



MINT
excellence in motivational interviewing

2019 MINT Forum

SESSION ABSTRACTS AND SPEAKER BIOGRAPHIES

DESALLE, MALLORI LEIGH

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Thursday 26th September

9:30am-10:30am Plenary Session

"Do Be Do Be Do: Learning a Way of Being."

William J. "Bill" Miller

If MI is not just technical skill (doing) but also a way of being, what is that "way" and how is it learned? Beginning with eight pieces of a puzzle emerging from MI research, Bill will consider implications for MI itself and where we seem to be headed, concluding with a preview of his new book with Terri Moyers.

11:00am-12:00pm Workshops

"Meaning to Change: Integrating MI Skills into Mindfulness-Based Third-Wave Cognitive Behavioural Therapy Approaches."

Ryan Kennedy

Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy® (DBT®), and other "third-wave cognitive behavioral therapies" are examples of evidence-based practices that utilize elements of language to facilitate a stronger commitment to therapeutic change. Motivational Interviewing also pays particular attention to the language of change, but the focus can be a little different from these third-wave CBT modalities. Though they approach strengthening a client's commitment to change from different perspectives, principles and skills from Motivational Interviewing can be skillfully incorporated into these third-wave CBT modalities in ways that amplify and extend the already powerful impact of any one of them alone.

"Building Confidence as a new MI Trainer."

Fiona Holland

After the TNT, being a new MI trainers can be exciting and overwhelming. Managing the complex dynamics of supporting a group, demonstrating MI skills, setting realistic training plans and the other varied skills of excellent facilitation has a mastery arc. What do newer trainers need to build their confidence and further develop their skills? This session is a facilitated discussion designed for people to share what they would like to see for post TNT support and mentoring, to offer their skills in supporting newer trainers, and share support systems they found helpful in their development as a newer trainer.

"Use of MI for Organisational Change: Ethical & Practical Considerations."

James B. Anderson & Daniel Mullin

The relational and technical skills of MI can be helpful to promote organizational change. However, it is unclear how useful MI is in these circumstances. There are also theoretical and ethical concerns with the use of MI in the promotion of organizational change. This workshop will ask participants to join facilitators in exploring these issues. In addition, the workshop will engage participants in examining a case study of the use of MI to promote change in a large healthcare association's approach to the care of patients with opioid use disorder.

"Psychology of Learning and MI. How Could Teaching Staff Integrate MI to Their Everyday Teaching?"

Elina Malleus & Raili Juurikas

The main aim of the workshop is to evoke discussions which support creation of links between MI and contemporary constructivist educational psychology approaches (e.g. self-determination theory and growth mindset, conceptual change theory and the development of executive functions). This helps education enthusiasts to see wider opportunities to adapt MI into everyday teaching practices. MI trainers working in education field can use these ideas to support trainees better in their development

process. Moreover, through the process of exchanging experiences participants can gather valuable thoughts that can be further used in adapting MI to educational settings.

"Evaluation of Supervisory Skills and Adherence (ESSA) Manual."

Maria Beckman & Helena Lindqvist

The Evaluation of Supervisory Skills and Adherence (ESSA) Manual is a behavior based coding system for evaluating MI supervisors' skills and adherence, based on the components included in the evidence- and competence based frameworks for supervision that have emerged in recent years. ESSA can be used in both group and individual supervision, and is intended to be used as a measure of supervision integrity in clinical trials, and for structured feedback to MI supervisors.

"MI Skills Training for Advancing Social Work Education."

Allen Zweben

The workshop will demonstrate how MI skill components can be adapted to address capacities, resources and needs of social work students. It will demonstrate how MI can be employed to accelerate the learning of students in core functions of social work practice. It will show how MI can prepare students to work effectively with diverse, vulnerable populations typically seen in community settings. Issues pertaining to racial and cultural sensitivity, navigating challenging dialogues and cultivating working alliances with clients will be addressed. The workshop will employ interactive exercises, role plays, debriefing methods and coding devices to meet the learning needs of participants.

12:05 pm – 1:05 pm Workshops

"The Use of MI in Supervision and Coaching."

Marlies Jellema and Joost Beets

Social Workers work their entire career on their professional attitude. It's a process of long life learning where you can think of themes like awareness in personal strengths, personal challenges, transmission processes and personal effectiveness. In bachelor education for Social Workers and during their work-life supervision and coaching are methods to help to build an expand a professional attitude. Supervision and coaching are forms of experiential learning. In supervision and coaching reflection on the daily work-experience is a wide known method to grow in professional awareness and build an integration of thinking, feeling and practicing in work. These are often personal learning processes where the values and beliefs of the professional in relation to the professional assignment are subject of learning. It takes motivation, trust and courage to develop or grow in a professional attitude.

"Fuel Well, Train Well."

Katie Brogan Hartlieb

This session is an invitation to ponder one's physical preparation for a training. The performance of athletes to executives to kindergarteners benefits from healthful food and drink choices. How might the messages of the pre-game meal, power lunch, or eating with whimsy bring better focus to an MI trainer and better experiences to MI learners? The saying goes "You are what you eat" and while you can't order compassion with a side of change talk directly off the menu, participants will explore how healthy fueling can impact one's ability to model the relational and technical components of MI.

"What Matters to You? (WMTY): A Movement Built on the Spirit of Motivational Interviewing."

Damara Gutnick and Kathy Reims

The 'What matters to you?' movement is helping healthcare shift focus from "what's the matter?" which often elicits a chief medical complaint, to "what really matters to you?" This re-framing broadens perspectives to include social determinants of health needs, while promoting listening as a therapeutic intervention in its own right. Training staff and maintaining skills in MI is often a heavy lift. WMTY is aligned with MI and readily understood by diverse service providers. This workshop will explore how WMTY can be used to rapidly introduce MI aligned skills and bring the spirit of MI to those we serve.

"Implementing MI in the Middle East."

Rik Bes

Over the years, I've been involved (with a number of other MINTies) in projects and initiatives to introduce, train and roll-out MI in various health care settings in a variety of Middle Eastern countries (Iran, Qatar, United Arab Emirates, Oman, Saudi Arabia). This short-share will provide an overview of experiences, learnings and - obviously - some questions.

"Motivational Interviewing in the Treatment of Personality Disorders."

Ralf Demmel and Verena Zimmer

Personality disorders may be reframed as disorders of interpersonal interaction. They manifest themselves in a variety of dysfunctional patterns of communication. For example, a client suffering from a Narcissistic Personality Disorder may offend the clinician numerous times during a treatment session, while at the same time, being extremely sensitive to criticism. Hence, establishing therapeutic rapport and maintaining a good therapist-client relationship through every phase of treatment may be challenging. Especially, the behavior of a client suffering from a Cluster B personality disorder, i.e., Antisocial, Borderline, Histrionic, and Narcissistic Personality Disorder, may prevent clinicians from experiencing compassion and empathy.

"Live Demonstration of Supervision Using MI and a Reflecting Team."

Moria Golan

This workshop will be mainly experiential. Participants will be exposed to a live demonstration of supervision provided to a volunteer from the audience. Thereafter, the group will serve as reflective team, sharing the personal associations they each had from what they heard. These ideas will be joined to re-tell the story of the supervisee with a wider perspective. The workshop will be finalized with a structured teaching session of the practices that were used. We will discuss various way to integrate the demonstrated ideas and practices in MI work.

2:30 pm – 4:00 pm Workshops

"Unconscious Bias – The Journey Begins with You."

Mieke Zinn, Cathy Cole, Sarah Solis and Ravi Maharajh

Unconscious bias refers to a bias that we are unaware of, which happens outside of our control. It is a bias that happens automatically and is triggered by our brain making quick judgments and assessments of people and situations, influenced by our background, cultural environment and personal experiences. A large body of compelling research has demonstrated how these unconscious, automatically activated, and pervasive mental processes can be manifested across a variety of contexts yielding significant impacts.

Additionally, one's biases may (positively or negatively) impact work relationships, performance evaluations and professional practices.

"The Four Conditions to Know if I Apply MI: The Ethics of MI and How it Can Serve Us to Introduce the Focussing Process."

Patrick Berthiaume

With my experiences of training MI I elaborate four conditions to response to the question when can we or not do an MI intervention. I use those conditions to have a discussion with trainees about the Ethics of MI and use it to introduce the Focusing process. I also create an EPE exercise with it. During this workshop I would like to open a discussion about the crucial concept of ethics in MI and the link to the Focusing. I will also share the way I introduce those elements into my training.

