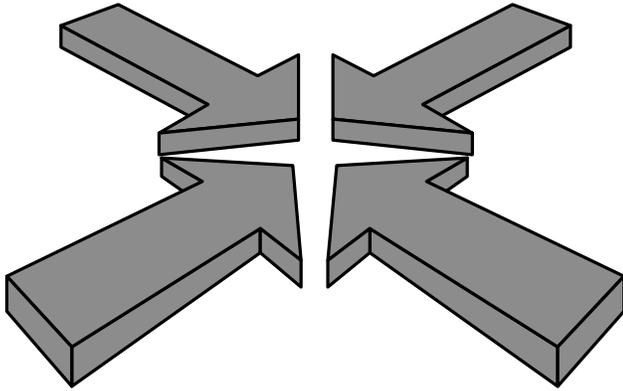


Motivational Interviewing Newsletter for Trainers

October 1, 1997, Volume 4, Issue 3

A Publication of the International Association of Motivational Interviewing Trainers



New Perspectives



This is LA

Editor's Note: Ms. Obert wrote this letter to Bill Miller, but sent it to me. With Jeanne's permission I included the letter in this edition of the MINT as it nicely summarized the work she has been doing. By the way, Jeanne, I looked at the MI manual and it looked very interesting.

Dear Dr. Miller:

I am very interested in serving on the TIP for CSAT. They have contacted me and I have submitted the information they requested. I was very pleased to hear you will be leading the group and would like very much to be part of the process.

I have been teaching motivational interviewing techniques ever since the training, primarily by incorporating them into the one and two day

training events I do for psychologists receiving and renewing their licenses in the state of California. I teach one or two such courses every month and the motivational interviewing segment is usually one or two hours of the training. We have just received word that the powers that be have decided on the required chemical dependency training for masters level mental health professionals here in CA. I have already had calls from three of four Universities and professional organizations wanting to schedule Alcohol and Other Drug training to meet the new requirements.

When I left the Training for Trainers my mission was to incorporate the principles of MI into the clinical work we do at the Matrix Center (five sites in the greater Los Angeles area). We were then, and are now, continuing to get people referred to treatment from the Dept. of Transportation and other mandatory testing programs, who are at a very early stage of readiness for treatment. Since our specialty at Matrix is manualizing our treatment to provide uniform quality and to facilitate outcome and other research activities, I wanted to develop a standardized brief treatment we could use for these patients. I have spent several years revising and working with this protocol and am continuing to do that. I am enclosing the brief manual as it is being used presently. I am interested in your feedback should you have time to look at it. It is far from a finished product.

I presented this manual at the most recent ASAM conference in San Diego. I was part of a panel with David Mee-Lee and Arnold Washton. It was well received and some people have offered to use it in their work and send me outcome information. Recently I included the Socrates as a method to measure results. Two articles are being published on the Early Intervention protocol this fall: one in the Journal of Psychoactive Drugs and one in Professional Counselor magazine.

I have been asked to do additional training on Motivational Interviewing primarily with clinical faculty at UCLA, at UC San Diego, UC Northridge, and UC Santa Barbara, as well as at several employee assistance programs (EAP). I recommend your Motivational Interviewing text at all the training events and within our clinical work at Matrix. It is a publication that so succinctly describes our own treatment philosophy that it is an excellent accompaniment to our Matrix chemical dependency treatment materials.

Lastly, we have a good friend, Claude Uehlinger, who is a psychiatrist in Switzerland. He trained with us for a year and took our model of treatment back to France where they use a version of it in a hospital there. Claude was here recently and said he attended the recent workshop in Portugal with Stephen Rollnick. It truly is a small world!

Jeanne Obert
Matrix/UCLA Alcoholism and Addiction Medicine Service



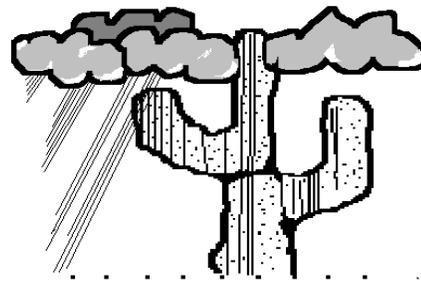
From Across the Pond

Stephen Rollnick

Steve will return for the next edition of the MINT.

Important MINT Dates

Submission	Publication
12/1/97	1/1/98
4/1/98	5/1/98
8/1/98	9/1/98



Notes From the Wetlands

Bill Miller

This issue finds me on sabbatical leave at the Kaiser-Permanente Center for Health Research in Portland, Oregon, where I will be through July of 1998. If you want to contact me, send an email to my UNM address (wrmiller@unm.edu). The message will be forwarded to me, and you will receive back a message with my current addresses, fax, phones, email, etc.

