**Inga Karton**

Why MI?

The honest answer is because of my first MI trainer Mark Farrall. But, of course, also because of the first brief contact with MI before my first MI training when MI appeared to be exactly what I had missed doing my first steps as a psychologist. MI is the link that overcomes the difficulties that arise during counseling, especially with challenging clients. MI even helps to avoid them! MI is that medium that helps to understand. MI is the approach that helps to stay healthy and at the same time be at the maximum for the client. Moreover, maybe the most important thing: MI helps the client to move forward and feel safe.

Education, work and MI

I am a clinical psychologist and I dissertated my PhD in psychology in the year 2015. I work (since 2005) mostly in academic settings, also I work as a psychologist in private practice alongside the main job. Before that, I worked for five years as a psychologist in prison settings in Estonia. Originating from my clinical work my last challenge is to start using MI in groups of outpatients. I first heard about MI in 2000, but began practicing MI more systematically after 2003.

I have been MINT member since 2009. I am also a member of the Board of Estonian Motivational Interviewing and Training Association (nonprofit organization) which was established in year 2011. In MI, my focus has been on dissemination and evolvement of MI into Estonia in many areas, like correction, education and health care.

One sentence:

“I am so excited and scared in same time because with such a short period of time we have achieved so much, and at the moment it feels like touching the sky, so where else is from there?!?”