"Motivational Interviewing Interventions for Adolescents and Young Adults With a Special Focus on Mood and Anxiety Disorders."

Antoine Douaihy and Sylive Naar

This workshop reviews the applications of motivational interviewing (MI) for adolescent and young adults, particularly focusing on mood and anxiety disorders. We will discuss the use of MI in clinical contexts as an intervention as well as a platform from which all other treatments are integrated. We will also present the most recent research findings. Case discussions involving the audience will make the workshop more interactive. Clinical and ethical dilemmas will be debated.

"MI SKILLS DECK: The MI Training MultiTool." (Product Related Session)

Christina Näsholm

MI SKILLS DECK The MI Training MultiTool is developed for creating multiple possibilities for active and interactive training and learning of MI. For "bridging the gap", helping "transport" knowledge and skills from workshops, supervision, peer support groups etc to everyday practice. MI SKILLS DECK, The MI Training MultiTool, is developed by Nordic MINTies Tobias Sandberg and Christina Näsholm. It consists of a deck of cards, providing both skills training and a deeper understanding of MI. To be used in and after workshops, peer support groups, supervision, individual training etc. To be used at different levels from intro, basic to more advanced levels of MI training. During this interactive workshop you will be introduced to the concept and have a chance try it out, applying your MI-understanding, MI-skills and MI-training skills with possibilities to explore and find even more applications for use.

"MI and Shared Decision Making (SDM): Differences, Overlap, and Challenges of Their Appropriate Use in Mental Health Settings and In Training Mental Health Professionals."

Michael Flaum and Florence Chanut

Efforts are underway in many parts of the world to rapidly expand the application of Shared Decision Making (SDM) across a variety of health care settings. This is especially the case in mental health settings, where such an approach is consistent with the broader culture shift towards person-centered, recovery-oriented care. While there are many areas of overlap between SDM and MI, there are critical differences. The distinctions may seem subtle, especially for those newer to these communication styles and practices, but they are fundamental. If we are actually engaging in MI, packaged or labeled as SDM, then we risk violating the spirit of both. This session will focus on elucidating those differences, and their implications both at the clinical level and for training.

"Cómo Dar un Taller de Intervención Motivacional Breve/ How to Conduct a Brief Motivational Interviewing Training."

Pilar Lusilla and Antoni Guai

Las intervenciones breves han sido ampliamente utilizadas para incrementar la probabilidad de que una persona ambivalente solicite ayuda. Se han utilizado en escenarios donde se dispone de poco tiempo como departamentos de urgencias o atención primaria y se basan en estrategias sencillas conocidas como las 5 "A" o las 5 "R". El taller pretende entrenar a los participantes cómo ofrecer un taller sobre cómo es posible adaptar la entrevista motivacional en formato breve combinando estrategias de ambas disciplinas. El taller será interactivo con role playing y videos.

Brief interventions have been widely used in order to increase the probability to ask for help among people with health problems. Emergency departments or GPs consultations are common settings where brief interventions can be used due to the lack of time in such scenarios. Brief interventions include some strategies like the five "A" and the five "R". The workshop will train the attendants how to conduct a workshop on "brief motivational intervention". The workshop will be very interactive and video and role/real playing will be used.

4:30pm-6:00pm Plenary Session

MINT Annual Members Meeting (AMM) +Committee's

MINT Board of Directors

All MINTies are invited to this session in which the MINT Board will give an update on organizational work and the affairs of MINT and use most of the session for:

The 90-minute Annual Member Meeting (AMM; retitled from former Annual General Meeting) will include board updates, breakout discussions with committee "clusters" and the opportunity for questions to the board.

Committees will offer opportunities to learn about volunteering and provide time to speak with current committee members about ways to contribute to MINT through working on a committee or work-group.

Committess include:

Endorsed TNT committee:
Scientific Advisory Committee:
Program Planning Committee (PPC):
Communications Committee:
Public Service Fund (PSF):
Membership Committee:

Nominating Committee:
Professional Development:
MI Across Cultures (MIAC):
Audit & Finance Committee:
MINT Plus (MINT+):
eMINT

6:15pm-7:15pm MINT + "Meet and Greet"

Friday 27th September 2019

9:30am-10:30am Plenary Session

Guest Speaker

"Obesity has limited neurobehavioural overlap with addictions."

Uku Vainik is a research fellow at University of Tartu, Estonia. He just completed his postdoc at Montreal Neurological Institute, McGill University, Canada. He applies psychology, neuroscience, and genetics for a better understanding of health behaviour, with a particular focus on obesity. He is currently wrestling with the following questions: Why some people eat too much while others can resist the temptation? What is their neurobehavioural profile? Do the behavioural patterns lead to obesity, or does obesity cause certain behavioural patterns? How much do the behavioural patterns behind obesity and addictions overlap? How can we use this information to design interventions? Read his papers at Google

Scholar <https://scholar.google.ca/citations?user=ouXTgzIAAAAJ> or follow him on Twitter for most recent updates in the field: <https://twitter.com/ukuv>

11:00am-12:30pm Workshops

"Would it be Ok if We Shared Some Information on MINT Trainer Certification?"

Doug Smith, Kate Speck, Shawn Smith & Heather Flynn

The MINT Professional Development Committee (MINT PDC) will share lessons learned from the pilot phases of trainer certification. MINT members have submitted recorded samples of MI trainings for peer review for trainer certification. The MINT PDC will discuss the refinement of this process across multiple cohorts of applicants. Additionally, the MINT PDC will elicit input from the MINT community about the certification process. The agenda includes: a) an overview of the certification process, b) a walk-through of the trainer coding tool and an interactive activity based it, and c) a brainstorming session about making the trainer certification process even better.

"MI Training for Environmentalists."

Vince Schutt

Environmentalists core driver is to help communities to change their behaviours towards green living and sustainable lifestyles choices. For forty years this group has been struggling to succeed, with programs and communications pathways that are information, and awareness focused. We can help - and its within the reach of every Mintie. This workshop is an interactive experiential program for building your confidence as a trainer to work with Environmental communicators regardless of your expertise in the sustainability field. If you, like me, feel that Environmental applications could be the next big wave of Motivational Interviewing application come and collaborate in this session. This workshop will explore customization of key structured activities to enhance relevance for environmentalists, as well as small group exploratory exercises on delivering MI training to environmentalists in your home regions.

"Affirmation Bingo."

Laura Blue & Krystie Comer

If you are in the mood to play, this might be a good workshop to attend. Participants will be given a Bingo card at the start of the session and invited to notice opportunities to affirm their colleagues. We will work in groups to develop and present a three minute lesson on affirmations. The actual Bingo game will involve identifying affirmations from transcripts, but we will aspire to have at least one Bingo winner before the official game

even starts. Time will be allotted for participants to begin a draft of an affirmation activity for use in their individual settings.

"Motivational Interviewing Training: Turning Barriers into Opportunities for Multilingual Trainers and Learners."

Clive Tobut, Patrick Berthiaume, Jane Groves, Ola Aleksandra Wilkin-Day & Tonu Jurjen

The MIAC group will deliver a workshop on the issues associated with the perceived barriers to being involved in the global MINT community for those who are non-English speaking. The perceived barriers are to be seen from a language, economic, and geographical location. The workshop presenters will briefly present on each of these three topics and facilitate small groups to explore these issues with large group discussion developing possible solutions and how MINT can be more proactive in help and support.

"Cultivating Self-empathy to Enhance MI Skills."

Emma Braconier

Sometimes you, as an MI trainer, meets a group of participants in a workshop that have an attitude towards their patients/clients that feels like the opposite of the spirit of MI. If you want to get new ideas on how you can work with that group to facilitate acceptance and empathy. This is for you. In this workshop I will describe and model an exercise that

1. aims at deepening the participants feeling of self-acceptance and self-empathy.
2. by doing so makes it easier for participants to show acceptance and empathy towards others.

You will experience the exercise as a participant and have the opportunity to discuss the experience as well as the applicability with fellow participants.

"Young People Taking The Lead."

William Priestley

During the academic year 2018/19, I was involved in a research project to determine the effectiveness of training young people in marginalised areas basic MI skills so that they might better support their peers. The underlying thesis was whether it was more effective for a young person to speak to someone their own age with a low counselling skill-set than someone twenty years older than them with a high counselling skill-set. My role was to train the young people from tough neighbourhoods who would serve as MI practitioners.

