

Two levels of workshop on Motivational Interviewing

Updated
to the MI 4th
edition (2023)

SPEAKER
DR. PAUL KONG

Introductory (12-Hour) / Advanced (12-Hour)

Date: Introductory - 14, 21, & 28 Jun 2024 /
Advanced - 6, 13 & 20 Sep 2024 (Fridays)

Format: Online Workshop
(didactic lectures, experiential exercises, live demonstration, and MI session analyses, etc.)

Time: 2 PM - 6 PM (1:45 PM registration)

Fee: Introductory - \$ 2,600

(Early Bird Price on or before 17 May: \$ 2,340)

Advanced - \$ 3,300

(Early Bird Price on or before 2 Aug: \$ 2,970)

Medium: mainly in Cantonese

For details, call 2349 3212



Introductory Workshop

Suits newcomers to MI or returners for revision or latest update

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 (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

Over 2000 controlled clinical trials yield 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.



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 counselling and consultations with clients about 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.

HOW TO BECOME A MEMBER OF MINT?

The only 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 MINT but will provide you a good foundation of MI prior to applying for participation in the TNT. Completion of TNT will give eligibility to join MINT. Information about how to enter the MINT can be found at www.motivationalinterview.org.

Introductory Workshop

This 12-hour 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:

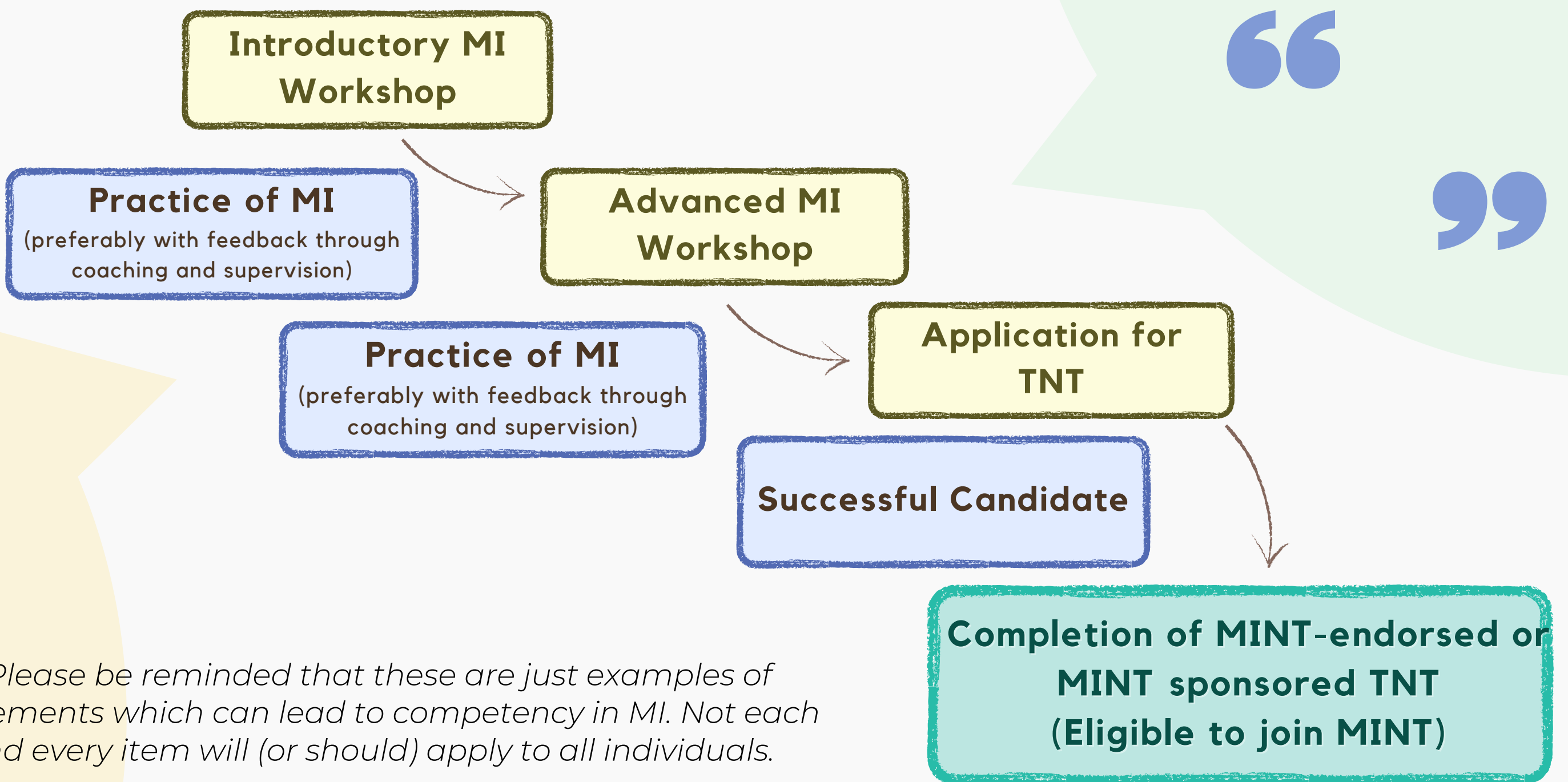
- **MI model and important concepts about ambivalence and change**
- **MI spirit**
- **MI 4-task framework**
- **Teach, show, and try basic MI skills OARS and accurate empathy**
- **Giving information and advice in MI-consistent way**
- **Recognizing, eliciting, and cultivating change talk**
- **Recognizing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

Advanced Workshop

This 12-hour 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 skills with more practice on reflection**
- **Address specific topics such as developing discrepancy, counselling with neutrality, integration to other treatments**
- **Strengthen change talk skills**
- **More discussion on handling of sustain talk and discord**
- **More work on commitment language**
- **Analyses of MI videos and transcripts**

A TYPICAL PATH TO BECOME A MINT MEMBER



REGISTRATION

Please scan the QR code and fill in the Google form to register.

**An email automatically generated by google form will be sent to you if your enrollment form is successfully submitted.*

**If you have not received the email mentioned above, please contact us at 2349-3212.*



ABOUT THE TRAINER



Dr Paul Kong is a Clinical Psychologist in Hong Kong and the UK and a Certified MI Trainer of the international Motivational Interviewing Network of Trainers (MINT). Before practising independently, he had mainly worked and provided clinical psychology service in a local public hospital in the past 2 decades and has accumulated rich experience in the mental health services as well as in the addiction field. He is the fellow of the Hong Kong Psychological Society and he dedicates his time in applying and developing Motivational Interviewing (MI) in Chinese societies and has been invited to offer different levels of MI training and supervision to the healthcare professionals in Hong Kong, Macau, Mainland 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 (3rd 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.