



MI in Japan; Does MI change the way adopting new “therapies” in the context of Japanese mental health care?

Dissemination and maintenance of the spirit of
motivational interviewing
in non English speaking populations and in different contexts

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Introduction of the Speaker

- ▶ Providing CBT for patients with Emotional disorders and substance abuse
 - ▶ New referrals 100 case a year, Half are OCD
- ▶ PI in Drug trials
 - ▶ Solvay, GSK, Shionogi, Jansen, UCB
 - ▶ Depression, Anxiety, Adolescents, Schizophrenia,
- ▶ A Member of MINT (MI Network of Trainers)
 - ▶ One of the advisor group of MI Camps A.G.
- ▶ A member of Japanese Association for dissemination of SST
- ▶ Vice editor of the official Journal of JABT

How I came to be a MI Trainer

- ▲ Behavior therapist
 - ▲ WCBT since 1988 in Edingburgh
- ▲ Psychiatrist in charge of Alcoholic's ward
 - ▲ Managed SST program, cue exposure therapy
 - ▲ Collaboration with AA and NA
- ▲ MHLW funded research group for substance abuse
 - ▲ Review work, Project MATCH, CBT, 12 steps, MI
 - ▲ Visit Hawaii in 2000, 2001 with MHLW's grant
- ▲ Start outpatient substance treatment program
 - ▲ KATS 2001 (Kikuchi Addiction Treatment Service)
- ▲ TNT in Crete 2003

Components of dissemination

▲ Methods

▲ Translation and transfer

- ▲ Manuals, Literatures, Audio visual materials

- ▲ Lectures, Workshops, Computer based trainings

▲ Network

- ▲ Friends, Website, List serve, etc.

- ▲ Organization, Gathering

▲ Approval by authorities

▲ Contingency, Rewards

▲ Things to transfer

- ▲ Knowledge, Codes,

- ▲ Attitude, Principles, Spirits; Evaluative conditioning

Efforts to disseminate

▲ Translate literatures

▲ 2001 Translation of TIP 33, 35

▲ Publicly available at website at no cost

▲ 2001 One hour Training DVD Japanese version

▲ Based on Motivational Interviewing Professional Training Videotape Series January 1998

▲ 12 Euros including handling and shipping

▲ Workshops

▲ Beginner 3hours to two days; 12 from 2004

▲ Health care workers, Recovery counselors, Probation officers

▲ Advanced in English; Sung Hee Cho, Su-Kyoung Shin

KATS

- ▶ Kikuchi Addiction Treatment Service
- ▶ Intensive outpatient treatment
- ▶ Weekly group sessions and family sessions in the evening
- ▶ Phone contacts, Encouraging to attend NA
- ▶ Non Alcohol Substance abuse
- ▶ OT, PSW and I, sometimes Nurses
- ▶ 2001 to 2005, 40 referrals
- ▶ Meth, Toluene, Butane gas, Prescription drugs, Halcinogens

KATS for Adolescents

▲ Existing treatments

- ▲ Good access by National health insurance coverage
- ▲ Just go seclusion, NA, or Jail
- ▲ Confrontation only, not flexible, NO EBP

▲ 13 referrals, Average # of attendance 8.3(1to28)

