

Organizer:  **東華三院越峰成長中心**  
Tung Wah Group of Hospitals CROSS Centre

Co-organizer:  CHINESE ASSOCIATION OF  
MOTIVATIONAL  
INTERVIEWING

Asia-Pacific Symposium on  
**Motivational Interviewing**  
Hong Kong (APSMI-HK)

**MI: FROM GLOBAL TO LOCAL**  
The First Ever MI Symposium in Asia-Pacific Region

**30-31 January 2015 (Fri & Sat)**

**Keynote speaker:** Dr Stephen Rollnick (Co-founder of MI)

**Presentations and workshops by:**

Dr Chris Wagner, Dr Anya Sheftel, Dr Fiona McMaster, Mr Paul Kong & Dr Xiaoli Gao



Dr. Stephen Rollnick is an honorary distinguished professor in the Institute of Primary Care & Public Health of Cardiff University, with a research focus on good practice in efforts to promote change and behavior change among patients, clients and the practitioners who serve them. As a co-founder of MI, he authored books on MI (Miller & Rollnick, 1991; 2001; 2012), Health Behaviour Change (Rollnick, Mason & Butler, 1999) and MI in Healthcare (Rollnick, Miller & Butler, 2007). He is also a co-founder of MINT, an international network for trainers in MI.

TWGHs CROSS Centre is a counselling centre for psychotropic substance abusers which provides one-stop service to combat the drug abuse problem in Hong Kong. Service is provided by a multi-disciplinary professional team consisting of medical officers, nurses specialized in psychiatry, clinical psychologist and experienced social workers. In order to tackle the growing problem on drinking, a special team is set up to provide preventive as well as treatment service to people with risk to abuse or depend on alcohol use.

CPD (12 points) by Social Workers Registration Board  
CPD (6 points) by Occupational Therapists Board  
CE (12 points) by DCP & DEP of Hong Kong Psychological Society  
CME/CNE pending by Hong Kong Academy of Medicine & Nursing Council of Hong Kong

**Application deadline: 20 Jan 2015**  
**Enjoy early bird discount by 9 Jan 2015!**

**VENUE**

Auditorium,  
Hong Kong Council of Social Service,  
Duke of Windsor Social Service Building,  
15 Hennessy Road,  
Wan Chai, Hong Kong

For enquiry, please contact Mr Ernest Ngan at 3996 1158 or  
email at [ernest.ngan@tungwah.org.hk](mailto:ernest.ngan@tungwah.org.hk)

Supporting Agency:  **聯合情緒健康教育中心**  
United Centre of Emotional Health and Positive Living  
隸屬於基督教聯合會打擊社會服務  
Sub-organization of United Christian Neighbourhood Community Health Service

**Day 1      30 January 2015 (Friday)**

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<b>Time</b>	<b>Topics and Speakers</b>
	<b>Registration</b>
9:00 – 9:20	<b>Welcome Address and Opening Speech</b> <i>Mr. Ivan YIU, Community Services Secretary, TWGHS</i>
9:20 – 9:30	<b>How MI comes to Hong Kong?</b> <i>Representative from Chinese Association of Motivational Interviewing (CAMI)</i>
9:30 – 10:30	Keynote Speech <b>Where MI is? The State-of-the-Art Development of MI</b> <i>Dr. Stephen Rollnick, Honorary Distinguished Professor, Institute of Primary Care &amp; Public Health, Cardiff University, UK</i>
10:30 – 10:45	<b>Break</b>
10:45 – 11:30	Plenary 1 <b>Does MI Work for Young People? And How?</b> <i>Dr. Anya Sheftel, Staff Psychologist, Counseling and Testing Services, Washington State University, USA</i>
11:30 – 12:15	Plenary 2 <b>MI in Your Second (or Third) Language</b> <i>Dr. Fiona McMaster, Senior Lecturer, Department of Public Health and Primary Health, Anglia Ruskin University, UK</i>
12:15 – 12:30	<b>Morning Session Discussion</b>
12:30 – 14:00	<b>Lunch</b>
14:00 – 15:00	Plenary 3 <b>An Overview of MI Groups with Practical Tips</b> <i>Dr. Chris Wagner, Associate Professor, Departments of Rehabilitation Counselling, Psychology and Psychiatry, Virginia Commonwealth University, USA</i>
15:00 – 15:30	Plenary 4 <b>When MI comes to the East</b> <i>Mr. Paul Kong, Clinical Psychologist, United Christian Hospital, HK</i>
15:30 – 15:45	<b>Break</b>
15:45 – 16:15	Plenary 5 <b>MI in Dental Care</b> <i>Dr. Xiaoli Gao, Research Assistant Professor, Faculty of Dentistry, the University of Hong Kong, HK</i>
16:15 – 17:00	Closing Speech and Open Forum <b>Where MI is going?</b> <i>Dr. Stephen Rollnick, Honorary Distinguished Professor, Institute of Primary Care &amp; Public Health, Cardiff University, UK</i>