MI continues to wash up on new shores. I just returned from presentations in Brazil, and am scheduled for a workshop in Hong Kong in March. Carolina Yahne recently offered a workshop in Puerto Rico, where she came up with a Spanish language version of FRAMES: MERCED (mercy). I put the challenge to my Portuguese speaking audience in Brazil, and the winning entry was ADERIR (to adhere). If you teach across languages, it's a fun process to have the audience come up with a FRAMES acronym or otherwise find appropriate terminology in their own tongue.

The big task of my first months here was editing down 15 hours or so of videotape into six MI training tapes. Terri Moyers did a terrific job of organizing and directing the videotaping process, which involved seven therapists and about a dozen clients, besides the arduous task of trying to manage Rollnick and Miller. We weren't shooting for commercial quality perfection; rather, as with the tape I did a decade ago, the idea was to produce some simple and affordable resources to show what MI is and how it looks in practice. I think what we have is pretty good! Terri is now working with the production editors, using my notes to assemble a series of six training tapes. With some luck and a lot of hard work, some or all of the tapes may be ready for preview at the Malta MINT gathering. Our goal is to have the tapes

ready for distribution in November, although unexpected obstacles may delay the process. For updates and to obtain copies, contact Delilah Yao at UNM: dyao@unm.edu by email, or use my UNM address or telephone (505-277-2805).

The program is also set for the Eighth International Conference on Treatment of Addictive Behaviors, in Santa Fe this January. Besides a featured preconference workshop by Steve, there are multiple offerings on motivation, including some by MINTies. Certainly on the conference topic, "Addictions and the Family," we have a wonderfully stimulating group of invited and submitted presentations. Again, contact Delilah for information. We anticipate that the conference will reach full enrollment (300) and close before January.

I've seen data from two projects - neither sharable at present - that are discouraging with regard to the efficacy of MI offered in a group format. It's possible that this is a treatment that really needs to be individualized, and like a few other approaches (such as covert sensitization) seems to lose its punch when offered in a group. Does anybody else have new data on this question? A challenge will be to find more cost-effective ways to deliver MI services, perhaps individualized through computer-based delivery (such as Reid Hester is working on), or adapted to work better in group settings. Ironic that managed care has come to the point that we're discussing more cost-effective ways to deliver brief intervention!

This, in turn, touches on the question of what conditions are necessary and sufficient to trigger enduring behavior change. I continue to be haunted by the sense that we have been working with the wrong assumptions about "treatment" and "clients" and "interventions." It is fairly clear from the data on MI that even relatively brief exposure to the right therapeutic conditions can make a real difference in enduring problem behaviors, but how and why does this occur? What is "the essence" that is manifested in successful MI sessions? Or is that, perhaps, the wrong question, too?

By the time this issue is in the mail, the Malta MINT gathering will be underway. The idea of a simultaneous meeting of MINT alumni, side by side with the training of new MINTies, was really a good one, and we'll try this out for the first time in

October. I suspect it will become a regular feature of the annual MINT training, and perhaps we can find creative ways to interweave old and new hands. Certainly, I look forward to hearing what others have been learning and doing. MI continues to grow because of the enthusiasm and creativity of many colleagues, now distributed across nations and languages. We have, I expect, only touched the surface of what will emerge in the years ahead.



Editor's Cup

David Rosengren

Editor's Cup

As I write, I am listening to my slightly feverish daughter chatter about topics ranging from Geography to Grandparents to Soccer. At the tender age of seven, she has not yet moved into the Universe of boys yet but I know that can not be far behind. Home with the flu, she feels well enough to be out of bed, but sick enough that school is not on the horizon for today at least. So today, I am home and trying to complete the most recent volume of the MINT. We will see how far I get....

The Business of Business is Business or How we came to be the International Association of Motivational Interviewing Trainers

The business side of the MINT has been relatively involving since the last volume was published. Let me begin with a sincere thank you to all who mailed checks. As you will notice these have only recently been cashed. I'll get to why that is in a moment, but rest assured they have been arriving.

For European MINTies I am aware of your dilemma about converting currency and sending a money order. (For North America MINTies, the issue is that the cost of obtaining a money order is as much as the requested fees.) Several of you

wondered whether I could receive credit card payment. I checked into this and it seems this is far more expensive than would be practically feasible for our purposes. Bill Miller thought his shop might be able to work out an arrangement but this apparently did not come to fruition. I will keep you posted and in the interim, I will regard you all as continuing to subscribe.

