

# We had a dream...

Looking back at over 10 years of Polish MI journey  
Introducing MI to Poland



IGA JARACZEWSKA, ALEKSANDRA WILKIN-DAY



## The Polish Association of Motivational Interviewing

### Affirming support

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We share our Polish experience as a way of affirming the great support we have received through MINT and hope that this one experience will help and inspire all, especially those who live and work in countries where MI is not yet a familiar model.

# Authors of MI

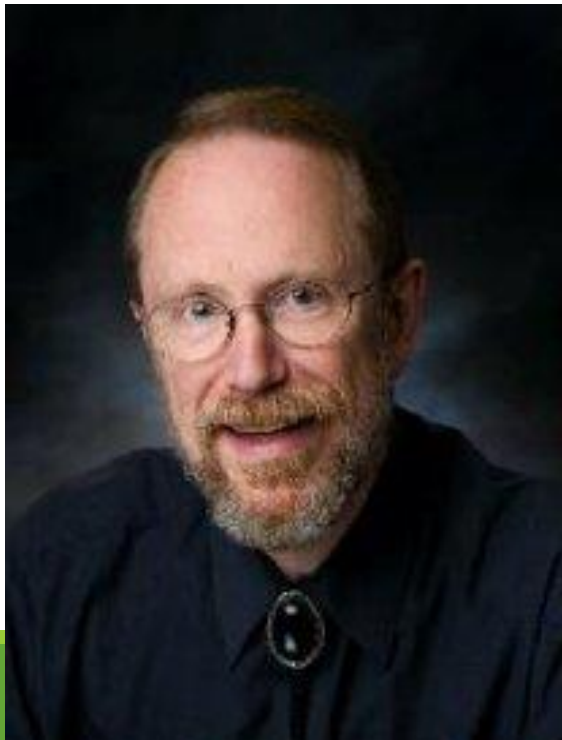
Prof. Bill Miller, Albuquerque, New Mexico

Prof. Steve Rollnick, Cardiff, Wales

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**It is not external motivation that counts!**

**A key to change is intrinsic motivation**





## The Polish Association of Motivational Interviewing

### The early days

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An electrifying beginning 30 years ago (before even Bill and Steve met!)

It was enough for only 1 person to become acquainted with MI (great trainer: Henck van Bilsen)

After 20 years of working on 'a desert island' – TNT in 2007 (thanks to Rik Bes 'out of box' decision)

One person against a system quite far from MI approach...





## The Polish Association of Motivational Interviewing

But the numbers started growing –first with a small group of MI enthusiasts

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A small group of Polish enthusiasts of MI were encouraged and supported the continuing development of the promotion of MI in Poland – they became pioneers across the whole country

We had a dream that MI would get to know Poland



# The first infected were unaware of the dangerous consequences of the MI infection...



First MI course in Warsaw, 2010

# Who are we?

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The Polish Association of Motivational Interviewing (PTTM) established in 2008, and now has over 200 members.

- we are a registered non-profit organisation
- our main objective is promoting knowledge and use of MI in Poland





## The Polish Association of Motivational Interviewing

### Challenges

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The socio-political and historical cultural differences (which beset any society) – the system, practitioners and clients used to other methods (a medical model and confrontation particularly in addiction services).

Skepticism towards new approaches which may challenge tradition and the status quo

and also

MI was perceived as so basic and so very simplistic





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Some assumptions of Polish professionals:

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I am the expert on why and how of change

I collect info about what clients need

I rectify gaps in knowledge

Frightening information is helpful

I need to tell clients what to do

Miller & Rollnick, 2012



How to teach and share with others the spirit and method of MI????????????????