2:00pm-3:00pm Workshops

"Motivational Interviewing and Leadership."

Annette Søgaaard and Colleen Marshall

This workshop will focus on MI in leadership roles. We will collaboratively discuss

- ethics, when applying MI to the workplace
- when to not use MI but instead use other management strategies
- the many ways MI can be adapted to workplaces
- how MI could be used not only with individual employees, but also the whole organization.

The goal of workshop is to:

1. Identify the main areas to consider before deciding to use MI in leadership roles
2. Discuss relevant training scenarios for leaders, managers and supervisors.

"Seeing It Through My Eyes – Best Practices in Reaching Minority Trainees (And MINTees)."

Salome N. Cockern, Sharonne Herbert and Maurice Bulls

Crossing cultures from the minority trainees perspective. This workshop will be led by 3 trainers who are members of a minority culture and have experienced being trained by members of the majority culture. We will describe what that process was like, what the trainer(s) did that allowed for the successful crossing of cultural boundaries and areas for improvement, and what it is like being minority MINTees. We will discuss what you can do as a trainer and MINTee, especially when entering into a minority culture, to help your training group and others (i.e. MINTees) feel more comfortable.

""Table Work" – A Practice Refinement And Sustainability Approach."

Paul Warren

This interactive workshop is designed for trainers and MI Coaches. An in-training group and companion, post-training model used for practice refinement and sustainability will be described. Participants will explore this approach by experiential participation. The workshop will provide time to debrief and discuss application of this method of learning enhancement. Participants will have access to preexisting activity handouts and the Table Work - GPS facilitation guide.

"Physical, Nonverbal, or Playful Exercise of MI."

Yoichi Ohtsubo

In this workshop, some exercises will be provided to train nonverbal skills indirectly. Dramatic method like Improvisation will be used. The object for this workshop is to learn nonverbal skills needed in counseling.

"The Body Change; Experiencing Energizers That Facilitate a Physical, Emotional and/or Mental Shift of State."

Thijs Biemans, Martha Lettenga, Joyce Bakker and Melanie van Hoeve

From research we know that we can support learning processes by freshening up body and mind. For example: laughing will increase the learning process immediately. So this workshop is about how to engage participants in a workshop to stay connected and open. We will offer different energisers and speak together how to use them in training settings.

"Family Mediation and Motivational Interviewing: An Exploration of Neutrality and Behaviour Change."

Eiji Yamada and Kate Speck

Much like Motivational Interviewing, mediation is all about change. Family mediation as a subset of mediation, uses a complex set of skills to deal with two opposing parties who are involved in court cases to develop parenting plans. Parties come to mediation because at least one party is unsatisfied with the status quo. We will discuss how to balance between neutrality and building momentum toward change for the best interest of children in family mediation. Participants will engage in discussion and experiential activities to explore some ideas on how to use neutrality (or clinical equipoise) that supports clients' autonomy and decision making.

3:00pm-3:30pm Poster Session

"A Community Training Approach."

Alicia Shiver MA, LMHC, LADAC and Lindsay Worth, MPA

"Results of a Brief, Primary Care Based Motivational Interviewing Intervention for Unintended Teen Pregnancy."

Annemarie Madaras, Jennifer Hetteema, Stephanie Cockrell, Christina Phillips, Stephanie Chambers, Melanie Baca, Bradley Samuel,

"How do we do it in Poland :-)"

Dominik Meinhart- Burzyński

"Motivational Interviewing in Tertiary Education."

Eileen Britt and Mark Wallace-Bell

"Training Providers who are Deaf: An Examination of the MI Technical and Relational Components within the Context of Sign Language."

Jane Gray

"Motivational Interviewing and Core Competency Attainment in Psychiatry Training: A Pilot Study."

Lloyd Berg, PhD

"Tips to keep MITI coding team active: Three years' experience in developing sustainable MITI coding system in Japan."

Yoko Ohtsubo, Kuninori Matsuo, and Fumio Kunitomo

3:30pm-5:00pm Workshops

"The Magic of Debriefing."

Stephen R. Andrew

The training is in the process of debriefing the statement, questions, and concerns. Many practitioners already have a good grounding in basic spirit, structure, and skills and need help in getting past roadblocks with the people they serve that hold them back from fully embracing and utilizing Motivational Interviewing. During this workshop, participants will play with a series different exercises that we have found especially useful and effective in communicating the spirit and helping deepen practitioners technical skills in the use of Motivational Interviewing. We will try out each of the exercises as a group, and then take a step back and discuss how we imagine they may work with our participants, what insights the exercises provide (let's debrief together), and how the work deepens understanding of the Motivational Interviewing practice.

"I Am Bad.": Working With Shame in the Context of Motivational Interviewing (MI)."

Stan Steindl

Living according to values is difficult. We all experience moments in our lives where we do things that are discrepant from who we really want to be. Behaviour change is difficult. Sometimes we keep doing those things, without change, even though these behaviours are taking us further from our values. The result can be shame: internal shame, seeing myself as a bad person, and external shame, believing that others see me as a bad person. In the context of MI, shame can be present in the client and actively experienced in the session, influencing the possibility of change. Compassionate conversations through MI can help people begin to heal their shame by understanding the roles of anger and self-attack, and shifting to resolving the overwhelming sadness and regret they feel. This can allow a shift to a caring motivation, and ultimately self-compassion and a desire to take action that is helpful rather than harmful to themselves and others.

"Implementation Matters: How to Guide Organizations in The Process of Implementing MI."

Scott Caldwell

Implementing MI means practitioners are able to demonstrate fidelity with integration into routine practice. This is an ambitious goal that requires organizational support, resources, commitment, and dedicated time. While training is important, several other implementation drivers are needed. How can we guide organizations in a process that results in successful implementation? This session will tap into MINTie experience and knowledge to articulate a comprehensive implementation model. Then, results of an implementation project will be shared and discussed with lessons learned. Finally, MINTies will consider possible next steps for application.

"Babel: How to Overcome Confusion or Unintended Pain Because of Different Languages and Cultures."

Mieke Zinn and Hilde Jans

This workshop aims at finding ways to make use of MINT's full potential by raising awareness and looking into cultural and language traps that complicate communication within MINT and between MINT members. Are the Dutch really loud, insensitive and blunt? How will you get a word in? How might feedback work best with members from Asian background and what might be differences in the ways we build trust? What might Americans mean when they ask 'how are you' or 'how do you do?' what do individuals from different cultures mean when they say they want an open discussion? What style do they prefer? The presenters of this workshop are no experts. They are anxious to learn and take the opportunity to really improve communication with the help of the membership.

"Development and Implementation of Internet Based Simulated Client Interactions to Assess MI Skill for Supervision, Teaching, or Training."

Mary Hodorowicz and Nikki Rowell

Interested in evaluating MI skill using simulated client interactions but not sure how? This interactive workshop will provide an overview of how to develop and implement internet or phone based simulated client interactions, which can be helpful for supervision, training, or teaching MI. Come learn from our successes and mistakes from implementing these interactions. First, we will offer techniques for scenario development and technology tools, some with low to no financial costs. Then, participants will work in small groups to develop a simulation scenario. Lastly, we will wrap up with a few top takeaways and a Q&A session.

"Where the Pipe Cleaners and Play-dough End; Exploring the Skillful Use and Mindful Balance of Lecture in MI Training."

Stacy Smith

Many MINTies are drawn to the experiential side of teaching MI, almost to the exclusion of anything resembling lecture. And-we know that many of our workshop participants leave trainings mistakenly believing they practice MI skillfully because it intuitively fits with their self-assessment of their skills. What extent does MI "fun" contribute to this perception that they already "know" all they need to skillfully practice MI? We'll explore, through guided discussion, how to balance experiential learning with lecture elements. Although on the topic of lecture, this workshop will not be "lecturey" (you might even see a pipe cleaner or two...).

Saturday 28th September

9:30am-10:30am Plenary Session

"What brings us to MI?"

Stephen Rollnick and Panel

What do the stories and voices of practitioners tell us about where MI came from, and where it might be going? Looking back, many of us came to MI because it improved connection and offered a less adversarial way of having a difficult conversation about behaviour change. *Reflective listening became our celebrated tool*. Then something changed: we extended the focus for MI beyond behaviour change, to *any* change. If we take that to mean any change that promotes growth and development, who might find MI useful?

