

## 2-DAY INTRODUCTORY WORKSHOP ON “MOTIVATIONAL INTERVIEWING”

Register before  
23 Feb 2019 for Early Bird!



### Mr. Jonathan Lau

Clinical Psychologist  
Board member of CAMI  
Member of MINT

Mr. Lau is a Clinical Psychologist practicing in Hong Kong. He has rich experience working with people who have needs in changing unhealthy lifestyle, overcoming drug addiction and stopping antisocial behaviors. He dedicates his time in applying and developing Motivational Interviewing (MI) in the local context and has provided Training for New Trainers under the guidance of Prof. William Miller, the founder of MI, in Hong Kong.

### 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

**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.

<b>Date</b>	16 & 30 Mar 2019 (2 days)
<b>Time</b>	9:30am – 5:30pm (9:00am - Registration)
<b>Venue</b>	Torunn Ropstad Memorial Centre, 2/F, Block B, Lee Kee Building, 55 Ngau Tau Kok Road, Kowloon
<b>Fee</b>	HK\$1,800 (Early Bird Registration – Deadline: 23 February 2019) HK\$2,000 (Standard Registration)

\*Medium of Instruction: mainly in Cantonese

\*Accreditation from Professional Bodies (In progress): CME, DCP, DEP, OT & PT



## 2-DAY INTRODUCTORY WORKSHOP ON “MOTIVATIONAL INTERVIEWING”

Trainer

**Mr. Jonathan Lau**

*B.Soc.Sc, M.Phil, M.Soc.Sc (HKU)*

*Clinical Psychologist*

*Board Member of Chinese Association of Motivational Interviewing (CAMI)*

*Member of Motivational Interviewing Network of Trainers (MINT)*

2-day Introductory Workshop	16 & 30 Mar 2019 (2 days)
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### **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?**

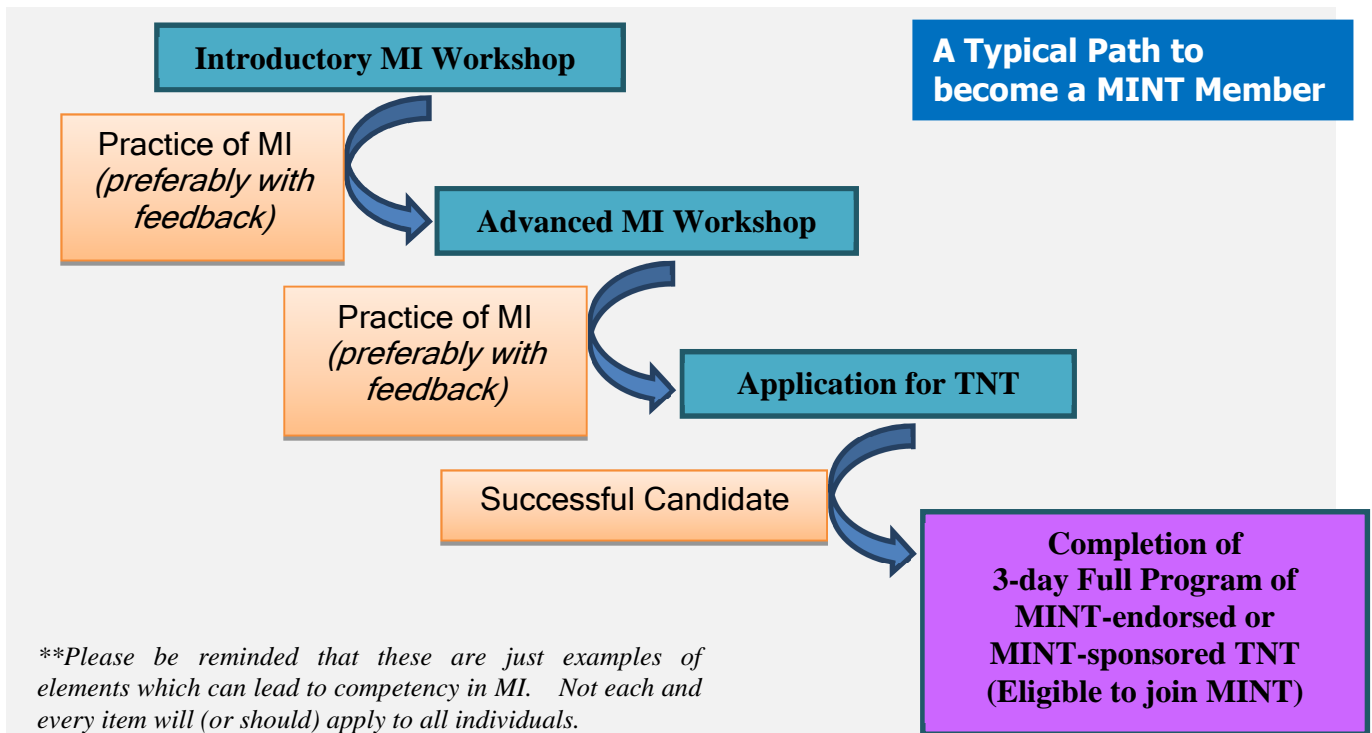
**The Motivational Interviewing Network of Trainers (MINT)** is an international organization of trainers in motivational interviewing. The trainers come from diverse backgrounds and apply MI in a variety of settings. Their central interest is to improve the quality and effectiveness of counseling and 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.motivationalinterviewing.org](http://www.motivationalinterviewing.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
- ◆ 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 responding to change talk
- ◆ Recognizing and responding to sustain talk and discord



