**INFORMATION, TIMETABLE & PROGRAM**

**Welcome! We Look Forward to Working With You**

Welcome to the 2019 MINT Training for New Trainers (TNT) workshop in Tallinn, Estonia. By participating in this workshop, you will be joining hundreds of colleagues from around the globe who, since 1993, are providing Motivational Interviewing training in diverse countries, cultures, and professional settings. We will do our utmost to help you gain as much as possible from this workshop and trust that you will also make every effort to contribute to its success. Above all, we hope you will have a stimulating, informative and creative experience in an atmosphere of fun and meaningful work.

Participants will be traveling from a variety of countries and cultures to participate in the TNT event.

The TNT trainers’ team, similarly, is composed of trainers from different countries, cultures, and backgrounds. Below you will find a list of who they are:

**TNT Group 1**

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| **Lead Trainer** | **Colleen Marshall** | **United States** |
| **Co-Trainer** | **Danny Lang** | **Canada** |
| **Support Trainers:** | **Kiril Bozgunov & Laura Saunders** | **Bulgaria United States** |

**TNT Group 2:**

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| **Lead Trainer** | **Rik Bes** | **Netherlands** |
| **Co-Trainer** | **Carol De Francesco** | **United States** |
| **Support Trainers:** | **Heather Lynch & Jackie Webb** | **United States England** |

**TNT Group 3:**

**(Russian Language)**

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| **Lead Trainer** | **Anya Sheftel** | **United States** |
| **Co-Trainer** | **Ljudmilla Atškasov** | **Estonia** |

**MINT TNT Trainers and Supports**

The TNT trainers for this event are all members of MINT, Inc. and were invited by MINT, Inc.’s Board of Directors to lead these workshops through a competitive application review process facilitated by the TNT Coordinator. In the spirit of giving back to MINT, your TNT Trainers serve on a strictly voluntary basis; they do not receive any fees.

The TNT workshop is facilitated by a lead Trainer (a *senior* trainer who has previous experience facilitating a MINT TNT), a co-trainer and two trainer supports. These make up the core training team, all of whom are experienced, competent and expert trainers of Motivational Interviewing.

**MINT Training of New Trainers (TNT) Workshop – September 23rd – 25th, 2019**  
**MINT Forum – September 26th – 28th, 2019**

**Hotel Information**

Our venue is the **Radisson Blu Hotel Olümpia**, in Tallinn, Estonia.

A reduced rate room block has been reserved especially for TNT: €115 for Standard room and €130 for Superior room. Use this link [MINT TNT Tallinn](https://www.radissonblu.com/booking-entrance?language=en&sitaCode=TLLZR&arrival=21/09/2019&departure=28/09/2019&paccode=MTNT)

A second location has also been reserved for MINT – the **Park Inn by Radisson Central** is only a short walk away. Again, a special rate and room block: €90 for a Standard room and €100 for Superior room. Use this link [MINT19- Park Inn by Radisson Central Tallinn](http://www.parkinn.com/booking-entrance?language=en&sitaCode=TLLPR&arrival=21/09/2019&departure=29/09/2019&paccode=MINT19)

**Registration and Informal Welcoming Reception**

**TNT Registration: Sunday, September 22nd in the hotel lobby**

**4:00-6:00pm     On-site registration** – MINT staff will greet you, give you your workshop materials and name badge, and answer any questions you may have.

**6:00-7:30pm     Welcome Reception**- (one drink ticket included in your name badge), meet your trainers and mingle with other TNT participants**.**A cash bar will be available and canapés will be served.

**Late TNT Registration**: **Monday, September 23rd, 2019 from 8:00 – 8:30 a.m**. in the hotel lobby where the TNT will be held. To avoid delays in getting started on Monday morning, we ask that you **please register on Sunday evening before the conclusion of the Welcome Reception.**

All participants should plan to attend the Sunday evening registration if possible.  If this is not possible, please register on Monday morning.  During registration you will be given your badge and workshop handouts. The badge will give you access to the workshop, snacks during breaks, lunch and any other MINT-related events. Please wear your TNT badge at all times during the workshop.

**MINT TNT and Forum Welcome Reception**

**The TNT runs from Monday to Wednesday, 9:00 am – 4:30 pm each day in the Radisson Blu Hotel Olümpia conference rooms on the Main Level.**

**Combined MINT TNT & Forum Welcome Reception and Dinner** - **Wednesday, September 25, 7:00pm to 10:00pm at the Hotel Olümpia.**This reception will be an opportunity for both TNT participants and participants in the MINT Forum, to meet each other in a relaxed and informal manner. One welcome drink will be included with a buffet dinner; a cash bar will also be available. **You must register for this event via your TNT registration account, and guest tickets are available if you would like to bring a guest with you.**

**Attendance**

As you know, Tallinn is a beautiful city and we hope that you will take some time to explore and enjoy the available attractions. However, we expect that you will do this during non-workshop time. You must attend all 3 days of the MINT TNT, in their entirety, in order to receive your certificate of completion, and become a MINT member. This means that we need you to arrive on time for the start of the TNT on Day 1 (9:00 am), return from lunch and breaks in a timely manner, and be present until the conclusion of Day 3 (4:30 pm) to receive your certificate of completion. There will be no exceptions made

**Workshop Aims**

To create opportunities for participants to further develop skillfulness as trainers of motivational interviewing.

