still in the works.

## From Across the Pond

### **Little Things Mean A Lot**

I had a bad time after leaving Albuquerque and I don't know who to blame. Yes, it was a good trainers workshop in New Mexico; yes, I left with a new format for some large-scale workshops in Canada, inspired by this newsletter's readership; yes, I went to bed early with no alcohol or big baseball final on the TV to enjoy; yes, I was fully prepared, handouts ready, outline ready, a few tricks up my sleeve for the 120 participants; only the audiovisuals needed setting up and I had an appointment with a technician for 7:30 am, with a 9 am workshop start. At 8:45 I awoke! The alarm battery had run out, and I had forgotten to ask the hotel for a back-up wake-up call.

First time this has ever happened. The readership might want to know what happened next, but I would like to ask the readership a question: why did no-one even raise this kind of basic issue in Albuquerque? Had they, I would not have forgotten to arrange a wake-up call! Anyway, it did go OK, and the other

workshops and smaller training sessions went well.

### **Over Here**

News from the UK? Training in motivational interviewing is not as highly sought after as in N. America. There are quite a few people running training courses whom I have never heard of. An Albuquerque-type course is needed, and I have had a few inquiries about this. Some of my colleagues in the UK have expressed concern about the lack of consistency in the delivery of training. There is a lot of interest in general medical applications, some of which I am involved in. This is a rapidly growing field.

Italy will become a hotbed for this activity, if Juan Carlo, a psychiatrist in Genova, has his way. He is negotiating a translation of our book into Italian, doing research on readiness to change, organizing a conference in June '94, and wants a training for trainers course to be run in Italy soon. As for other European countries, Bill has

information about Scandinavia, Holland and Israel.

### **To the Readership**

Best wishes to the readership, and for the letters I received from some of you. I'll be in N. America in March, if anyone wants to have a chat on the telephone. Thanks Bill for your hospitality in October last, for your superb efficiency and lots more.

Regards, Steve Rollnick

### **Letters to the Editor**

Dear Editor:

I have a problem: You asked for deep, penetrating thoughts, and gave me two days notice. Next time, I promise! I will store them up.

Hurriedly, Steve Rollnick

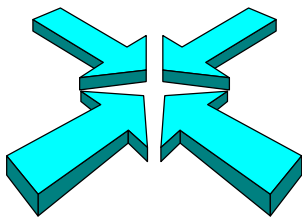
Dear Steve:

It would have been three days if I hadn't spent a day trying to figure out how to send

a transatlantic fax. Thanks for the contribution on short notice and deep and penetrating are not necessary.

Mia Culpa! David Rosengren

*(All submissions must be signed with real names and addresses. The Editor reserves the right to edit all letters to support his point of view).*



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