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we decided to just follow  
the MI  
principles and way of working

# What is MI?

(ONE OF DEFINITIONS)

MOTIVATIONAL INTERVIEWING IS A  
COLLABORATIVE CONVERSATION STYLE

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FOR STRENGTHENING A PERSON'S OWN  
MOTIVATION

AND COMMITMENT TO CHANGE

# Why would we use MI?

MOTIVATIONAL INTERVIEWING IS A  
PERSON-CENTERED  
COMMUNICATION METHOD FOR  
ADDRESSING THE COMMON  
PROBLEM OF **AMBIVALENCE** ABOUT  
CHANGE





# The Polish Association of Motivational Interviewing

## MI Spirit

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- Acceptance vs. Judgmental
- Collaboration vs. Confrontation
  - Evoking vs. Installing
- Compassion vs. Controlling

“embody the spirit of MI which is acceptance of everyone, judgement free even if our values or ideas are not the same”

In practice this was very demanding!!!

MI can change our lives! But it does not prevent us from feeling, having own assumptions and sometimes expressing them in a non MI manner

Needs constant self monitoring!

# What do we do in MI?

HELP A PERSON MOVE FORWARD TO  
RESOLVE PROBLEM OF **AMBIVALENCE**  
ABOUT CHANGE

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# Motivational Interviewing in practice

## Open Questions to resolve ambivalence

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- What are the good things and
- the not so good things about
- your practice?
- What are your needs?
- If you were to change, what would you need?
- How can we help you?

... this is how we started talking to the  
Polish professionals and service providers



# Effects of MI

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**It is not the tools themselves  
that produce effects**

**but a particular way  
we use these tools**

**Because we know that we have to practice  
what we preach....**



# Change talk

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- Both the clients and I are experts
- I want to find out what info my clients want and need
- My clients can tell me what information is helpful
- I can provide advice in such a way that it supports clients needs and autonomy

Miller & Rollnick, 2012

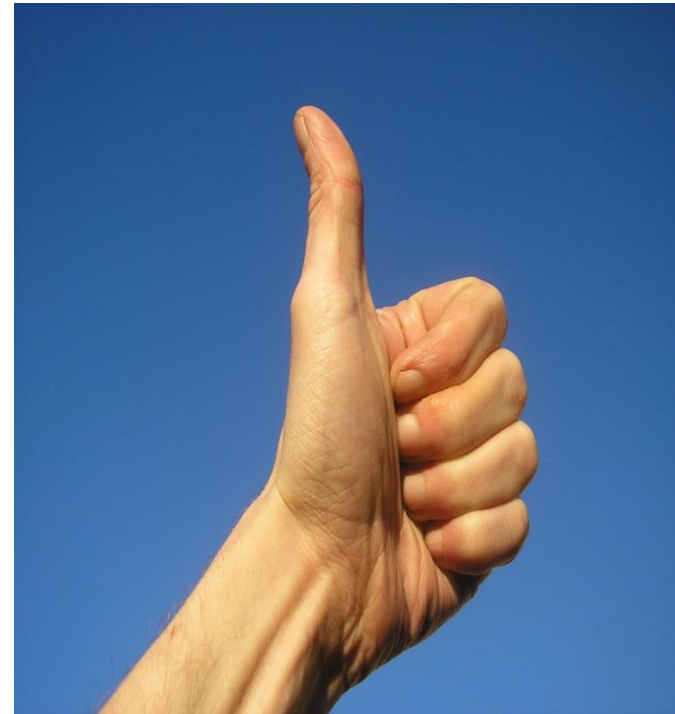
# Affirmations

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Acknowledge effort, values, skills, strengths...

## Examples

- “You really care about your future.”
- “Look at how well you’ve done.”
- “Despite how hard it has been, you are not a person that just gives up.”



## Empower your clients... and different professional groups, systems of care provision etc.

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- Wow, that must have been....(very demanding)
- Your... (hard work) really shows by the steps you're taking
- You showed a lot of ... (determination) by doing that
- It appears that you're really trying to .... (make it work)

# And this is what empowered us...

## 2013 – MINT Forum and TNT in Kraków

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# A group of Polish trainers joined MINT



And there was joy in the air!  
Some even danced the MI dance...

So with more and more of us we continued our mission of „infecting” others with MI

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Sharing MI with individual practitioners

was a liberating experience - MI was surprisingly embracing, compassionate, skillfully challenging and yet at the same time non-threatening towards the clients.