11:00am-12:30pm Workshops

"Show Me The Money!" The Use of MI to Promote Helpful Conversations in Elite Sport."

Jeff Breckon and Sebastian Kaplan

A growing area of MI application and adaptation is the world of sport. Much like other helping contexts, those who work with athletes engage in conversations about change that serve to enhance their health, wellbeing, and ultimately performance. The presenters will share their collective ideas and experience on how to apply MI in the context of athletics, as well as how to integrate MI with other therapies for the sake of helping athletes grow. This interactive session will also include demonstrations, practice exercises, as well as invitations for the audience to offer their own ideas on working with athletes.

"Use of Social Talk in MI With Adolescents (Part 2) – Beyond the Process of Engaging."

Georgi N. Vasilev, Kiril Bozgunov and Heather Lynch

This workshop is a continuation of our 2018 Forum presentation where we offered our experience and ideas about how social talk may be used in MI-consistent ways to enhance the development and foster the maintenance of the therapeutic relationship with adolescents in the process of Engaging. This time, we intend to go further and deeper into how Social Talk may be used in the Processes of Focusing, Evoking and Planning. The workshop will also evoke the professional experiences of workshop participants on the use of Social Talk within MI and explore the cultural and/or personal styles that may influence it.

"The Role of Social Determinants of Health in Teaching MI: How 'Political' Should We Be?"

Jane Groves and Fiona Clarke

This workshop will open up debate about the importance of social, environmental, and political determinants of health. It will explore the need to validate the impact of 'what happens to people' as well as 'what people do' whilst working with individuals. It will demonstrate a range of teaching activities which have been used by the workshop facilitators to explore knowledge, attitudes and values about social determinants of health when teaching MI. And it will allow participants to explore and share attitudes about the relevance of this for their own work in teaching motivational interviewing.

"A Deeper Look At Loving Kindness."

Ernest Marshall and Leslie Barfknecht

This workshop will be a facilitated discussion with some didactic information sprinkled in to further explore what Loving-Kindness is, why it is important, what role does it play in MI and how to increase your ability to be in it. Additionally, as trainers, how do we both demonstrate this and create a learning environment for others to experience it and be able to apply it with the people they work with.

"Playing With Motivational Interviewing."

Jaap Postma

'Playing with Motivational Interviewing' is a interactive workshop about methodical working with realplay (not roleplay!) and playing interventions in trainings, with the support and use of a professional MI specialized actor. This realplay actor provides in being the bridge and 'translator' between MI theory and the professional reality of your participants, as the MI realplay actor is an expert in the field of worldwide experiential learning. Along with that we discuss the background of learning by playing, based on (scientific) research. 'Playing with Motivational Interviewing' is a practice based workshop: highly interactive, moving, informing, experimenting, discovering, surprising, learning by doing & a lot of fun!

"MI Treatment-Based Supervision Model."

Janis Crawford

This presentation suggests a workshop that integrates motivational interviewing (MI) with clinical supervision in practical ways that are easily replicated. It considers a learning experience for supervisors who know the fundamentals of MI and would like to enhance their own skills while supporting staff to develop MI adherent practice. Participants can expect collaborative discussion, demonstration, practice exercises, and some didactic material. The focus is on creating a structure for supervision that reflects exceptional ethical practice within a motivational interviewing framework. Participants explore philosophical, situational, and practical examples of MI-informed coaching, feedback, in-service training, and case consultation.

2:00pm-3:00pm Workshops

"Video Gumbo 2019!"

Sky Kershner and Ravi Maharajh

Video clips provide an engaging way to keep a training moving. Many trainers use videos, but sometimes get stuck using the same ones over and over. Having new and fresh videos on the menu can spice up any presentation. This workshop will present a new batch of videos for 2019, an international smorgasbord of clips used by MINT trainers, that exemplify MI spirit, principles, practices, and processes. Creative trainers use their clips to create discussions as well as construct group exercises using the video as a prompt.

"When You Only Have One Hour To Give."

Graeme Horridge

When you accept an invitation to teach MI to a group in just one hour, how do you do it? Metaphores, videos, exercises, theory... This interactive workshop will provide opportunities for participants to share their experiences and skills so that we may learn from each other.

"Moral Case Deliberation."

Thijs Biemans

Moral case deliberation (MCD) is a form of clinical ethics support in which systematic thinking, reasoning and dialogue of health care professionals is fostered through a structured conversation method, guided by a trained facilitator. MCD participants are trained in having a moral inquiry into a moral question they experienced in a concrete situation. MCD can be used individually by ethics support staff, during ethics committees, in educational settings or by health care professionals in order to deal with the case at hand (e.g. making a decision), to develop their moral competency, to improve team cooperation and decision-making processes and to adjust, develop or implement policy and guidelines. Practising and learning MI will increase by using this method. Within the method participants learn to use MI and practise with the spirit of MI. At the same time cases will be explored to examine if the choices which were made were the best ethical choices to make.

"Evaluation of MI Training Using Objective and Subjective Measures of Clinical Implementation to Minimize Skill Drift."

Rashid Flewellen

This session will provide attendees with an overview of a recently implemented MI training and evaluation research project. The aim of this research is to measure the impact of an MI training program on AOD counsellors' clinical language and competencies. This measurement will identify mechanisms of behaviour change in order to improve clinician responses to complex problems in drug and alcohol treatment. There will be opportunity to learn about new MI evaluation techniques as well as contribute to project development via peer sharing of critiques and ideas for how future studies are developed.

"How Can MI Promote Self-Disclosure of Suicide Survivors? – Through the Position of Bereavement Care."

Yoshiki Aoki and Jodi Startup

This presentation is designed for small group (under 20 participants). Target behavior is that presenter and participants make together the opportunity to discuss about the importance of self-disclosure in bereavement care for suicide survivors. At first, we make smaller group with about 3-4 participants from all. After discussion, they can select a presenter from each. Next, the participant can be a presenter to express original thoughts to share with others within predefined time. The main contents are the followings. 1. Introduction about this field. 2. Discuss to use fishbone chart. 3. Participants can practice summarizing their thoughts with members.

このプレゼンテーションは、20人以下の少人数グループのために設計されています。目標行動は、プレゼンターと参加者が一緒になって自死遺族のグリーフケアにおける自己開示の重要性について話し合うための場を作り出すことです。まず初めに全体から3、4人の小グループを作ります。ディスカッションのあと、彼らは一人のプレゼンターを選びます。次にその参加者は、プレゼンターとなって決められた時間内でほかの参加者に独自の考えを発表することができます。主な内容は次の通りです。1. この領域の紹介 2. フィッシュボーンを用いた議論 3. 参加者は自らの考えを要約する練習ができます。

3:00pm-3:30pm Closing Sessions

"Forum Closing Session"

Program Planning Committee

The 2019 MINT Forum will come to a conclusion with summative comments about the time together in Tallinn, Estonia and direction for the coming year.

Presenter Biographies (Listed in alphabetical order by first name)

Alicia Shiver

Alicia Shiver is Co-Owner of MITC, a licensed Alcohol and Drug Abuse Counselor (LADAC) and licensed Mental Health Counselor (LMHC) in New Mexico, USA, and is a member of the Motivational Interviewing Network of Trainers (MINT). She has extensive clinical, research and training experience working with patients and staff in medical clinics, medication-assisted treatment, correctional facilities and outpatient community mental health centres.

Allen Zweben, Ph.D.

Allen Zweben is currently Professor at Columbia University School of Work in New York where he is conducting and testing a MI skills-based lab project for social work students. He has been an active researcher in the addiction field for the more than 40 years. His contributions to the addictions field have involved developing, adapting, and testing innovative treatment approaches for alcohol and drug-related problems. Dr. Zweben has been principal investigator of large scale, multi-site, collaborative, NIH-funded clinical trials, involving behavioral treatments and/or medications. With regard to motivational interviewing, he played a key role in developing and testing motivational enhancement therapy (MET) an approach that has been widely utilized in the mental health and substance use fields. Dr. Zweben has had extensive experience in training social workers, nurses, physicians, psychologists, psychiatrists and students from a variety of disciplines in motivational interviewing. He recently co-authored the second edition of "Treating Addiction: A Guide for Professionals" with Bill Miller and Alyssa Forcehimes.