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## Plenaries Abstracts

### **Keynote Speech: *Where MI is? The State-of-the-Art Development of MI***

#### **Speaker: Dr. Stephen Rollnick**

*Stephen Rollnick, Ph.D. is a clinical psychologist and former Professor of Healthcare Communication in the Cochrane Institute of Primary Care & Public Health, Cardiff University, WALES. He was a practising psychologist in the UK National Health Service for 16 years, and then became a teacher and researcher on the subject of communication. He has written books on Motivational Interviewing and published widely in scientific journals. His main interest is in challenging consultations in hospital and primary care settings.*

Having entered the 3<sup>rd</sup> edition, MI has spent decades to evolve since it first came out in the 90s. No one is better than Dr. Stephen Rollnick, being the co-founder of MI, to tell us the stories in the process of how MI becomes what it is today. In this keynote speech, Dr. Rollnick will set a stage for the Symposium and share with us his insights about the newest development of MI from theoretical, empirical, practical, clinical, as well as cultural perspectives.

### **Plenary 1: *Does MI Work for Young People? And How?***

#### **Speaker: Dr. Anya Sheftel**

*Anya Sheftel, Ph.D. is a staff psychologist at the Washington State University Counseling and Testing Services. She also serves as a clinical coordinator for the university-wide alcohol and drug use prevention and intervention program. Anya integrates MI in her clinical work with adult and adolescent clients across a variety of presenting issues and transition from high school to post-secondary settings. She has conducted numerous MI trainings for national and international organizations that provide services to underprivileged clients.*

MI has a strong empirical base in working with adolescents and young adults. This presentation will review MI use with this population across settings and presenting concerns, including schools, universities, and community mental health agencies. Tips for parents, educators, and mental health workers will also be provided.

### **Plenary 2: *MI in Your Second (or Third) Language***

#### **Speaker: Dr. Fiona McMaster**

*Fiona McMaster works in the field of public health using MI. She has collaborated and publicised articles on MI with the co-developer of MI, Dr Stephen Rollnick, on titles such as “Action reflections: a client-centered technique to bridge the WHY-HOW transition in Motivational Interviewing.”*

With global migration of patients and practitioners, it is more likely than ever before that practitioners will encounter patients who speak a different first language. In this session, we will consider MI as a tool for multi-lingual professionals, and present a framework for MI practice in your second or third language. The presentation will include examples of MI between English, Mandarin and Cantonese speakers.

### **Plenary 3: *An Overview of MI Groups with Practical Tips***

#### **Speaker: Dr. Chris Wagner**

*Chris Wagner is Associate Professor at Virginia Commonwealth University in the Departments of Rehabilitation Counseling, Psychology and Psychiatry. He has led psychotherapeutic, psycho educational, and support groups targeting addictive behaviors, sexual behaviors and identity, HIV disease coping, schizophrenia, and organ transplant, as well as general adult mental health. He is also the lead author on “Motivational Interviewing in Groups” – a 2013 book published by Guilford Press, Inc.*

MI was developed as an individual approach, and adapting MI to group interactions requires us to rethink the core practices to harness the power of group support, cohesion and momentum. This presentation reviews the essential elements of MI, provides detailed information on the process of adapting MI to groups across a variety of formats, including group set up and use of skills to shape group conversation. Tips for some challenging group situations are also presented.