Drug	M	F
Meth	1	—
Butane	1	—
Toluene	7	5

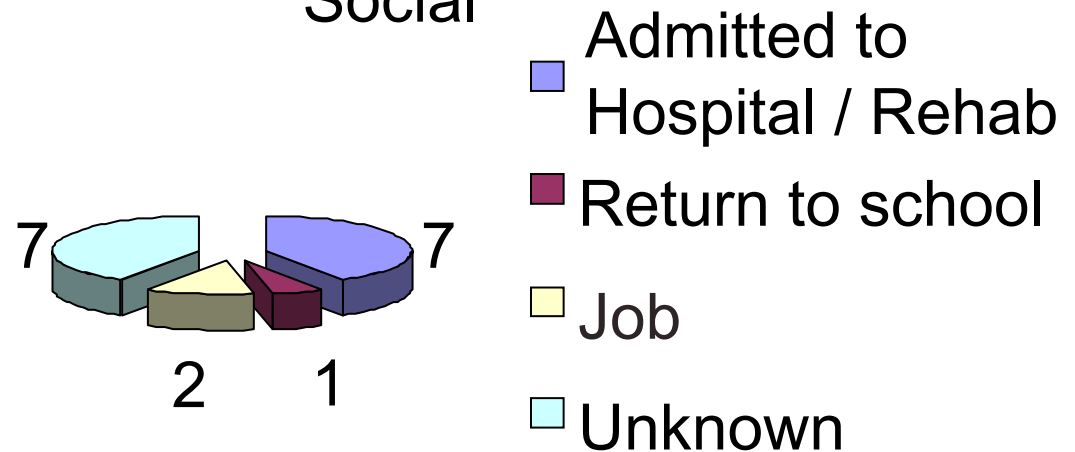
Comorbid	M	F
Conduct	4	1
Psychosis	1	—
ADHD	—	1

One year Outcome

Drug use



Social



Case study :17 years old Girl

- ▶ Drop out from school
- ▶ Part time job at McDonald
- ▶ Drove a bike while intoxicated
 - ▶ License suspended
- ▶ Mother brings her to KATS
- ▶ First session
 - ▶ Inhaled toluene in the parking lot
 - ▶ No need to quit “Thinner” (Toluene). It is my sole joy.



Scheduling

Her
plan

Thu	Fri	Sat	Sun	Mon	Tue	Wed
7 KATS	8	9	10 Job interview	11 Karaoke	12 Court	13 McDonal d
14 KATS	15	16	17	18	19	20

Inhale Thinner

Next
session

Thu	Fri	Sat	Sun	Mon	Tue	Wed
7 KATS	8	9	10 Job Interview	11 Karaoke	12 Court	13 McDonal d
14 KATS	15	16	17	18	19	20

Important Schedule

Decisional Balancing

Pro to use		Con to use	
Kill time	100	Lose friends	90
Hallucination	10-20	Money	100
Tranquilize	100	Lethargy	100
Get slim	50	Paranoid	80
Sensitive sound	10		
Sedated	50		
340~350		370	

Which is
bigger

Discre
pancy

Personal Value cards sort

Very Important

- ▲ Friends
- ▲ Family
- ▲ Thinner
- ▲ Sex

Important

- ▲ Money
- ▲ Solitude
- ▲ Comfort
- ▲ Stability
- ▲ Adventure

Not

- ▲ Conformity
- ▲ God's will
- ▲ Helpfulness
- ▲ Honesty
- ▲ Fame
- ▲ Compassion

Started thinking to quit, chose detox in locked ward

Culture of research

▲ Therapies

▲ US / English origin

- ▲ 12 steps

- ▲ Motivational Interviewing

- ▲ CBT, CRA

- ▲ Naltrexone, Bupropion, LAAM, buprenorphine

- ▲ Fluoxetine, Citalopram, Venlafaxine

▲ Japan origin

- ▲ Naikan “内観”, Morita “森田”