Dr. Antoine Douaihy

Dr. Antoine Douaihy is a Professor of Psychiatry and Medicine, Senior Academic Director of Addiction Medicine Services at Western Psychiatric Institute and Clinic, and Co-Director of the Tobacco Treatment Service at the University of Pittsburgh Medical Center. He has a well-established record of clinical, leadership, and research expertise in substance use disorders (SUDs) and SUDs co-occurring with psychiatric disorders in adults and adolescents, psychology of behavior change, motivational interviewing, and HIV/AIDS.

Cathy Cole

Cathy Cole is a retired licensed clinical social worker and president of cathycolettraining.com. Ms. Cole, an active member of the Motivational Interviewing Network of Trainers, Inc, has provided training since 1995. Ms. Cole is the creator of the MI video training series: [Motivational Interviewing, Step by Step](#), www.psychotherapy.net and is the co-creator of [Motivational Interviewing with Adolescents and Young Adults](#), www.psychotherapy.net.

Christina Näsholm

Christina Näsholm, Sweden. Psychologist, psychotherapist, member of MINT since 1997. Works with MI training, supervision and coaching for both MI- practitioners and MI-trainers. With a special interest in developing and implementing helpful MI Tools, aiming for deeper understanding, learning and use of MI in a variety of contexts.

Clive Tobutt

Clive Tobutt is a senior lecturer at Winchester University and a teaching Fellow at the University of Surrey, in the UK? He trains nurses and others allied to health care as well as training MI. He has trained those who work in local schools at Winchester in MI and

currently has a project along with Rik Bes in Qatar training and developing MI at a national alcohol and drug treatment centre. He has been a MINT member since 2009.

Colleen Marshall, MA, LMFT

Colleen Marshall has been a senior leader in behavioral health and behavior change service delivery and management for more than 15 years. She currently serves as a consultant for startup organizations and health care organizations looking to implement Motivational Interviewing. She is also the Vice President of Behavioral Health for a large Kentucky based Non-Profit. Colleen also has served as a Member of the Board for Motivational Interviewing Network of Trainers (MINT, Inc.) She also served as the Chair, Treasurer and Trainer of Trainers for MINT, Inc. Colleen has over 20 years clinical experience in behavioral healthcare and over 15 years' experience in management of behavioral healthcare programs including holding Executive and Senior Level positions in large behavioral health organizations. She has been invited to be speak at regional, national and international conferences on various topics, including Motivational Interviewing. Colleen is also a trainer and consultant for non-profit organizations. Colleen has a Master Degree in Marriage and Family Therapy. She is a Licensed Marriage and Family therapist in California, Kentucky and New Jersey, and obtained AAMFT-approved supervisor status.

Damara Gutnick, MD, FACP Medical Director, Montefiore Hudson Valley DSRIP

Damara Gutnick - I strongly believe that empowering patients to take an active role in their chronic disease management is paramount to improving individual as well as population health. I am passionate about redesigning health care systems to be more patient centered and I am committed to improving chronic disease care through dissemination of Motivational Interviewing (MI) based principles to support self-management.

Dan Mullin

Dan Mullin is an Associate Professor in the Department of Family Medicine and Community Health at the University of Massachusetts Medical School. He is a clinician, educator, researcher, and consultant specializing in the integration of behavioral health and primary care services. Dan maintains a clinical practice in a rural family medicine residency practice. A focus of his current work is in caring for patients and families who are struggling with opioids and in expanding access to Medications for Opioid Use Disorder.

Eiji Yamada

Eiji Yamada has been a member of MINT since 2005. Vice Principal Family Court Investigating officer, nationally certified psychologist, Supervisor for Correctional & Probation department, Representative of Chagettalk Japan, A family court specially deals with family affair cases (divorce, child custody, child abuse), and cases involving juvenile delinquents. Change talk Japan conducts research, workshops and provides coding services.

Eileen Britt

Eileen Britt is an Associate Professor at the University of Canterbury, Christchurch, New Zealand. She teaches two postgraduate courses on MI within the School of Health Sciences, and teaches MI to postgraduate students in clinical psychology, dietetics and psychiatry. Eileen is involved in researching MI, including: its use in different areas (e.g., diabetes, or with the unemployed); as a pre-treatment engagement intervention

(e.g., for youth with mental health disorders or perpetrators of intimate partner violence); and the training of MI.

Elina Malleus

Elina Malleus: I'm educational psychologist and a doctoral (PhD) student in Tallinn University. This means that I'm currently working as a researcher and studying students' learning processes. I also work as a teacher and lecturer where I can practice MI skills with my students and colleagues. My first MI training was in 2011 and in 2017 I participated in MINT endorsed TNT training.

Emma Braconier

Emma Braconier is a qualified social worker with 10 years of experience. Today she divides her time between being a self-employed consultant specialized in MI trainings, supervision, leadership- and organizational development. She is also employed and part of the management team at a municipality responsible for the method- and organizational development of the social services and educational departments.

Ernie Marshall

Ernie Marshall has been a MINT member since 2007 and Leslie became a MINT member in 2013. Both Ernie and Leslie are Licensed Clinical Social Workers and have extensive experience working with high risk offenders. Currently, Ernie and Leslie both work for the State of Wisconsin directing treatment programming for sexual offenders. They also founded Change Partnership, LLC, a training and consulting business.

Fiona Clarke

Fiona Clarke is a dietitian, motivational interviewing trainer, and MINTie who has also worked as a public health specialist for many years. She has been responsible for introducing and leading a weight neutral and motivational interviewing led approach to weight management across much of the north of Scotland. She delivers training in a population-based approach to health improvement, and on the reduction of health inequalities', as well as on brain-friendly learning.

Fiona Holland

Fiona Holland is a Senior lecturer in psychology and behaviour change at the University of Derby, UK and a MI trainer (TNT Malahide 2018). As an experienced teacher/lecturer and new MINTie, Fiona is keen to support newer MI trainers in gaining confidence in the training room. The journey towards mastery in MI and of being a skilled facilitator are both life-long pursuits, and Fiona is keen to build a community of support around the development of newer MINTies post-TNT.

Florence Chanut, MD, is a psychiatrist at Albert-Prévost Mental Health Hospital in Montreal, where she is head of a personality disorders clinic and an addiction specialist for individuals suffering from severe mental illness. She is a member of MINT since 2004 and MI is at the heart of her clinical practice, as well as her trainings to a wide range of professionals.

Fran Lesicko MA

Fran Lesicko is a Licensed Psychologist in Minnesota and has been a MINT member since 2008. She worked more than 32 years with the dual disorder SPMI population and has trained professionals in vocational rehab, corrections, mental health, peer support, psychiatry, and medicine. She currently does consulting, training, and supervision.

Georgi Vasilev

Georgi Vasilev is an addiction psychiatrist and Director of Bulgarian Addictions Institute – Sofia, Bulgaria. He is MINTie from Tarragona, Spain – 1999 and he applies MI as a basis for his clinical work with addiction and other patients. During the years he provides MI training and supervision in different settings and for various professional groups in his country.

Graeme Horridge

Graeme Horridge is a registered nurse and CBT therapist working in private practice in Lausanne, Switzerland. MINT member since 2009, he has facilitated workshops at several MINT forums and enjoys the interaction that the forums provide.

Heather M. Lynch

Heather M. Lynch is a Vocational Rehabilitation Counselor Specialist with Oregon Vocational Rehabilitation where she supports individuals to achieve their employment goals. She is based in Bend, Oregon, USA and joined MINT in 2014 in Atlanta. Her areas of particular MI interest include working with youth, families and individuals with various cognitive or communication differences.

Helena Lindqvist

Helena Lindqvist is operation manager at the Motivational Interviewing Quality Assurance (MIQA) group, and the Gambling Helpline at Karolinska institutet. In 2016, she defended her thesis “Motivational Interviewing in Smoking Cessation: Effectiveness, Active components, and Acquisition of Counsellor Skills“. Her research primarily focuses on examining the active ingredients of MI, the process of learning MI, and quality assurance procedures of MI.

James Anderson

James Anderson is interested in the integration of behavioral health into primary care, and interventions that focus on equitable population health, with an emphasis on helping patients struggling with addiction. He generally takes a perspective of harm reduction when considering possible goals for outcomes with patients. James is the regional medical director for a Medicaid reform project in New York State. As such, he has become increasingly interested in approaches to making systemic and policy changes that improve population health.

Jane Groves

Jane Groves (a MINTie since 2007), has worked as a public health specialist for many years, and as a trainer in many aspects of health improvement, including MI, mental health, and principles and practice of health improvement. She has developed and supported learning communities for people working to improve the health of individuals, communities, and populations. She has championed a perspective which includes tackling the factors which cause health inequalities, such as discrimination, inequity, poverty, and powerlessness.

