

**2-DAY  
INTRODUCTORY / ADVANCED WORKSHOP  
ON  
“MOTIVATIONAL INTERVIEWING”  
(7<sup>th</sup> Round)**



**Mr. Paul Kong**

*Clinical Psychologist  
Founding Chairman of CAMI  
Member of MINT*

Mr. Kong is currently working and providing clinical psychology service 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 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 Chinese Association of Motivational Interviewing (CAMI).

### **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 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>	Introductory : <b>7 &amp; 21 September 2019</b> (Saturdays) Advanced : <b>23 &amp; 30 November 2019</b> (Saturdays)
<b>Time</b>	9:30am – 5:30pm (9:15am - 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\$2,000 (Introductory) / HK\$2,600 (Advanced) / HK\$4,140 (Both)
<b>*Medium of Instruction: mainly in Cantonese</b>	
<b>*Accreditation from Professional Bodies (In progress): CME, DCP, DEP, OT &amp; PT</b>	



## 2-DAY INTRODUCTORY / ADVANCED WORKSHOP ON “MOTIVATIONAL INTERVIEWING” (7<sup>th</sup> Round)

Trainer

**Mr. Paul Kong**

*Clinical Psychologist*

*Founding Chairman of Chinese Association of Motivational Interviewing (CAMI)*

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

2-day Introductory Workshop	7 & 21 September 2019 (Saturdays)
2-day Advanced Workshop	23 & 30 November 2019 (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 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.**

### 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](http://www.motivationalinterview.org)

### Introductory Workshop

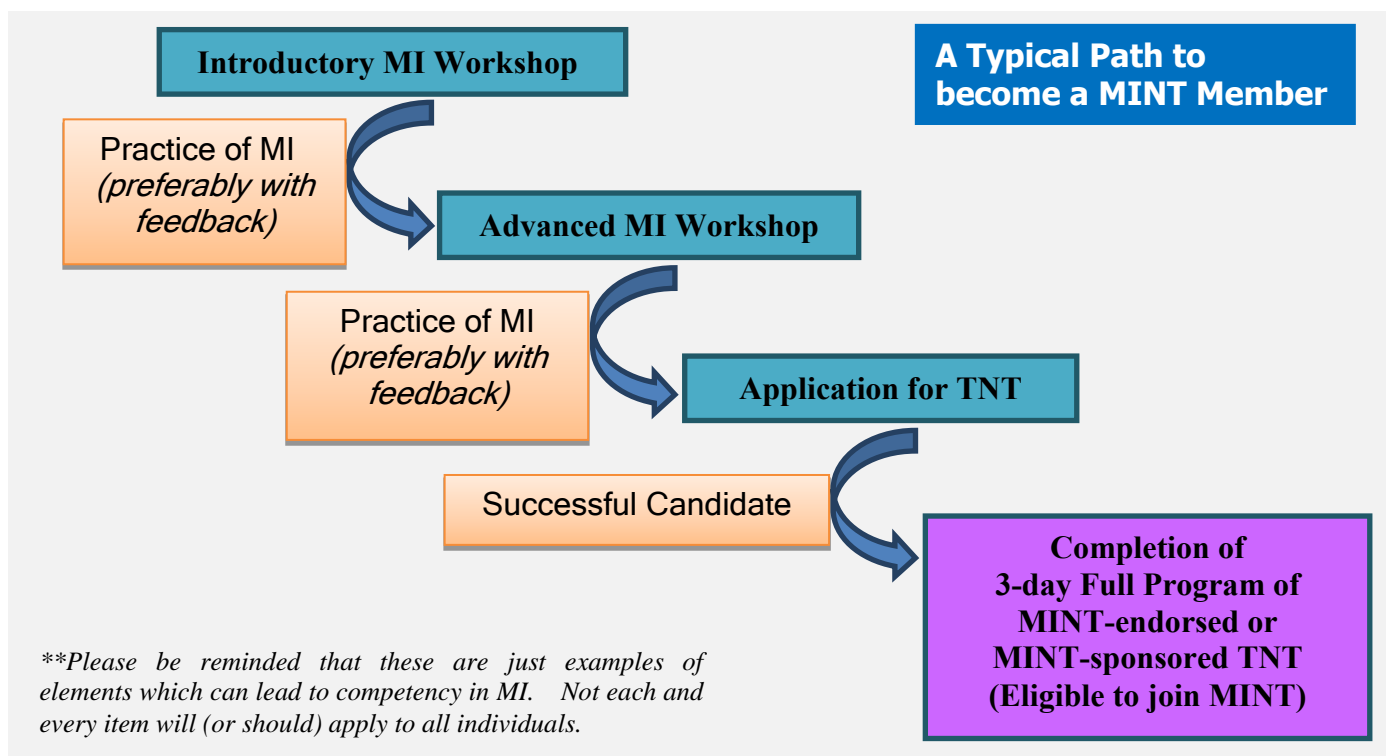
This 2-day introductory workshop is better suited to people who are new to MI or those who want an update or revision of the basics of MI. Topics include:

- ◆ MI model and important concepts about change
- ◆ 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

## 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 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



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 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 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.





## Details of the Introductory/ Advanced Workshop:

Date:	<b>2-day Introductory Workshop on MI</b> 7 & 21 September 2019 (Saturdays)	<b>2-day Advanced Workshop on MI</b> 23 & 30 November 2019 (Saturdays)
Time:	9:30am – 5:30pm (9:15am registration starts)	
Venue:	Torunn Ropstad Memorial Centre 2/F, Block B, Lee Kee Building, 55 Ngan Tau Kok Road, Kowloon	
Fee:	<ul style="list-style-type: none"> <li>➤ 2-day Introductory Workshop on MI – <b>HK\$2,000</b> (seats limited to 60 participants)</li> <li>➤ 2-day Advanced Workshop on MI – <b>HK\$2,600</b> (seats limited to 30 participants)</li> <li>➤ Both Introductory &amp; Advanced Workshop – <b>HK\$4,140</b> (Special Offer)</li> </ul>	
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		

## 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.

Enquiry: 2349-3212

Email: [info.ucep@ucn.org.hk](mailto:info.ucep@ucn.org.hk)

Website: [www.ucep.org.hk](http://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:**            HK\$2,000 (Introductory Workshop)    HK\$2,600 (Advanced Workshop)  
HK\$4,140 (Special offer with limited quota – Introductory + Advanced Workshop)

**I know this program from:**     via UCEP promotion (email/ website/ Facebook/ other\*)     from a friend  
 via HA promotion (email/ other\*)     via Accreditation Body \_\_\_\_\_  
 Other \_\_\_\_\_

*Previous MI Training Received:*

*(must complete this part for those who wish to register for the **Advanced Workshop** directly, further information may be requested after trainer's review and the organizer reserves the rights to confirm the registration; use separate sheet if needed)*

MI Training Format & 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 UCEP through email / direct mail / phone calls\* for any direct marketing purposes of events and professional trainings in the future. UCEP shall not so use my personal data without my consent.

(\*please delete as inappropriate)

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_