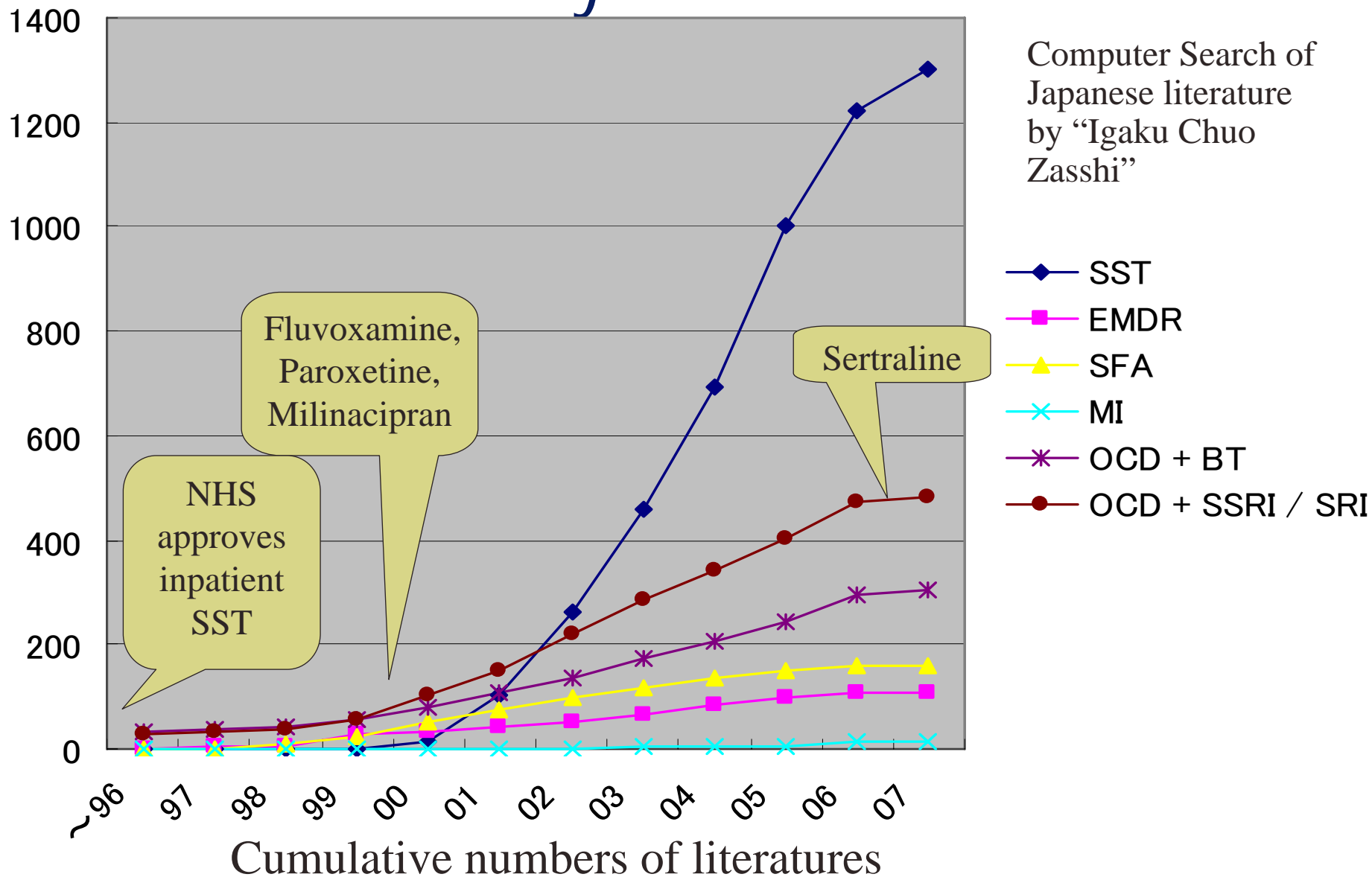
- ▲ Aripiprazol

▲ Research funds in bio medical research 2004

- ▲ NIH extramural \$7,100 mil

- ▲ Japan (科研費) \$770 mil

Case study of Dissemination



Close examination

▲ SST

- ▲ Approval by NHS : 6 Euro for 1 hour
- ▲ Organized efforts: Association, Certified chapter, Certified Trainer
- ▲ Recent criticism by EBMers
 - ▲ Pilling 2002 etc.