Medium of Instruction: The workshop will be conducted mainly in **Cantonese** (with supplementary materials in English or Chinese)

**About the Trainer:**

Mr. Jonathan Lau is a Clinical Psychologist practicing in Hong Kong and a Member of the international Motivational Interviewing Network of Trainers (MINT). After graduating from the University of Hong Kong, he has accumulated rich experience working with people who need motivation to overcome drug addiction, cease criminal behaviors and change unhealthy lifestyle. He dedicates his time in applying and developing Motivational Interviewing (MI) in the local context. He is one of the directors of the Chinese Association of Motivational Interviewing (CAMI) and has provided the first Training for New Trainer (TNT) in Hong Kong in collaboration with Prof. William Miller, the founder of MI.



## Details of the Introductory Workshop:

<b>Date:</b>	16 & 30 March 2019 (Saturdays)
<b>Time:</b>	9:30am – 5:30pm (9am registration starts)
<b>Venue:</b>	Torunn Ropstad Memorial Centre 2/F, Block B, Lee Kee Building, 55 Ngan Tau Kok Road, Kowloon
<b>Fee:</b>	<b>HK\$1,800</b> (Early Bird Registration—Deadline: 23 February 2019) <b>HK\$2,000</b> (Standard Registration)

### Accreditation from Professional Bodies (In progress)

Accreditation for CME (Psychiatrist), DCP (Clinical Psychologist), DEP (Educational Psychologist), Occupational Therapist and Physiotherapist to be granted upon approval of the respective authorities

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### Registration

Please return the completed form with a cheque made payable to **United Christian Nethersole Community Health Service** and mail to United Centre of Emotional Health and Positive Living, 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.
- ♦ Please be noted that the registration fee is non-refundable.

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| Enquiry: 2349-3212 | Email: info@ucep.org.hk | Website: www.ucep.org.hk |
|--------------------|-------------------------|--------------------------|

**Title:** Dr. Mr. Ms. Other (pls specify) \_\_\_\_\_

**Name^:** \_\_\_\_\_  
(Last Name) (Given Name)

^Please write the name you wish to put on the "Attendance Certificate"

**Occupation:** Psychologist Social Worker Counselor Doctor Nurse Physiotherapist  
Occupational Therapist Full-time Student Others: (pls specify) \_\_\_\_\_

**Job Title:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email :** \_\_\_\_\_

**Fee:** Early Bird Registration (Deadline: 23 February 2019) HK\$1,800  
Standard Registration HK\$2,000

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