



# Motivational Interviewing for coerced clients in Korea



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# MI, TNT and Korea

- Personally learned about MI thru Matrix in the U.S. in 2005 – why Matrix?
- Miller’s Book, MI, translated by some Koreans in 2006 (as “motivation reinforcement counseling”) – foreseen as a latent problem confusing MI spirit
- Training by Hiro Harai, Jean Obert in 2006  
- TNT by Miller and Moyers in 2007 -1st trainer in Korea

# Need for MI in Korea

- Found MI was introduced in Korea years back, but spirit was not disseminated
- Last 2 years MI was brought up again as the importance of reducing relapse rate was emphasized by Korean government esp. in criminal system
- Drug abuse, sex offences, gambling as well as alcohol abuse are now considered social problems that should be intervened

# Need for MI spirit in criminal justice system

- Need for changing behavior problems and prevention is emphasized and so-called “Therapeutic criminal justice” is often referred – pendulum swinging away from punitive atmosphere in criminal system in Korea
  1. relapse rate of drug abusers still high
    - over 50% relapse
  2. Ministry of Woman and Family, National Youth Committee strongly advocate implementation of laws against sexual offenses as preventive policy

# Need for MI Spirit in Korea

- Correctional employees – resist to change their punitive attitude towards drug abusers and sex offenders
- Mental health professionals are not trained for such demand from criminal justice system, now knowing how to help change behavior effectively
- As a result, KPA started to train and certify psychologists as forensic professionals to meet such demand ; will start Association for Criminal Justice Psychologists under KPA this year

# Drug abuse treatment in Korea

- Back to where MI spirit is spreading –
- Ministry of Justice started to coerced drug abusers for tx at the Hospital in 1996
- Currently in Korea, two major drugs of choice are methamphetamine and inhalants (toluen, gas)
- Resentment and resistance from abusers toward laws, system, facility, personnel, themselves – still challenging

# Coerced drug abusers for tx

- Statistics on admission for coercive tx  
1996(13) 1997(29) 1998(51) 1999(43) 2000(62)  
2001(91) 2002(108) 2003(124)  
2004(104) 2005(168) 2006(123) 2007/07/01(89)
- Substance Tx unit went through trial's & error's through years till 2004 when the treatment unit was separated from mentally ill criminals and was named as Substance Abuse Tx and Rehab Center
  - currently adult males  
(25 meth users; 23 inhalant users)


# Programs for drug abusers

- SATRC
  - Two separate programs :  
one for meth users, another for inhalant users
  - Two steps of drug abuse tx
- Program contents
  - Matrix by psychologist
  - social skills training by social worker
  - 12 step, anger management by nurse
  - yoga, athletic activities, religious meetings, lectures
  - recovery person visit




# Effect of MI Spirit



- Resisting attitude of drug abusers in the first session is prevalent
  - Therapist factor has been found the most significant factor in changing attitude and behavior for drug abusers – this is where MI spirit works - reflection, respect, collaboration, intensifying ambivalence, action plan by abusers
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# Efforts of disseminating MI spirit in Korea




- Translated TIP35 by Miller, titled as “Addiction and MI” by myself and a colleague – will be published in July 2007
  - Video materials with Korean subtitles
  - More translations to do on MI
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# Dissemination of MI –con't


- Group training for workers in various settings i.e. correctional, family violence
- Introducing MI spirit for undergraduate and graduate students, and psy. interns
- In-service training at the Hospital

# Areas to improve



- Integration of MI spirit into various types of therapy, various settings
  - Duplicate studies on the effectiveness of MI and application of MI
  - Continuing education with MINTs reg. change talk, coding, counting, etc.
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# Areas to improve



- Terminology of MI in Korean translation should be unified; and Spirit should be correctly disseminated, not simply as technique of counseling.
- Rigorous effort to make to train correctional officers in prison and probation settings
- Train MI trainers
- Research study on the efficacy of MI and the need for MI spirit in correctional systems.

Thank you for your attention!