Jane Gray

Jane Gray is the Director of Clinical Training for the School and Counseling Psychology doctoral programs in the Department of Educational Psychology at the University of Texas at Austin in the United States. She teaches clinically focused courses, including Motivational Interviewing, to graduate students. Jane is also faculty for the UT Integrated Behavioral Health Scholar program, which trains students across disciplines to help prepare the behavioral health workforce for integrated health with underserved populations.

Janis Crawford PhD

Janis Crawford has trained and coached correctional and medical staffs in motivational interviewing since 2007. She works as an adjunct professor at Portland Community College, where she teaches motivational interviewing and theories of counseling. She has a human services consultation business that provides psychotherapy, clinical supervision, and consultation. Her doctoral dissertation, "Transformative Communication: A Depth Psychological Perspective of Motivational Interviewing" reveals common threads among tenants of motivational interviewing and psychoanalytic theories that enhance communication education for adult learners.

Jaap Postma

Jaap Postma has over twenty years of (international) experience as a freelance (MI) trainer/ coach, actor and speaker. And even a longer period as a drama teacher, theatre/ TV/ film actor & director and playwright. Got his own theatre group: New Metropole Theatre. He lives in The Hague, the Netherlands with his wife Isabel and three daughters. Jaap travels around working for companies and organizations in healthcare, finance, IT, Law, Dutch government and many others like the TU Delft, University of Amsterdam, Erasmus University Rotterdam, University Groningen, all kinds of (Academic) Hospitals, Assissa Addiction Amsterdam, Achmea, KPN, Ernst & Young, PWC, Int. Lawyers Clifford Chance, Connexion etc. Founder of the NVvT, the Dutch Guild of Trainingsactors;

Founder of MIACT, network of MI specialized actors. Passions: gig sea rowing , mountain hiking, cooking for family & friends, (modern) art, music, movies, reading books, politics, history, climate activist. Specialties: Motivational Interviewing, intercultural training, (non verbal) presentation skills, interactive theatre, diversity (more than 10 years), project leadership. Languages: English, German, French, Dutch. Education: Vrije Universiteit Amsterdam: Political Science (nf) Rijksuniversiteit Utrecht: History (Bachelor), HKU, Academy of Arts (drama) Utrecht
<https://www.linkedin.com/in/jaap-postma-15312b18/>
<http://jaapostma.wixsite.com/nieuwemetropool>

Jeff Breckon, PhD

Jeff Breckon is Head of Research in the Academy of Sport and Physical Activity at Sheffield

Hallam University. He is a Chartered Sport and Exercise Psychologist and a member of MINT (Quebec, 2000). He has provided MI training to over 200 organisations across the UK, Europe and North America and delivered the MINT TNT programme in Barcelona (June,2009) and Krakow (October,2013). He trains sport psychologists across the UK working with elite and professional sports.

Joost Beets

Joost Beets is Supervisor since 2011. He is coaching students and professionals. He is a senior trainer in Motivational Interview. Currently he is working with a lot of people which have contact with him in a compulsory way. Because of his big experience is he coaching his young colleagues in how to use MI in compulsory way.

Katie Brogan Hartlieb, PhD, RDN

Katie Brogan Hartlieb is a registered dietitian nutritionist, certified lactation counselor, part-time assistant professor at Florida International University Wertheim College of Medicine in Miami, Florida, USA and owner of Hartlieb Nutrition and Wellness in Petoskey, Michigan, USA. As a member of MINT since 2009 (Sitges), she enjoys

training, coding, coaching and implementation work across health behaviors. Katie is always ready to share a walk and a meal with her family and friends.

Kathleen Reims, MD, FAAFP

Kathleen Reims is Principal/Chief Medical Officer, CSI Solutions, LLC, Kensington, Maryland; Assistant Clinical Professor, Department of Family Medicine, University of Colorado School of Medicine, Denver. My work is dedicated to health system improvements that promote patient engagement to ensure patient values and preferences are respectfully included in their care. I use the principles of Motivational Interviewing (MI) to guide organizations and to train care teams in a shared language of patient-centered, whole person care.

Kiril Bozgunov PhD

Kiril Bozgunov is a clinical psychologist. He is a MINTie from Dublin, Ireland – 2017 and has a clinical practice in Sofia, Bulgaria where he combines MI and Cognitive Behavior Therapy in working with people with anxiety disorders, depression and dependences. He provides trainings in MI to different professionals in Bulgaria. He has experience in working with adolescents with dependence problems.

Lindsay Worth

Lindsay Worth is Co-Owner of MITC and a member of the Motivational Interviewing Network of Trainers and has worked in mental health research for 18 years. Her work in research has included working with individuals with addictions, psychiatric issues, traumatic brain injury, and Tardive Dyskinesia. She has managed multiple research grants funded by NIH, DoD, and private organizations that require rigorous reporting and data collection.

Lloyd Berg

Lloyd Berg is an associate professor of psychiatry at The University of Texas at Austin Dell Medical School. He is board certified in clinical health psychology and specializes in consultation-liaison psychology and interprofessional behavioral health education. Lloyd has been a member of MINT since 2012.

Maria Beckman

Maria Beckman currently holds a postdoc position at the Department of Clinical Neuroscience at Karolinska institute in Sweden. She is a clinical psychologist and psychotherapist, and a specialist in psychological treatments/psychotherapy. In 2018, she defended her thesis “Dissemination of Motivational Interviewing: The Role of Workshop Training and Subsequent Supervision in the Development of Competence in Clinical practice”. Her research primarily focuses on examining the active ingredients of MI/CBT, quality assurance procedures of MI/CBT, and the process of learning practitioners MI/CBT.

Marlies Jellema MPMT

Marlies Jellema is widely experienced as a psychomotor therapist in the Social Work field. From 2001 she was lecturer for Social work Studies, offering supervision to bachelor students and professionals in the field. From 2013 she also works as a Senior Supervisor and coach. Currently she works as a lecturer in coaching, team-coaching, supervision, positive psychology and motivational interviewing. She is a senior-trainer in motivational interviewing. Marlies has a great passion for motivational Interviewing, positive psychology and solution focused working. She has a deep love for learning and helping people grow.

Mary Hodorowicz, PhD, MSW, LCSW-C

Mary Hodorowicz received her PhD and MSW from the University of Maryland, School of Social Work and her Bachelor of Science degree from the University of Pittsburgh. An active clinician, Mary specializes in work with families and children. Research and professional interests include social work teaching and training methods, child maltreatment prevention, substance use, mental and behavioral health treatment, motivational interviewing, and child welfare, adoption, and at-risk youth populations.

Maurice Bulls M.Ed

Maurice Bulls, Behavior Change Consulting., is a full-time MI trainer and member of the Motivational Interviewing Network of Trainers. As an African American trainer, his current focus is on adapting MI to map on to the language of minority clients and staff. Mr. Bull's graduate work focused on cooperative learning, an evidence-based system for teaching students in small group settings, using highly specified instructional strategies to encourage students to work together in teams towards a common goal while helping each other learn. He has expanded our MI workshops to incorporate these strategies as well as fun, interactive training activities using his skills developed over many years as a teacher, administrator, coach and personal trainer. In addition, Mr. Bulls has been involved in manual development for new interventions that integrate MI with skills training and physical activity programs. He has experience in MITI coding and was involved in the development of the MI Coach Rating Scale and is the primary coder for several large scale implementation science studies. He also has experience in qualitative interviewing and other forms of evaluation in educational settings and academic research.

Michael Flaum MD

Michael Flaum is Emeritus Professor of Psychiatry at the University of Iowa Carver College of Medicine. Since joining MINT in 2011, his primary focus has involved disseminating MI as a means of promoting a recovery-oriented approach for those working with individuals with serious mental illnesses. He currently serves as president of the American Association of Community Psychiatrists.

Mieke Zinn

Mieke Zinn (TNT Sofia 2007) is a Dutch clinical psychologist and psychotherapist who for the past 35 years mainly worked in not for profit Public Health services. She (co-)developed, trained and supervised several public health treatment programs and protocols, mainly in the field of addictions and (co-)translated several books, mainly on MI. As a volunteer she has worked with several emancipatory groups with people of different backgrounds.

