

Dear fellow MINTies, it is an honor to be nominated again for the Board election. The same way I am deeply grateful for all the votes I got last time. Coming from a small country with not so long history in MINT it was a remarkable result. So, I dared to do it again. But the main reason was and is slightly different. Namely, to speak for those who have a smaller voice: for small countries, small communities, and little-presented languages inside the MINT. I have experienced lot of support from MINT and from many great MINT members in the way of developing myself in MI and MI in my country.



My thoughts, views, expectations and MINT developments have often moved in the same direction and once I managed to be ahead of time☺ - when I wrote to the Board in 2009 to ask any kind of support to train new trainers in Estonia. Then the Board replied and said that unfortunately MINT did not have such an opportunity right now, but they would discuss it and if we waited then maybe one day in the future it would happen. So we did and it is happening: we have MINT endorsed TNT in Estonia in the fall of 2017. And most likely, especially after this training, we have the best looking MINT members/ general population ratio: the 0,002 percent of Estonians are actively training MINT members. Both directly and indirectly, I have a role to play here. All of this has taken place on a voluntary basis inspired by faith in MI and its community already since 2001 when I first heard about MI and I passed the idea and references to my former employer (which was the Ministry of Justice), which, on my insistence, decided to obtain an MI training for the system.

Below are my answers to the questions:

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

I started using MI after my initial training in 2003 led by revered Rhoda Emlyn-Jones and Mark Farrall. Their engaging training and supportive regard was definitely the reason I stayed in. The other reason was the recognition that MI is something that is definitely helpful in my work in the prison. After four years of practicing mainly on my own I changed jobs and moved from prison to probation and it appeared that MI was the most wanted skill there: all new incoming programs, like One-to-one, presumed the existence or acquisition of this skill. My boss asked me to share my knowledge with others who had not receive the training. With great respect I took my training materials out again and started to discover them from a new angle, still on my own. Fortunately, not for long, because in 2006, the Dutch Twin Project brought trainers' training to Estonia, where I received more support and guidance about how to train others with MI from Hans Bertens, Thijs Biemans, and Marloes Luiken. All this directed me gently toward 2009 MINT TNT in Sitges where I was guided by Jacki Hecht and Jeff Breckon. Since then I am an active member of MINT and an MI trainer and a practitioner at home. As a practitioner I stopped working with clients for a while, but continued to use MI with my students as a supervisor and with my mentees as a mentor in higher education. As for me it was too little practice during this period I made a change and since 2011 I have a part time private practice when I meet weekly outpatients mainly with problems of depression, anxiety and also addictions. As a trainer I have been delivering a variety of trainings to correctional specialists, university lecturers and school teachers, social

workers, psychologists, primary health care workers, and workers in the field of addictions. The length of trainings varied from a two-hour workshop to 3 days of supervised training. I developed 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 from 2010 to 2013 I led the MITI 3 adaption research group and since 2015 I am a member of the group of volunteers who are adapting the MITI 4 into Estonian. As an administrator I am a member of the Board of Estonian Motivational Interviewing and Training Association (EMITA; nonprofit organization) which was established on my initiative in 2011, until 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.

Currently I am a member of the MINT+ Committee and a member of the MINT Scientific Panel on MITI Coding Standards. I have provided input to MINT on various actual topics, for example I offered some input to the International Advisory Committee (IAC), and helped prepare Guidelines for MINT Chapters. One of the most valuable contributions/experiences was serving as Support on MINT TNT 2014 in Atlanta. Furthermore, I delivered several presentations and workshops on MINT Forums and MI conferences. Since Krakow I have not skipped a single MINT Forum because the forums are, in addition to staying up to date, really good places to make a contribution. Probably without Montreal MINT Forum I would not have found my way into this great group that has concentrated on the MINT+ Committee, as we named this process: I was 'voluntold'.

3. MINT's strategic plan is consistent with the following three pillars:

- Membership Engagement
- Global inclusion, outward-facing
- Provide guidance, standards and resources to the world

Please provide your input on these three pillars, on how you might contribute to achieving them, and on any other perspectives you think should be included in MINT's strategic plan.

In my opinion the "Membership engagement" pillar's issues are primarily involved with being a multinational, multilingual and multi-professional group. On the one side the differences enrich, but at the same time, they can also build a roadblocks, like language barriers. From a small, non-English speaking community I am quite familiar with the limitations that impede getting to full part of the motivational interviewing, and its developments; also with the needs which would help to smooth the way. To overcome those 'multi-'-issues, first and foremost there is the need to be noticed, and then offer a lot of support and cooperation. Personal contacts mean much, but the opportunity to get involved and develop could be supported also outside personal contacts. The abovementioned topics also interact directly with next "Global inclusion, outward-facing pillar". The first steps are already taken: establishing the local Chapters, MITI adaption to other languages in the way to improve access to opportunities for MINT TNT and network. Also the representatives of small non-English-speaking communities' in the board – here I see my main role and contribution to the MINT and its strategy. The larger the network grows, the less important of a role personal contacts will play. MINT already has 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 and to some extent also to the non-members of the rest of the local community. Current main events, like Forums, are actually available (for many objective reasons) only to the part of the membership. Profession-based subsections, region-based leadership may contribute to the regional development and engagement of members. In my opinion of view the third pillar “Provide guidance, standards and resources to the world” can be supported above all on a local level, in a language that is familiar to people: from the center to the periphery (and back). Here I think my/ our Estonian experience can provide a helpful sample or a trial field. Our experience already has been used as a model in MITI translation and also I helped write translation guidelines for MINT Scientific Panel on MITI Coding Standards.

4. Here are the current members of the Board :

- Hilde Jans (chair)
- Tim Godden (vice-chair)
- Karen Ingersoll (treasurer)
- Terri Moyers (secretary)
- Majella Greene (member at large)
- Colleen Marshall (member at large)
- Helen Mentha (member at large)

Please explain how you might contribute to the diversity of the Board.

I have to admit that this is, at the moment, the most difficult question for me to answer and the honest answer is: hard to say what I can add 😊. I know what has happened in the past. For example, during my doctoral studies I belonged to a research group that had quite different members by age: senior reputable scholars and quite young graduates and PhD students. In terms of age I happened to be in between the two. Being in this position, I turned out to function as the glue that helped bring people more together. As my tutor said at my graduation dinner I brought more warmth and joy in the relationship between people in the laboratory. I hope that I will be able to contribute to it in the future as well.

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 I was the Head of the Board of EMITA, since 2016 I have been a member of the Board of EMITA. Since 2016 I am a member of MINT+ Committee. Talking about challenges – at EMITA it was and still is one big challenge, a challenge of how to grow and nurture. The biggest success is that during an 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 in the fact that we might be/do/have/give much more than we currently have resources for. These experiences gave me patience, faith and belief that everything is possible, especially in a 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 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 at finding solutions. I am not inclined to be satisfied with the 'no' answer, rather I tend to look for solutions. I value the sense of duty, and keeping promises as well as enjoy the process and company.

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 often spent more than 10 hours per week working voluntarily for the EMITA, as the head of the Board. Since last year I do not 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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Sincerely

Inga Karton

MNIT from Sitges 2009