#### ***Plenary 4: When MI comes to the East***

##### ***Speaker: Mr. Paul Kong***

*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 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 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 (3<sup>rd</sup> ed., 2013).*

MI was originated from the West (Miller & Rollnick, 1991). With the cofounders' strong attention to the heart of the human nature and accurate understanding of how humans connect or disconnect in a clinical context, no wonder MI has been spread to and widely accepted in many countries and regions over the world in last few decades. Chinese and Asian societies are no exception. This presentation will explore the relevance of MI in Chinese and Asian cultures as well as present the scientific findings through reviewing MI studies in Chinese-speaking communities. The past, present and the future of MI development in the region will also be discussed.

#### ***Plenary 5: MI in Dental Care***

##### ***Speaker: Dr. Xiaoli Gao***

*Dr Gao Xiaoli is a Research Assistant Professor at Faculty of Dentistry, The University of Hong Kong. She has been working in the field of dental public health, with a research focus on interventional studies for changing health related behaviors. She has published in many leading dental/medical journals and received several prestigious international awards. Her research team is actively incorporating MI into dental care. She is also leading a cross-faculty teaching development project for introducing MI into undergraduate curriculum in dentistry, medicine, and nursing.*

MI is increasingly being embraced by healthcare professionals and has been found to be effective in changing a broad range of health-related behaviors. Despite the sizeable evidence collected in medical research, the potential of MI in dental health care is understood to a much lesser extent. MI started to appear in the latest editions of clinical textbooks in dentistry, showing the interest of dental professionals in this promising method. In this presentation, the speaker will explore the possible applications of motivational interviewing in changing dental behaviors, summarize currently available scientific findings on the effectiveness of MI in dental context, and share their experience of incorporating MI into dental intervention and undergraduate dental curriculum.

#### ***Closing Speech and Open Forum: Where MI is going?***

##### ***Speaker: Dr. Stephen Rollnick***

After a day full of guidance in understanding MI from different angles, nothing better than ending the day with Dr. Rollnick to help us think how we go from where we are. This closing speech is definitely not a full stop, instead it serves to be an ellipsis leaving us room to explore. Dr. Rollnick will end the Symposium telling us where MI is going in the global while also stimulating us to think where MI can be going in the local.

Time	Topics and Trainers			
Registration				
	Workshop I:	Workshop II:	Workshop III:	Workshop IV:
<b>9:00 – 12:15</b> <b>(AM Session*)</b>	<b>MI in Healthcare Settings:</b>	<b>MI in Groups</b>	<b>You Can't Tell Me What to Do: How to Engage Young People in MI</b>	<b>Beyond the Basics: Advanced Learning &amp; Supervising MI Practitioners</b>
12:15 – 13:45 Lunch	<b>Lifestyle Changes and Adherence to Medication</b>		<b>Conversations</b>	
<b>13:45 – 17:00</b> <b>(PM Session*)</b>				
	Dr. Stephen Rollnick	Dr. Chris Wagner & Mr. Paul Kong	Dr. Anya Sheftel	Dr. Fiona McMaster

**\* Important Notice:**

- I. Each Registrant can register for 2 workshops, one in the AM session and one in the PM session.
- II. Content in workshops are repeated in the AM and PM sessions. The duration of each workshop is 3 hours 15 minutes, with a 15-minute break in the middle.
- III. Seats for each session are LIMITED and will be allocated on a first-come-first-served basis.

## Workshops Abstracts

***Workshop I: MI in Healthcare Settings: Lifestyle Changes and Adherence to Medication***

***Trainer: Dr. Stephen Rollnick***

MI has been widely used in many specialist settings. There is now considerable interest in applying MI to community healthcare settings. Professor Rollnick, a co-founder of MI, was the first scholar to bring MI into healthcare. This workshop will provide an overview of MI and identify and discuss the key issues that are likely to arise when adapting this approach to healthcare and public health settings. Practical exercises and demonstration will also be used.

***Workshop II: MI in Groups***

***Trainers: Dr. Chris Wagner & Mr. Paul Kong***

The workshop is highly experiential, leading participants through group practice exercises across the four phases of MI groups. Participants will get to experience groups, observe demonstrations, get to practice leading groups if desired, and obtain feedback on leadership skills. This workshop is ideally suited for participants with prior knowledge and skills in both MI and group work, but open for all.

