

It was great to think that we were part of such an initiative, but in Australia we were doing something which we felt was even more exciting. The State of Victoria had decided that rather than spend several hundred million dollars on building a new prison, they would spend the cash on trying to make the system as a whole more rehabilitative. Part of this culture shift meant training a core of prison officers to apply the spirit and techniques of FMI 'outside of the box' of formal interviews or groupwork settings, and in day to day, informal brief interactions with offenders, such as conversations on the wing or in the exercise yard. The notion of potentially altering the entire atmosphere of the prison and creating an integrated para-therapeutic rehabilitative environment may be of particular interest to psychodramatists. This broader approach was to be called 'Motivational Interactions' and since our training the approach has been placed at the centre of all correctional work with offenders in Victoria.

Oddly enough, the forensic psychologist behind the Motivational Interactions initiative had been encouraged by a brief article I wrote some time ago on just such 'micro burst' applications of Motivational Interviewing (see Farrall 2000, 2001); our team felt that Motivational Interactions was a great name for something I had struggled to formulate in the original article and we have now adopted this term entirely for the foundation level of all the Forensic MI training we offer. A nice example of reciprocity and evolving practice.

References

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Motivation at the top and bottom of the world

As a trainee psychodramatist I also have a 'day job' as a trainer and Consultant forensic psychologist which pays the (very reasonable!) fees at Oxford Psychodrama Group. One core element which informs my practice as a psychodramatist is Motivational Interviewing; something of which many psychodramatists may have heard or indeed include in their practice. Briefly, it is a counselling technique originally developed in the substance misuse field where it was found that a factor common to those patients who made or maintained the greatest degree of change in their alcohol and drug using behaviour was actually about what the *worker* was doing - that some workers seemed to have a particular way of communicating with and relating to their clients. Codified and organised into a set of principles, techniques and a 'spirit' of approach based in humanistic person centred values the result was Motivational Interviewing (see Miller and Rollnick 1991)

This year myself and colleagues in the agency of which I am Director have been lucky enough to work in countries as far apart as Estonia and Australia, training criminal justice staff in a specifically developed variant of Motivational Interviewing, which we call Forensic Motivational Interviewing (FMI). In the Baltic state of Estonia the Ministry of Justice had received European Community funding to develop their penal system from a Soviet style work camp system towards a more Western rehabilitative model utilising offending behaviour group work programmes. In England and Wales 'attrition' or drop out from these programmes is a major problem: coerced offenders fail to see the benefits to themselves of attending. To counter this tendency we trained a dozen prison psychologists and prison social workers (the Estonian Probation Service is in its infancy) in Forensic MI, so that within a 'traditional' framework of one to one interviews, over periods up to an hour in length, they could facilitate the offenders' motivation to engage in the programmes the prisons were now running.