**Learning Outcomes**

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| MI Trainer Competency |
| Knowledge of MI spirit and ability to model it as a trainer |
| Knowledge of MI practice (including theory, and related research/evidence base and all key concepts) |
| MI practitioner competency |
| Use of MI skills in conducting a training |
| Multi-modal, effective teaching |
| Knowledge of MI training “best practices” |
| Overview of MINT |

**Preparatory tasks for participants before the TNT**

**In preparation for the TNT please ensure that you cover the following:**

1. If you haven’t already done so, please thoroughly read a. and familiarize yourself with b. below:
2. 3rd Edition Motivational Interviewing text:  Miller, W.R. & Rollnick, S. (2013).  Motivational Interviewing; Helping People Change.  The Guilford Press, New York, NY).
3. MINT Trainer’s Manual. The manual may be found at the MINT website: <http://www.motivationalinterviewing.org/sites/default/files/tnt_manual_2014_d10_20150205.pdf>
4. Please note that paper copies of the manual will not be made available at the TNT; you are welcome to print and bring one with you, or you might choose to have the manual available electronically for use or reference at the sessions.
5. Your trainers will be in touch with specific directions about preparatory activities.
6. You might choose to bring a laptop or electronic notebook to the workshop. Please make sure that the batteries are charged to cover a day’s work, since there won’t be enough electrical outlets to continuously charge all devices of all participants.
7. Please bring a paper or electronic notebook or notepad to take your own notes during the workshop. All PowerPoint slides used by your trainers will be provided to you after the workshop, via email, in pdf format. You are not permitted to make audio- or video recordings during any of the sessions of the workshop.
8. On Day 2 and 3, together with one of your fellow participants, you will lead an MI training exercise for a small group of co-participants.

Our goal is to create a setting where you, the participants, can experiment and take risks, as well as give and receive constructive feedback on your materials and their training delivery. The small group presentations operate like a mini-learning and practice lab, with an opportunity to gain feedback from colleagues and from the TNT trainers about your skill demonstration. This is not a talent competition; nor do we expect “perfection” in any of the presentations.

**Your TNT Workshop Group**

In all, we expect that there will be approximately 100 participants attending the TNT in Tallinn this year. This large group will be divided into three sections, 2 English language and 1 Russian language, with each section being assigned to a team of TNT trainers.

You will be working closely together with the participants and trainers in your assigned section for the duration of the TNT. For the small group facilitation demonstrations, your group will split into smaller sub-groups. You will work in these smaller “practice groups” during some of Day 1, for most of Day 2, and for some of Day 3. Your training team will review with you the composition of the small groups.

**Workshop Rooms and Breaks**

Each TNT section has a main room and 2 breakout spaces. More information on your Group’s room assignment will forthcoming. There will be a 1-hour lunch break each day and two breaks – one mid-morning, one mid-afternoon. The breaks will be served near the training rooms.

**MINT Membership**

After completing this TNT workshop, you will have the option to become a member of MINT. Unless you tell us differently, we will assume that this is what you want!  About two weeks after completing the TNT, your MINT Membership account will be created.  Login credentials will be sent to you via email from our Operations Manager.

Your membership fee for the remainder of 2019 is already included in your TNT registration fee.  Your MINT dues are also waived for 2020.  To remain a member of MINT in good standing, you will begin paying annual membership dues for 2021.  A call for 2021 MINT Dues will be sent to you directly via email in the Fall of 2020, and will also be announced through the MINT eForum notifications (to which you will be connected to in a few weeks after completing the TNT).

In addition to being connected to more than one thousand MINT members all over the world through this eForum, your membership also allows you to register for the annual MINT Forum meetings and to be listed as a MINT member on MINT Inc.’s website.

Currently, MINT members access two different systems that are independent of each other:  ***RegOnline****(the e-forms you used for your application and registration)* and the ***Motivational Interviewing Network of Trainers (MINT)*** website*(where you will be listed as a Member of MINT)*:

* **RegOnline** This system is used for MINT business matters such as registering for an upcoming MINT event. Access to this system will be event-specific, meaning you will only receive links to the events from our Operations Manager as events are made available: dues notifications, survey requests, annual Forum registration, and invitations to vote in MINT’s elections from this system to the email address on your record.  The first time you access this system, you will be required to enter your **email address** and **password**.  Email address updates can only be made administratively, so if at any time you wish to update your email address on this system, please contact the Operations Manager [admin@motivationalinterviewing.org](mailto:admin@motivationalinterviewing.org" \t "_blank).

* **MINT Membership Account** ([www.motivationalinterviewing.org](http://www.motivationalinterviewing.org/)).  Your member account is created here - **the MINT website**.  The information that you provide in your **MINT Member Profile** can be viewed by members, as well as visitors to the site.  Some information is Public, and some is Private.  You will receive ***Board Blogs*** and ***eForum*** notifications from this system.  Accessing this system requires your **username** and **password**. Again, instructions to access and create your profile will be sent to you via email in the weeks following the completion of your TNT.