As for those of you who sent checks, the reasons these were not cashed sooner is that I ran into multiple snags establishing a business account for the MINT. It's a long, frustrating story, but let me say it was brought to resolution by finding a good accountant. In consultation with this accountant, I have taken the liberty of forming an association: the International Association of Motivational Interviewing Trainers. You are all charter members. The name, however awkward, is a registered Trade Name. I applied for and recently received a business license for the State of Washington and a Federal Identification Number. The money you sent is for membership dues. As part of your association membership, you will receive the MINT for free. Other benefits include receiving the membership list for referral purposes and information about upcoming educational events via the MINT. It may be that we wish to have other benefits that derive from membership, but those are the ones as of the present.

No News from You

Because my attention was focused elsewhere I did not send out the "biography questionnaires" prior to this issue. I will distribute these to some of you in the coming weeks.

A Second Gathering Redux

The latest Training for Trainers is now underway in Malta. Concurrent to that meeting is a gathering of MINTies. After an exchange of email with some of our European counterparts who are hosting this meeting, it was decided to postpone a North American event until some time in 1998. This delay will allow us to learn from that experience while avoiding "competing" events. Consistent with Bill's statement, it may make sense to do this in conjunction with the next MINTie training. Thanks to all of you who indicated interest. Please stay tuned for further information.

Research News

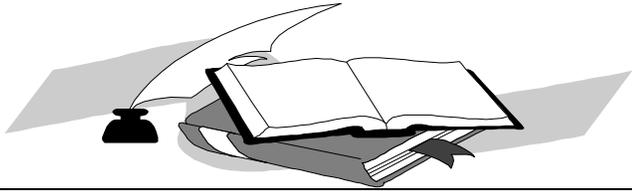
Preliminary findings from a couple of local grants confirm Bill's statements about the need for further investigation of the utility and effective agents within MI. These findings indicate a mixed picture. On one grant, a brief MI intervention prior to treatment did not seem to make much difference in rates of treatment entry, treatment completion or treatment outcome. Interestingly, clients' statements about their confidence in their ability to enter treatment do seem to be predictive. Another grant found that a single session intervention with out of treatment stimulant users did seem to dramatically reduce their use of substances at short-term follow-up. In both instances, the results are preliminary and await further analyses before their formal publication.

A Tale of Two Cities

Since I last wrote, we did our training for the social workers on the ACP grant. We split the workers into two groups on a convenience basis. Its interesting what can happen with a distribution scheme like that one. One group was invested and eager in the training experience. They participated, asked questions, and were looking forward to the trial. The second group had multiple no-shows and despite reminders, had to be paged at the meeting time for every session. They were rebellious precontemplators. It made for a very intriguing training experience. I'm not sure that I can comment reasonably on our training scheme, except to say the training experiences were quite different for these two groups. I did come away with the impression we provided an exposure to MI techniques and not a training to criterion. This may have some ecological validity in that we hope to transplant these ideas to other health care settings where time and attendance at training will be an issue as well, but it is not a very satisfying state of affairs for testing this intervention method.

On the Order of Checking and Nagging

I have enclosed in this mailing a roster for the IAMIT. Please check it to make sure I have spelled your name correctly. Also if you sent checks, please confirm that you were properly credited. Finally, if you are unsure if you paid your Association dues, please check this list. For our European MINTies, I will continue to explore options for payment.



Publications

A Psych Abstract search produced the following recent MI publications:

Wylie-K. House-A. Storer-D. Raistrick-D. Deliberate self-harm and substance dependence: The management of patients seen in the general hospital. *Journal of Mental Health Administration*. 1996 Spr Vol. 23(2) 246-252.

Miller-William-R. Motivational interviewing: Research, practice, and puzzles. *Addictive Behaviors*. 1996 Nov-Dec Vol. 21(6) 835-842.

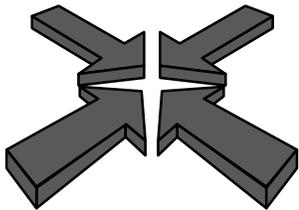
Digiuseppe-Raymond. Linscott-Jean. Jilton-Robin. Developing the therapeutic alliance in child-adolescent

psychotherapy. *Applied & Preventive Psychology*. 1996 Spr Vol. 5(2) 85-100.



A Message from Cyberspace

Several people have brought up the issue of a Web Page for the MINT. Lois Downey, someone I work with here in Seattle, has graciously agreed to work on developing something for us. It may be awhile in the making, but it should be fun. Stay tuned.



Inquiries and submissions for this newsletter should be forwarded to:
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