Popular in WCBCT 1992
Copenhagen

▲ EMDR

- ▲ Hierarchical system of practice
- ▲ Forbid others to practice, to train others

Popular in WCBCT 1995
Gold Coast

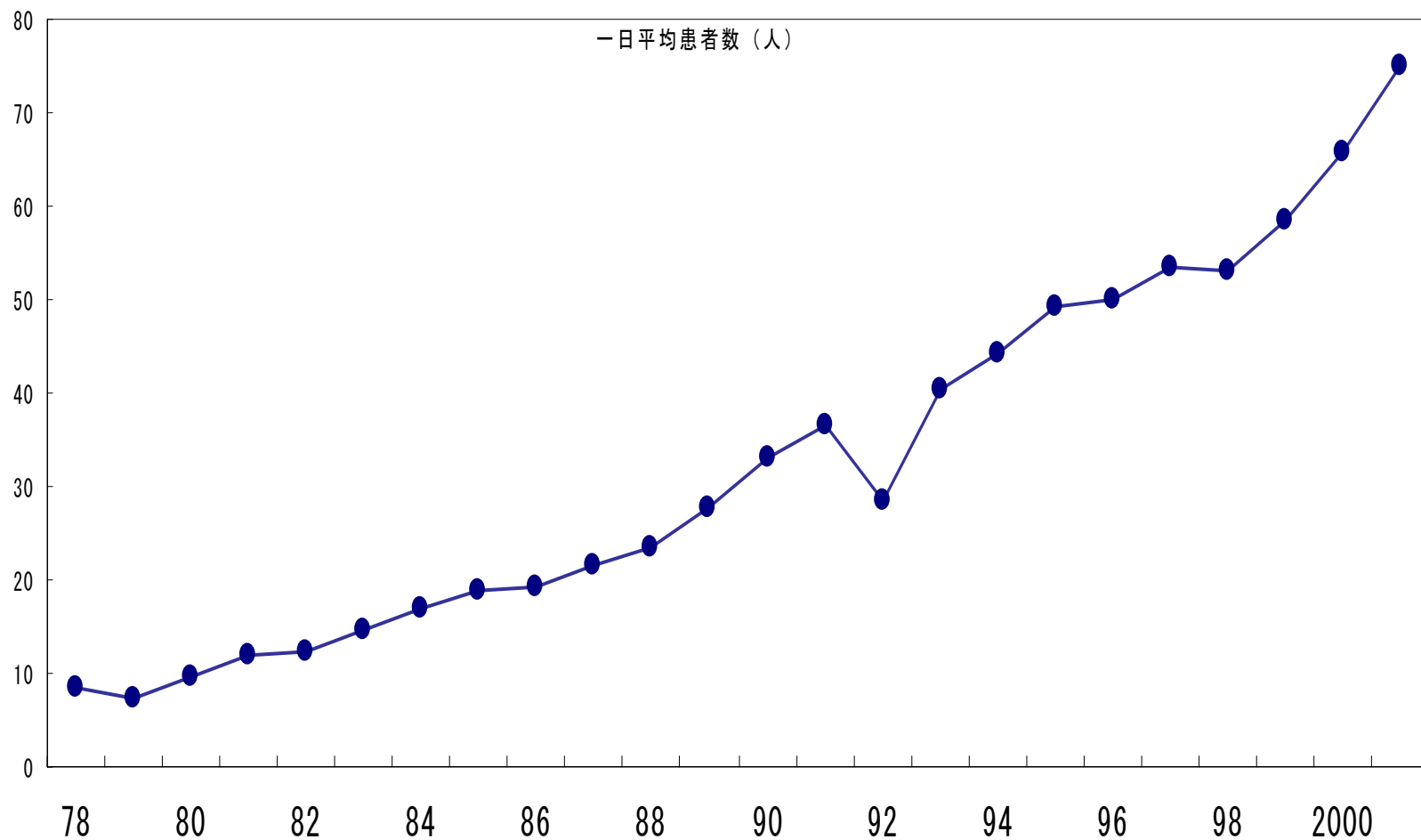
▲ SFA

- ▲ Kim Insberg's annual visits and workshops

Japan should be proud of

- ▲ Free access
- ▲ Fee for service
 - ▲ Parity between Behavioral Health and Physical Health
- ▲ Free choice for the patients
- ▲ Good primary health care
- ▲ Ubiquitous health insurance

Number of outpatients a day at KNH



The downside

- ▶ Just only dissemination
 - ▶ Books
 - ▶ Workshop
 - ▶ Members of association
 - ▶ Manualized treatments
- ▶ Quality assurance
- ▶ Outcome research

What is the expected outcomes of Dissemination?

