**Betty-Maria Märk**

**Why MI?**

My first MI training was on 2012 and I realized that for me MI is very easy to relate with. This is the way of communication I like to use with patients, because I would like to be engaged and respected if I were in their shoes.

I have found MI as an effective way to lead the process of finding best solutions to make changes necessary in patient´s lifestyle. Good thing is that you don´t have to be a psychologist to use MI. Therefore, my mission is to spread MI among health care specialists and arrange practical trainings for them.

**Education and work experiences:** On 2010 I graduated Tartu Health Care College as a general nurse and on 2015 Tallinn Health Care College as a nurse specialist. I have worked as a family nurse in “Sinu Arst” and as a nursing manager in Confido Private Medical Clinic. Currently I am working in National Institute for Health Development as a coordinator of services for program „Sober and Healthier Estonia“.

I am a member of EMITA since 2016 and on 2017 I graduated MINT-endrosed TNT in Estonia.

**One sentence:** MI is an expanded way of experiencing and interpreting the conversations I am involved with.