Mohammad Rofiqul Islam

Mohammad Rofiqul Islam, or Royal have been working last 22 years with CBO and working for an own project called "Artivism and Sexuality". Royal has abundant experiences in international health and human rights through art in Schengen countries and Asia. He is a member of Global MINT Forum, IASSCS, SAHRA, and GLISA, International AIDS Society and Salzburg Global Forum. Royal holds a Master's degree in sociology and anthropology from Asian University of Bangladesh.

Professor Moria Golan

Prof. Moria Golan is an internationally recognized clinician and researcher in the field of clinical interventions, preventing and tackling eating and body-related issues. She combines her research-driven knowledge and deep passion in developing novel clinical interventions. She was the pioneer clinician who developed and assessed programs to

enhance healthy lifestyles among families with obesity, while including parents as the sole agents of change, thereafter, tailor-made intervention for eating and body image disorders and currently a novel initiative:– ""In Favor of Myself""- a series of school-based prevention programs to enhance positive self-esteem and body-image, self-care, media literacy, and emotional resilience, to reduce health-risk behaviors.

Nikki Cockern PhD

Nikki Cockern is a Clinical Psychologist, specializing in youth and young adults with chronic diseases at Wayne State University/Children's Hospital of Michigan and is the lifeline in the adolescent/young adult clinic HIV clinic in Detroit, MI. She has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2004 (Sofia) and uses MI in her clinical practice with youth in the areas of adherence, substance use, mental illness, partner violence, coping and risk reduction. Dr. Cockern provides clinical supervision for several research projects including Healthy Choices, which targets youth living with HIV and the Young Men's Health Project targeting risk behaviors and PrEP (HIV prevention medication) initiation in young men who have sex with men. Additionally, she is active with training staff in various community and state agencies, as well as training and supervising medical and psychology residents, and other medical professionals and community health workers in the area of Motivational Interviewing.

Nikki Rowell

Nikki Rowell: Current Ph.D. student at the University of New Mexico getting my degree in clinical psychology. My research focuses on fidelity to Motivational Interviewing. I specialize in behavioral coding methods for MI and am interested in how to better sharpen these tools, how to use them to better train frontline providers, and to increase their usage during RCTs. I have been a MINT member since 2016.

Ola Aleksandra Wilkin-Day

Ola Aleksandra Wilkin-Day Is a psychologist and psychotherapist working with children, adolescents and adults, combining MI with CBT in Poland. She uses motivational interviewing in different work settings (NGOs, schools, private practice, training). (TNT Krakow)and has provided workshops and supervision for different groups of professionals (social workers, addiction therapists, psychologists, teachers). She was actively involved in the process of translating MITI 3 and MITI 4 into Polish. She has been a MINT member since 2013.

Patrick Berthiaume

Patrick Berthiaume Is a MI trainer who trains in French and English from Montreal, Quebec, Canada. He is invited in Europe and elsewhere to give various trainings and has participated in its translation. He is currently a member of the Board of Directors of AFDEM (Association de diffusion de l'entretien motivationnel) and for a few years he has been a member of the Board of Directors of MINT. He is a Sexologist by training and now mainly train and supervise in MI. As a freelance MI consultant he devotes one part of his life to go further in the application and training on MI. He's been on the BOD of the MINT few years ago and since is TNT in 2008 he never missed a Forum. He involves a lot in the French speaking MI association and part of the MIAC group.

Paul Warren, LMSW

Paul Warren, LMSW is the Deputy Executive Director and Director of Training for the Northeast and Caribbean, Addiction Technology Transfer Center. He is a graduate of Hunter College School of Social Work; specializing in group work under the guidance of Dr. George Getzel. Paul worked at Gay Men's Health Crisis from 1991 - 2003, providing services to people living with HIV/AIDS.

Pilar Lusilla MD, PhD and Antoni Gual MD PhD

Pilar Lusilla and Antoni Gual are both psychiatrists working in Vall d'Hebron Hospital and Clínic Hospital respectively in Barcelona (Spain). Co-founders of GETEM (grupo español de trabajo en entrevista motivacional) and MINT members since 1999 and 1997 respectively. Active trainers since then they have a lot of experience in the field of general psychiatry and addictions as well as they have conducted extensively research.

Raili Juurikas

Raili Juurikas: I have bachelor degree in psychology, master degree in organizational behaviour and unfinished studies in psychology masters program. I'm working in TTK University of Applied Sciences as a psychology lecturer, peer support trainer and coordinator and student counsellor. This means that MI is one of my best friends at work. My first MI training was in 2011 and in 2017 I participated in MINT endorsed TNT training. I am also a member of the Board of Estonian Motivational Interviewing and Training Association (non-profit organization).

Ralf Demmel

Ralf Demmel joined the MINT in 1999. Since then, he has trained practitioners from a wide range of settings, e.g., behavioural medicine, primary care, and psychotherapy. Since 2006, he has co-facilitated four TNTs. He has published more than 50 peer-reviewed papers, journal articles, and book chapters. In 2004, he was appointed Associate Professor of Clinical Psychology and Psychotherapy (University of Münster). Currently, he is Director of Treatment Services (v. Bodelschwingsche Stiftungen Bethel) supervising the implementation of evidence-based treatment programs.

Rashid Flewellen

Rashid Flewellen facilitates learning with the School of Medicine, and the School of Social Sciences and Psychology at Western Sydney University, Australia. He has taught various subjects including social work practice, children and families, mental health and Indigenous Studies in Community and Social Development. Currently within Medicine, he co-coordinates the Community Research attachment for Year 4 medical students. His research focuses on clinician behaviour and communication skills development. He is particularly interested in the motivational interviewing foundations of screening, and brief interventions in clinical health practice.

Ravi Maharajh, M.A., Ed.S, LPC

Ravi Maharajh, M.A., Ed.S, LPC (Montreal TNT 2016, Chair for Inclusion & Diversity Committee - MINT) is a Licensed Professional Counselor, having received an Ed.S. in Marriage and Family Therapy and M.A. in Psychological Studies at Seton Hall University, New Jersey, USA. He has been working with adults and children with severe and persistent mental illness for over 20 years. His clinical work has primarily been in a crisis/emergency setting, along with completing in-home assessments and families and children. Ravi offers trainings in Motivational Interviewing through Rutgers University.

Rik Bes

Rik Bes - I was originally trained as a social worker and I've studied criminal law. During my work for a large addiction service in the Netherlands (Jellinek Clinic) I heard about MI for the first time in the late 80s and immediately became enthusiastic and eager to learn more. The TNT I attended was the 1995 one in Sta. Margherita, Italy. A few years later (1997) I co-founded the foundation Centre for Motivation and Change, for which I started to work fulltime in the year 2000. Since then I have facilitated many hundreds of workshops and educational projects, in a wide variety of treatment/therapy areas and in

many different countries and cultures across the globe. Over the past decade I have been focusing my work as a MI trainer/coach on helping healthcare professionals (pharmacists, dentists, nurses, family doctors, medical specialists) to have more effective consultations with their patients. In my free time I enjoy listening to (live) music, play tennis, make walks with our dog and – last but not least – continue my voluntary services to MINT.

Ryan Kennedy, PsyD

Ryan Kennedy is the Founder and Executive Director of Noeticus Counseling Center and Training Institute® in Denver, Colorado, USA and also serves as the Training Director for the Noeticus Center for Professional Development™ (NCPD). He was first introduced to MI in the early 1990s when he was working as a detox counselor and loved it so much that he created a community-based organization based on foundational principles of trauma-informed care, mindfulness practices, experiential therapy, and Dialectical Behavior Therapy® (DBT®).

Sarah Solis

Sarah Solis is Director of Seeds of Change Consulting, Sarah Solis LCSW, has 12 years of experience providing care to clients impacted by trauma. She is currently employed as a Clinical Case Manager at the Department of Veterans Affairs. Sarah has worked in corrections, community mental health outpatient and day treatment programs, medical social work, and community-based services for children and families. Sarah has experience providing direct service, clinical supervision, and worked as a program manager for many years. Sarah believes treatment is a gift to the healer as well as the healing. Each individual or family brings an incredible life story and personal wisdom. Throughout the treatment process, Sarah ensures that an individual or family's voice is heard and respected. The majority of her experience has been working with underserved and marginalized populations. Cultural humility and responsiveness is an important element in her work. She participates in monthly cultural humility work groups and has co-authored a training on cultural assessment and treatment planning.

Scott Caldwell, M.S.

