



EMITA

EESTI MOTIVEERIVA INTERVJUEERIMISE
JA TREENINGU ASSOTSIATSIOON



HASARTMÄNGUMAKSU
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Autonoomia austamine

EMITA konverents 2017

Fight, Flight, Freeze or Flop: Autonomy in MI and the What the Brain Tells Us

Mark Farrall, PhD

The presentation will consider what evolution and neurology tell us regarding brain systems and why respecting and promoting autonomy is an important part of creating the pre-conditions of safety and engagement necessary for change. These suggestions will be linked to the idea of 'spirit' or 'way of being' in MI, and draw on thinking about the importance of reflective listening as a core skill, and a vital part of our socially constructed nature in relation with others.

Biography

Dr Mark Farrall is Director of Ignition, and was first trained in Motivational Interviewing in 1997. He became a member of the international Motivational Interviewing (MI) Network of Trainers (MINT) in 2000.

He has devised and delivered government level training programmes centred on MI in the UK and internationally, for criminal justice, social services and health services, with a particular focus on intimate partner violence and abuse.

Mark first delivered MI training in Estonia in 2003, as part of an initiative to move the Estonian criminal justice system towards a more rehabilitative, rather than punitive, stance. The peerless Inga Karton who has done so much for MI in Estonia, was a trainee in that group.

In 2010 Dr Farrall led a joint Estonian health/criminal justice MI training project, including a trainer and programme manual based on MI. The Estonian connection was further solidified in 2015 – 2017 when Ignition was chosen to train a large contingent of Ministry of Justice workers to use 'Strength to Change', a group and one-to-one programme for offenders with substance misuse problems.



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Motivational Interviewing and strength-based working was the foundation of both of these programmes, allied to applied theatre experiential approaches which address the 'whole person' holistically, building on insights from neurological research.

Mark is a Chartered psychologist, Associate Fellow of the British Psychological Society, and group psychotherapist.