# 情緒健康輔導服務

EMOTIONAL HEALTH & COUNSELLING SERVICE

# THREE-HALF-DAY INTRODUCTORY / ADVANCED WORKSHOP ON MOTIVATIONAL INTERVIEWING (9th Round)

Three-Half-Day Introductory Workshop	6, 13 & 20 November 2021 (Saturdays)
Three-Half-Day <b>Advanced</b> Workshop	4, 11 & 18 December 2021 (Saturdays)



Mr. Paul Kong
Clinical Psychologist
Founding Chairman of CAMI
MINT Certified Trainer

Mr. Kong has been working and clinical providing psychology service in a local public hospital has accumulated 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 invited to offer different levels of MI trainings to the healthcare professionals in Hong Kong, Macau, China, and Singapore. He is the founding chairman of Association Chinese Motivational Interviewing (CAMI).

**Enquiry: 2349-3212** 

## 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

#### 3-half day Introductory Workshop

Suits new comers to MI or returners for revision or latest update

#### 3-half 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

Over 1100 controlled 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.

Date	Introductory Workshop 6, 13 & 20 November 2021 (Saturdays) Advanced Workshop 4, 11 & 18 December 2021 (Saturdays)
Time	9:00am – 1:00pm (8:45am - Registration)
Format	Online workshop (lectures, experiential
	exercises, MI session analyses, etc.)
Fee	HK\$2,300 (Introductory workshop)
	HK\$2,950 (Advanced workshop)
*Mediur	n of Instruction: mainly in Cantonese

E-mail: info.ehcs@ucn.org.hk Website: www.ucep.org.hk



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3-Half-Day Introductory Workshop	6, 13 & 20 November 2021 (Saturdays)
3-Half-Day Advanced Workshop	4, 11 & 18 December 2021 (Saturdays)

**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 change.

This workshop will provide you a good foundation of MI prior to applying for participation in the MINT-endorsed 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.

#### 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.

The current workshop 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 <a href="https://www.motivationalinterview.org">www.motivationalinterview.org</a>

#### **Introductory Workshop**

This 3-half 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:

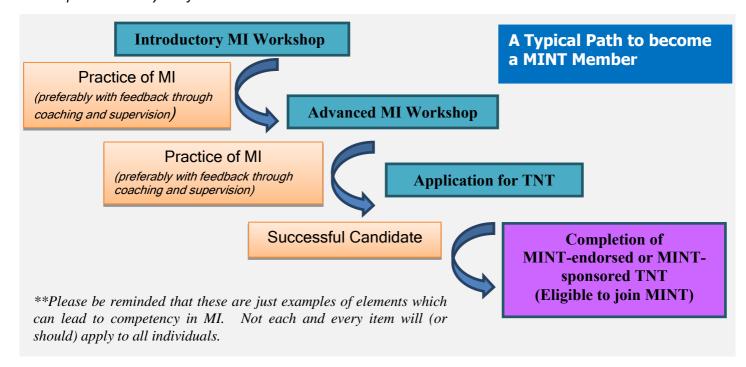
- MI model and important concepts about ambivalence and change
- ◆ MI Spirit
- ♦ MI 4-process framework
- Teach, show, and try basic MI skills OARS and accurate empathy
- ♦ Giving information and advice in MI-consistent way
- Recognizing, eliciting, and cultivating to change talk
- Recognizing and softening sustain talk
- Recognizing and responding to discord
- Transiting to action planning for actual behavior change

#### **Advanced Workshop**

This 3-half 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 spirit
- 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



#### **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 has been working and providing clinical psychology service in a local public 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 (MI) in the local context and has been invited to offer different levels of MI trainings to the healthcare professionals in Hong Kong, Macau, China, and Singapore. He is the founding chairman of the Chinese Association of Motivational Interviewing (CAMI) and the MINT certified trainer. He is one of the translators of the Simplified Chinese version of Motivational Interviewing (3<sup>rd</sup> ed., 2013) and the Motivational Interviewing Treatment Integrity Coding Manual 4.2.1. He took a major leading role and co-trained with Professor William Miller in the first Chinese MINT-endorsed Training of New Trainers (TNT) in Hong Kong in 2018.



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Details of the Three-Half-Day Workshop on MI (9th Round):

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Date:	Introductory Workshop on MI	Advanced Workshop on MI		
	6, 13 & 20 November 2021 (Saturdays)	4, 11 & 18 December 2021 (Saturdays)		
Time:	9:00am – 1:00pm (8:45am - Registration)s			
Format:	Online workshop (lectures, experiential exercises, MI session analyses, etc.)			
Fee:	➤ Introductory Workshop on MI – <b>HK\$2,300</b> (seats limited to 60 participants)			
	Advanced Workshop on MI – HK\$2,950	(seats limited to 30 participants)		
Accreditation from Professional Bodies (In progress)				

#### Registration

Please return the completed form with a cheque made payable to

United Christian Nethersole Community Health Service and mail to

Emotional Health & Counselling Service, 5/F, Block J, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon, Hong Kong

- The organizer reserves the rights to confirm the registration.

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Enquiry: 2349	-3212	12 Email: <u>info.ehcs@ucn.org.hk</u> Website: www.ucep.org.hk				
Title:	□Dr.	☐Mr. ☐M	s. Other (pls s	pecify)		
Name^:						
	(Last N	Vame)		(Given Name	2)	
	,	^Please write the	e name you wish to	o put on the "Atte	endance Certificat	e"
Occupation:	Psy	chologist Sc	ocial Worker 🔲	Counselor D	octor Nurse	Physiotherapist
	Occupational Therapist Full-time Student Others: (pls specify)					
Job Title:			Org	ganization:		
Address:						
Phone:			Ema	ail:		
Fee:	□ н	K\$2,300 (Introdu	ctory Workshop)	☐ HK\$2,	950 (Advanced W	orkshop)
I know this pro	gram fro		EHCS promotion (	email/website/Fa		
			a friend			notion (email/other*)
		∐ via A	Accreditation Body	·	U Other	
Previous MI Trai			to register for the	Advanced Work	shop directly furth	ner information may be
						use separate sheet if nee
MI Training For & Level		Experiential vs. Presentation*	Dates	No. of Hours	Trainers	Are the trainers MINT Member?*
		E/P				Yes/No
		E/P				Yes/No

I \*do / do not wish to be contacted by EHCS through email / direct mail / phone calls\* for any direct marketing purposes of events and professional trainings in the future. EHCS shall not so use my personal data without my consent. (\*please delete as inappropriate)

Signature:	Date:	
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