**Completion of MINT TNT does not mean ‘Certification’**

As a matter of policy, MINT Inc. neither certifies trainers as competent in MI nor licenses them to train MI. We designed this workshop to assist you in developing your capacity to help others learn MI. We remind participants that, following the completion of this workshop, MINT members may not represent themselves as either certified or licensed by MINT Inc. to provide MI training. Common language typically used by MINT members is “Member of MINT.”

**MINT’s Mission**

The mission of MINT Inc. is to promote good practice in the use, research and training of motivational interviewing. MINT Inc. supports the continuing learning and skillfulness of its members through meetings, open sharing of resources, communication, publications, and shared practice opportunities. Rather than seeking to limit or control the practice and training of motivational interviewing, MINT Inc. promotes quality applications of motivational interviewing across cultures, languages, and contexts.

***Four Foundational Values of MINT***

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| --- | --- |
| ***Quality***  Excellence, reliability, ethics, integrity, professionalism, responsive to emerging evidence | ***Generosity***  Generosity, non-possessiveness, sharing, acknowledgment, collaboration, cooperation, giving more than you receive |
| ***Openness***  Evolving, emergent, open-minded, innovative, flexible, expanding the boundaries, growth, humility, curiosity, self-critical | ***Respect***  Valuing of individual and professional diversity, internationality, kindness, listening, communication, egalitarianism, welcoming, inclusivity, multidisciplinary, acceptance |

Registration fees are set to meet the costs of organizing these events. As previously stated, trainers and organizers do not take any fees and do their work on a strictly voluntary basis. Any proceeds will be used to improve the further development of MI through research and development of its professional network, MINT Inc.

**We Value Your Feedback!**

Throughout the 3 days of your TNT experience, you will be invited to reflect on your learning and on your experience in the sessions and asked to provide input and feedback to the trainers about what is working well in terms of support for your learning and what you would like to see adapted to enhance your experience. Please help us by actively participating with reflection and feedback opportunities.

If, at any point during the TNT workshop, you have any questions and/or concerns, please do not hesitate to directly contact any of your trainers! They will tell you at the beginning of the workshop how/where they can be reached at all times.

**TIMETABLE & PROGRAM**

A sample copy of the timetable for the 3 days can be found in the following pages. A finalized and more detailed agenda for your TNT group will be provided at the registration desk. We provide this to give an idea of how a TNT may be structured, so it can be shared within organizations for funding approval. The content structure may vary in appearance from group to group.

Please note that given the number of people attending and the full agenda for the workshop, it is very important to be punctual for all session start times, and to help your trainers observe the timelines provided for in the schedule.

**SAMPLE TIMETABLE & PROGRAM**

 Sunday, September 22nd

4:00 pm - 6:00 pm           On-Site Registration

6:00 pm -7:30 pm            Welcome Reception (and On-Site Registration)

(The following is only an example of what the day may look like)

|  |  |
| --- | --- |
| DAY 1 Monday, September 23rd | |
| Session 1 |  |
| 9:00-10:30 | Training Content |
| 10:30 am - 11:00 am | Coffee Break |
| Session 2 |  |
| 11:00-12:30 | Training Content |
| 12:30 pm - 1:30 pm | Lunch Break |
| Session 3 |  |
| 1:30-2:45 | Training Content |
| 2:45 pm - 3:15 pm | Coffee Break |
| Session 4 |  |
| 3:15 pm - 4:30 | Training Content and instructions for presentations |

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| DAY 2 Tuesday, September 24th | |
| Session 5 |  |
| 9:00 am – 9:15 am | Greet and move to presentation groups |
| 9:15 am – 10:30 am | Pair # 1 Presentation and feedback |
| 10:30 am – 11:00 am | Coffee Break |
| Session 6 |  |
| 11:00 am – 12:30 | Pair # 2 Presentation and Feedback |
| 12:30 pm – 1:30 pm | Lunch Break |
| Session 7 |  |
| 1:30 pm – 2:45 pm | Pair # 3 Presentation and Feedback |
| 2:45 pm – 3:15 pm | Coffee Break |
| Session 8 |  |
| 3:15-4:30 | Pair # 4 Presentation and Feedback |

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| --- | --- |
| DAY 3 Wednesday, September 25th | |
| Session 9 |  |
| 9:00 am – 10:15 | Meet back in small group rooms:  Pair # 5 Presentation and Feedback |
| 10:15-10:30 | Reconvene |
| 10:30 am – 11:00 am | Coffee Break |
| Session 10 |  |
| 11:00 am –12:30 | Training Content and/or VIP Visits (Board, Bill Miller) |
| 12:30 pm – 1:30 pm | Lunch break |
| Session 11 |  |
| 1:30 pm – 2:45 | Training Content and/or VIP Visits (Board, Bill Miller) |
| 2:45 pm – 3:15 pm | Coffee Break |
| Session 12 |  |
| 3:15-4:30 | Training Content; Evaluations  Certificates, Celebrations and Farewells! |