***Workshop III: You Can't Tell Me What to Do: How to Engage Young People in MI***

***Conversations***

***Trainer: Dr. Anya Sheftel***

Young people seek to understand who they are, what their purpose is, and how their actions fit in with their values and goals. MI with its emphasis on young person's autonomy and personal choice control, its spirit of compassion and curiosity, and its utilization of conversation as a vehicle for action and change is a useful approach for working with youth. MI-informed conversations allow for moments of connection when it is possible to engage our clients in collaborative dialogues focused on helping them have healthy and fulfilling lives. This workshop will explore the use of MI in a variety of settings, from structured clinical appointment to the world of spontaneous and unpredictable interactions outside of a clinician's office. While oriented to practitioners who work with youth, this workshop is relevant for anyone who wants to make the most of conversations and needs to work in a responsive and flexible way. This workshop will be practical, skill-based, and interactive.

***Workshop IV: Beyond the Basics: Advanced Learning & Supervising MI Practitioners***

***Trainer: Dr. Fiona McMaster***

Are you interested in taking your MI skills to another level? This Beyond the Basics is ideal for people with previous training in MI. This interactive and experiential workshop will focus on deepening MI skills, interacting with change talk, working with discord and deepening reflective listening skills. In the second half of the workshop, participants will learn cutting edge coaching tools to help supervisees and colleagues to improve their skills.

## Registration Form for APSMI-HK

*Personal Particulars:*

Full Name (in English): Prof/Dr/Mr/Mrs/Ms \_\_\_\_\_

Organization: \_\_\_\_\_ Position: \_\_\_\_\_

Correspondence Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_ Email: \_\_\_\_\_

Enrolment (Please "✓" appropriate box)	Early bird discount (on or before <u>9 Jan 2015</u> ) / Full-time students	Application fee (Deadline: 20 Jan 2015)
Day 1 (30 Jan 2015)	<input type="checkbox"/> HK\$1,000	<input type="checkbox"/> HK\$1,200
Day 2 (31 Jan 2015)	<input type="checkbox"/> HK\$800	<input type="checkbox"/> HK\$1,000
<p>Please rank <b>at least two</b> workshops in order of your preference, i.e. 1, 2, ...*:</p> <p>( ) Workshop I – MI in Healthcare Settings: Lifestyle Changes and Adherence to Medication</p> <p>( ) Workshop II – MI in Groups</p> <p>( ) Workshop III – You Can't Tell Me What to Do: How to Engage Young People in MI Conversations</p> <p>( ) Workshop IV – Beyond the Basics: Advanced Learning &amp; Supervising MI Practitioners</p> <p><i>* Participants will be assigned <b>two</b> workshops in AM &amp; PM sessions respectively according to first-come-first-served basis and availability of seats. Workshop registrations are non-transferable. In case one or both of your chosen workshop(s) are already full, we will contact you directly by phone or email to confirm whether you wish to join remaining workshop(s) that still have vacancies.</i></p>		

*Payment Information:*

Cheque No. (Day 1/Day 2<sup>^</sup>): \_\_\_\_\_ Bank: \_\_\_\_\_ Amount: \_\_\_\_\_

Cheque No. (Day 1/Day 2<sup>^</sup>): \_\_\_\_\_ Bank: \_\_\_\_\_ Amount: \_\_\_\_\_

<sup>^</sup> Please circle the appropriate one

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please send application with crossed cheque(s) payable to “**Tung Wah Group of Hospitals**” to “**TWGHs CROSS Centre, Flat 1501-1504, Tung Ning Building, No. 2 Hillier Street, Sheung Wan, Hong Kong**” on or before **20 January 2015**. Separate cheques are required for each registrant on each day. For enquiry, please contact Mr Ernest Ngan at 3996 1158 or [ernest.ngan@tungwah.org.hk](mailto:ernest.ngan@tungwah.org.hk)

**Important Note:**

- The symposium will be conducted in English, no simultaneous interpretation will be provided.
- Application will be accepted on a first-come-first-served basis.
- Confirmation of application or cancellation of the event will be announced via email at least one week prior to the programme day. Please contact us if you do not receive any notification by the time.
- The event will be postponed or cancelled if Black Rainstorm Warning / Typhoon Signal No. 8 or above is hoisted.
- Receipt of application fee and Certificate of Attendance will be distributed on the day of the event.
- The personal data provided on this application forms is only used for enrolment and course administration.
- For full-time students enjoying discount fee, please kindly bring along your Student ID to the event for verification purpose.

*The Training Organizer reserves the right to make final decision on the registration.  
Registration fee is non-transferable and non-refundable.*