Scott Caldwell is MI Consultant in the Wisconsin Department of Health Services. For 25 years, he's been a clinician, coordinator, trainer, and consultant in the behavioral health field. Scott has delivered 250+ MI workshops involving 6,000 multidisciplinary professionals. He also leads the MI Implementation Project which assists provider organizations in the uptake and successful implementation of MI. Scott completed the TNT in 2008 and keeps up on the MI training/learning/implementation science literature.

Sebastian Kaplan, PhD

Sebastian Kaplan is a clinical psychologist in the Department of Psychiatry and the Department of Family Medicine at Wake Forest University School of Medicine in Winston-Salem, North Carolina, USA. Sebastian provides individual and family psychotherapy, primarily with adolescents and young adults, including college student-athletes at Wake Forest University. Sebastian has been a MINT member since 2008.

Dr. Sharonne Herbert

Dr. Sharonne Herbert is a board-certified clinical child and adolescent psychologist who leads the mental health emergency service, a consultation service designed to evaluate children and adolescents who present for mental health concerns at the emergency department (ED). She also coordinates outpatient clinic visits and inpatient mental health services to children, teens and young adults with hematological issues. She is passionate about working with parents of children with disruptive behavior disorders and

children with anxiety, obsessive compulsive disorder and tic disorders. She is a member of Motivational Interviewing Network of Trainers and provides motivational interviewing workshops and trainings to professionals of various disciplines. In addition, Dr. Herbert supervises and mentors the psychology pre-doctoral interns during their ED rotation.

Sky Kershner, MSW, DMin

Sky Kershner is the Director of the KPCC Counseling in Charleston, West Virginia, USA, and is adjunct clinical faculty at WVU School of Medicine. In 2010, Sky appeared as a guest therapist on the Discovery Studios show "Hoarders." Sky maintains the Video Gumbo MI Catalog at www.kpcc.com/mint

Stacy L. Smith, M.Ed., LPC, NCC

Stacy has more than 25 years' experience in North Carolina (USA) mental health services and serves as a consultant, trainer in North Carolina and nationally in the US. She regularly uses Motivational Interviewing in her personal and professional lives. Stacy is also a Meyers-Briggs facilitator, and has experience with organizational consultation and strategic planning. Stacy also did stand-up comedy, but don't laugh, it only encourages her...

Dr Stan Steindl

Stan is a Clinical Psychologist at Psychology Consultants, and an Adjunct Associate Professor at UQ School of Psychology. He is co-director of the UQ Compassionate Mind Research Group. He has over 20 years experience as a therapist, supervisor and trainer, including MI training since 2007. His research interests are in the areas of motivation and compassion, and the role of cultivating a compassionate motivation in the context of trauma, shame, self-criticism and clinical disorders, and promoting psychological wellbeing.

Stephen R. Andrew LCSW, LADC, CCS

Stephen R. Andrew has been a member of MINT since 2003 and is a MIA:STEP trainer for ATTC New England since 2007. He presents over 150 days each year on Motivational Interviewing: Basics & Advancing the Practice, Principles of Supervision Using MI, The Power of Groups Using MI, and Teaching MI in universities and non-profits. Stephen has presented in 15 different countries for criminal justice, social service providers, healthcare professionals, and for alcohol and other drug counselors.

Prof Stephen Rollnick

Steve grew up in Cape Town, South Africa, and during his training as a clinical psychologist in Cardiff, UK he came across the 1983 MI paper. He worked in the UK National Health Service for 16 years, and it was in this period that he met Bill Miller in Sydney Australia. He then spent another 16 years in the School of Medicine in Cardiff as a researcher before retiring as an Honorary Distinguished Professor. Since retiring he has journeyed into education and sport and worked with MINT colleagues to produce a book for practitioners in each of these settings.

Dr. Sylvie Naar

Dr. Sylvie Naar is a Distinguished Endowed Professor in Behavioral Health in the medical school's Department of Behavioral Sciences and Social Medicine, Director of the Center of Translational Behavioral Research at Florida State University. She has a long track record of significant research contributions in the behavioral health sciences.

Tonu Jurjen

Tonu Jurjen is a lecturer at Tartu University, Estonia, who educates students who are training to be special education needs teachers and also trains them in MI. He also trains health, and criminal justice workers MI and coaches and supervises MI in Estonia. He has been a MINT member since 2011.

Uku Vainik

Uku Vainik is a research fellow at University of Tartu, Estonia. He just completed his postdoc at Montreal Neurological Institute, McGill University, Canada. He applies psychology, neuroscience, and genetics for a better understanding of health behaviour, with a particular focus on obesity. He is currently wrestling with the following questions: Why some people eat too much while others can resist the temptation? What is their neurobehavioural profile? Do the behavioural patterns lead to obesity, or does obesity cause certain behavioural patterns? How much do the behavioural patterns behind obesity and addictions overlap? How can we use this information to design interventions? Read his papers at Google

Scholar <https://scholar.google.ca/citations?user=ouXTgzlAAAAJ> or follow him on Twitter for most recent updates in the field: <https://twitter.com/ukuv>

Dr. Verena Zimmer, Dipl-Psych.

Dr Verena Zimmer joined MINT in 2009. Since then she has worked free-lance as a MI trainer for various audiences and settings, mainly social psychiatry. Within her work she has put a special emphasis on coding work samples, feedback and coaching. In 2015 Verena served as a TNT co-trainer in Berlin and in 2017 as a TNT lead trainer in Malahide.

Vince Schutt

Vince Schutt is the first MINTie who is focused solely on the application of MI to sustainable practice, and the prevention of climate change. Increasing demand for MI-training for Environmentalists now has Vince doing trainings full time. His goal is to change the culture of how humans interact - facilitating power sharing and autonomy, rather than the continual acquisition of power for oneself.

William "Bill" Miller

Dr. William R. Miller is Emeritus Distinguished Professor of Psychology and Psychiatry at the University of New Mexico where he served as Director of Clinical Training for the doctoral program in clinical psychology and as Co-Director of the Center on Alcoholism, Substance Abuse and Addictions (CASAA). His publications include over 50 books and 400 articles and chapters. Fundamentally interested in the psychology of change, he has focused in particular on the development, testing, and dissemination of behavioral treatments for addictions. With more than 40 years of experience in addiction research and treatment, he has served as principal investigator for numerous research grants and contracts, founded a private practice group, directed a large public treatment program, and served as a consultant to many organizations including the United States Senate, the World Health Organization, the National Academy of Sciences, and the National Institutes of Health. He maintains an active interest in the interface of spirituality and psychology. His books have been translated into 23 languages and the Institute for Scientific Information has listed him as one of the world's most cited scientists.

William Priestley

William Priestley is a former social worker who has worked with at-risk young people and their families for over fifteen years. He has spoken about empathy and empowerment from the TED stage and presented before the OECD about improving access to third level education. A play he wrote about disaffected youth on the margins

of society was performed at the Edinburgh Fringe this year. He has been a MINT member since 2016 and sits on the MINT Audit & Finance Committee.

Yoko Ohtsubo (RN, MPH)

Yoko Ohtsubo is a research associate in Tokyo Medical University covering Quality Assurance in Medicine, has been joined MINT from Fort Wayne. Yoko and co-presenter Kuni(MD: GP) & Fumio (MD: respiratory medicine) started coding lab in Japan 3 years ago.

Yoshiki Aoki

Yoshiki Aoki is a Psychiatric Social Worker for my Catholic Church.

I had been trained how to understand the means of non-verbal behaviors of human-beings through the video in my university. I think that MI is one of the effective approaches for the persons who lost their family member by suicide. Especially, I am sure that MI can contribute for Post-vention process for the bereavements. Also, "sharing of grief" is a field that we can develop MI to study. I am interested in notes of E. Shneidman about this field especially. If you have any ideas about it, please contact me. I am confronted with the following situations: MI for PTSD, CPTSD, object losses, and depression, etc. I am participating to suicide survivors group in my Catholic Church as a helper. My spirituality is raised by the meditation and prayers by Catholic. You can see our activity for the bereavements on the following address.

<https://www.facebook.com/groups/365610187550986/>

<https://www.facebook.com/inochiwomamoru/>

Also I am active in the group of photographer team in my church.

I am an official photographer and good at taking photos of wedding, landscapes, snapshots, and Masses under the special permission of Catholic Church which I work for. On weekdays, I work for a City Office of Tokyo as a general clerk."

