

2-DAY INTRODUCTORY / ADVANCED WORKSHOP ON “MOTIVATIONAL INTERVIEWING” (3rd Round)



Mr. Paul Kong
Clinical Psychologist
Member of MINT

Mr. Kong is currently working with the Substance Abuse Clinic in United Christian Hospital and has accumulated rich experience in the addiction field as well as in the mental health services.

He dedicates his time in applying and developing MI in the local context and has been offering different levels of MI trainings to the healthcare professional in Hong Kong and Macau.

He is one of the translators of the Simplified Chinese version of MI (3rd edition).

Motivational Interviewing (MI),

an evidence-based clinical method, a form of collaborative conversation for

- ◆ addressing the common problem of ambivalence about change; and
- ◆ strengthening a person's own motivation and commitment to change

2-day Introductory Workshop

- ◆ suits new comers to MI or returners for revision or latest update

2-day Advanced Workshop

- ◆ assumes prior formal training and reasonable proficiency in MI;
- ◆ experience in using MI since initial training is expected; and
- ◆ some coaching, feedback or supervision is preferable

Motivational Interviewing Network of Trainers (MINT) is an international organization of trainers in MI. Their central interest is to improve the quality and effectiveness of counseling and consultations with clients about behavior change.

This workshop will provide you a good foundation of MI prior to applying for participation in the Training for New Trainers (TNT), which is a formal process and requires demonstration of participants' current ability to practice MI. Completion of TNT will give eligibility to join MINT.

Date	Introductory : 9 & 16 May 2015 (Saturdays) Advanced : 6 & 13 June 2015 (Saturdays)
Time	9am – 5pm (8:40am - Registration)
Venue	United Centre of Emotional Health and Positive Living [2/F, Block A, Lee Kee Building, 55 Ngan Tau Kok Road, Kowloon]
Fee	HK\$1,700 (Introductory)/ HK\$2,000 (Advanced)/ HK\$3,500 (Both)
*Medium of Instruction: mainly in Cantonese	
*Accreditation from Professional Bodies (In progress): CME, DCP, DEP, OT & PT	



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Trainer

Mr. Paul Kong

Clinical Psychologist

Member of Motivational Interviewing Network of Trainers (MINT)

2-day Introductory Workshop	9 & 16 May 2015 (Saturdays)
2-day Advanced Workshop	6 & 13 June 2015 (Saturdays)

What is Motivational Interviewing (MI)?

MI, being an evidence-based clinical method, is a form of collaborative conversation for

- ◆ addressing the common problem of ambivalence about change, and
- ◆ strengthening a person's own motivation and commitment to change

Over 200 clinical trials yields positive effects on a wide array of problem areas, including **cardiovascular rehabilitation, diabetes management, dietary change, hypertension, illicit drug use, infection risk reduction, management of chronic mental disorders, problem drinking, problem gambling, smoking, as well as concomitant mental and substance use disorders.**

What is MINT? How to become member of MINT?

The Motivational Interviewing Network of Trainers (MINT) is an international organization of trainers in motivational interviewing. The trainers come from diverse backgrounds and apply MI in a variety of settings. Their central interest is to improve the quality and effectiveness of counseling and consultations with clients about behavior change. Started in 1997 by a small group of trainers trained by William R. Miller and Stephen Rollnick, the organization has since grown to represent 35 countries and more than 20 different languages.

The only current way to be eligible for membership in MINT is through completing the **Training for New Trainers (TNT)** sponsored or endorsed by MINT. *Application to a MINT-sponsored or MINT-endorsed TNT is a formal process and requires demonstration of participants' current ability to practice motivational interviewing.* These workshops will not qualify participants to enter the Motivational Interviewing Network of Trainers (MINT) but will provide you a good foundation of MI prior to applying for participation in the TNT. Information about how to enter the MINT can be found at www.motivationalinterview.org