An example of a statement of the director of a day care center caring for 150 underprivileged youth: “This workshop on M.I. has been such a revelation for me, that tomorrow morning I will go into work and re-evaluate with my colleagues our therapeutic approach as to how we work with our young people”.



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### Sharing MI with individual practitioners

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Rather than focusing on deficits and pathology, not only person's problems are dealt with, but at the same time individual resources and strengths of clients are mobilized. MI not only deals with clients weaknesses but builds on clients strengths, self esteem and self efficacy. It is based on solidarity with clients. Clients are treated seriously and perceived as valuable partners and a source of potential change.



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### Sharing MI with service providers

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a mutual task which is to provide care for many different problems,

so look for similarities, reduce stigma, stop undermining ourselves, continue with good cooperation, i.e. make full use of MI fundamental principles





## The Polish Association of Motivational Interviewing

### Conveying the results of the research to the service providers

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We had to become proactive and came out of our ordinary roles (and our 'safety shells') to

- actively influence decision makers to promote MI – meetings, discussions, presentations, articles, provide access to clinically applicable research

and influence the policy makers and provide them with a meaningful evidence on how the tax money is to be spent most effectively

As a result, MI is now included in national guidelines (for example the system of addiction treatment has completely changed).

Clients specifically ask for MI treatment and professionals ask for MI training etc.

(ICMI 2012 Venice: Sharing MI skills - Methods of and Problems with Disseminating MI - Iga Jaraczewska and Inga Karton; )



## The Polish Association of Motivational Interviewing

We aim higher 😊 Sharing MI among politicians

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- conference on psychotherapy in the European Parliament in Brussels (on the role of psychotherapy and medication in treating mental and emotional problems)
- a framework for many opportunities for MI (NB although the EU's Framework Programme for Research provides large funds no applications are made for the psychotherapy research!)

PTTM - we are developing dynamically, e.g.:

- we organise international conferences for professionals
- we co-operate with state institutions, eg. The State Agency for Prevention of Alcohol Related Problems and The National Bureau for Drug Prevention
- we organise workshops and create ethical standards for MI practitioners
- we write, translate and edit books on MI
- we co-operate with colleagues from countries like Estonia
- we highly appreciate co-operation with MINT specialists, and have had guests from all of the world







# The Polish Association of Motivational Interviewing

## Honorary Members

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Bill Miller, Andrew Considine (Ireland), Steve Schack (USA), Melanie Seddon (Wales), Carl Ake (Sweden), Tony Bates (Ireland)

## Special honorary members

Our non professionals ambassadors (eg. Marek Kamiński)

## Translations of MI terminology

Hot discussions! Displayed on PAMI's website

We have a Polish version of MITI 4.2.1, adjusted to our specific culture

## Cooperation with other organisations

eg. MI section within PTPPB

## Other initiatives

Eg. Free hugs

# Last year was very special...







## The Polish Association of Motivational Interviewing

We want to be a welcoming organization

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How do we do it?

Eg.

- low membership fees
- funded workshops
- low-cost but good standards of conference venues
- growing numbers of members
- openness to new generations of the leadership of PAMI



## The Polish Association of Motivational Interviewing

Openness is an important element of our values

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In Polish we have a word 'zaufanie' – this is a combination of trust and commitment.

You trust somebody because you are committed to them.

In the same way that MINT has been open and has showed trust in us, we are and want to be open towards MINT and also others and show trust.

For us to maintain the trust we must be in constant contact, constant dialogue, trust in new people, their intentions, skills (otherwise we are suffocating) and support them!



## The Polish Association of Motivational Interviewing

We are grateful for MINT's attempts to:

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This was possible due to MINT openness to:

- celebrate differences
- increase support for developing learning communities
- outreach to diverse communities

**And here's the last example of Polish-MINT cooperation and MINT's Openness and trust with a very important Estonian support....**

# This year another dream came true 😊

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We organized a MINT-Endorsed TNT, encouraged by the experience of our Estonian colleagues with great support of Tonu Jürjen.

MINT's openness and trust gave us wings and we did everything in just nine months!

It was a wonderful experience!





# TNT 2019

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Thank you  
MINT and  
thank you  
Estonia!