Discussion

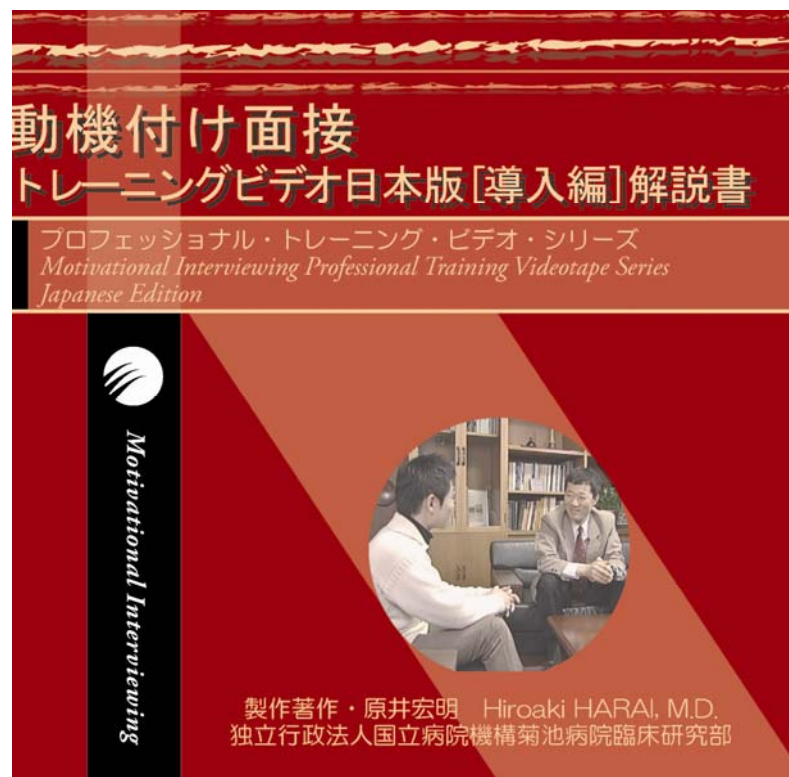
- ▶ What is disseminated
 - ▶ Books, Training materials, Trainers,
- ▶ What is omitted
 - ▶ Researchers, Quality Assurance, Seed for future developments
 - ▶ The spirit of MI?
- ▶ Learning Theory tells;
 - ▶ New behaviors emerge when the behavior is shaped by contingency, not rule-governed.

Summary

- ▶ How B Thr became MINTy
- ▶ Application of MI
- ▶ Case studies of Dissemination
- ▶ What for dissemination?
 - ▶ Research?
 - ▶ Outcomes?
 - ▶ Personally?

Commercial

- ▶ 動機づけ面接トレーニングビデオ日本語版
 - ▶ 2,000 JPY
- ▶ OCD no Kai
- ▶ MI and CBT training
 - ▶ Start private practice from 2008
 - ▶ On the job training



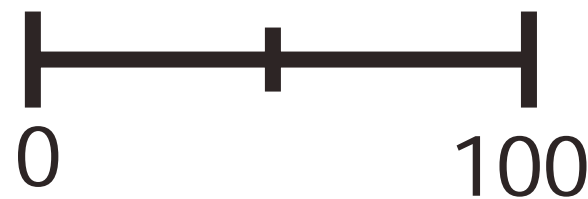
Gracias, Thank you

- ▶ How do you think about MI?
- ▶ Dissemination in Japan?

Thoughts about Dissemination

Nothing
changed

Greatly
changed



Rate your thought

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洗っても洗っても
とれない
こすってもこすっても
落とせない
だって
汚れているのは
手でも足でも体でもない
私の心だから

A poem by a member

A drawing by 9 years old girl