Introductory Workshop

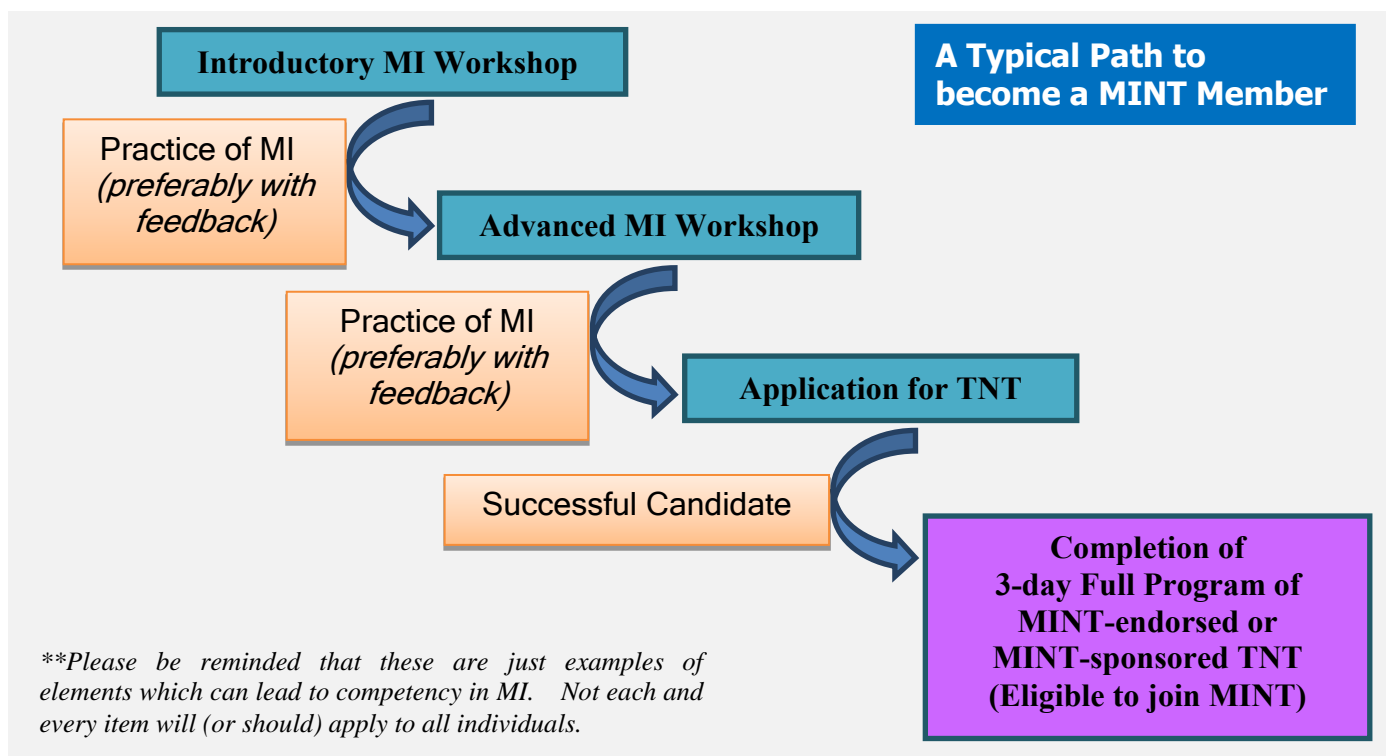
This 2-day introductory workshop is better suited to people who are new to MI or those who want an update or revision of the basics of MI. Topics include:

- ◆ MI model and important concepts about change
- ◆ Underlying spirits of MI
- ◆ New MI 4-process framework
- ◆ Teach, show, and try basic MI skills OARS and accurate empathy
- ◆ Recognizing, eliciting, and responding to change talk
- ◆ Recognizing and responding to sustain talk and discord

Advanced Workshop

This 2-day advanced workshop assumes prior formal training and reasonable proficiency in MI. This workshop is not designed to introduce the clinical method itself. Participants will be comfortable in this advanced workshop if they have had experience in using MI since their initial training, and preferably some coaching, feedback or supervision in MI. Objectives include:

- ◆ Deepen understanding of MI model and spirits
- ◆ Strengthen OARS with more practice on reflection
- ◆ Address specific topics such as developing discrepancy, counseling with neutrality, integration to other treatments
- ◆ Strengthen change talk skills
- ◆ More discussion on handling of sustain talk and discord
- ◆ More work on commitment language
- ◆ Examples and analysis of MI videos



Medium of Instruction: Both Introductory and Advanced Workshops will be conducted mainly in **Cantonese** (with supplementary materials in English or Chinese)

About the Trainer:

Mr. Paul Kong is a Clinical Psychologist in Hong Kong and a Member of the international Motivational Interviewing Network of Trainers (MINT). He is currently working with the Substance Abuse Clinic in United Christian Hospital and has accumulated rich experience in the addiction field as well as in the mental health services. He dedicates his time in applying and developing Motivational Interviewing in the local context and has been offering different levels of MI trainings to the healthcare professionals in Hong Kong and Macau. He is one of the translators of the Simplified Chinese version of Motivational Interviewing (3rd edition).



