

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

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| Three-Half-Day <b>Introductory</b> 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 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 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

#### **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.

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



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**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 [www.motivationalinterview.org](http://www.motivationalinterview.org)*

### 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:*

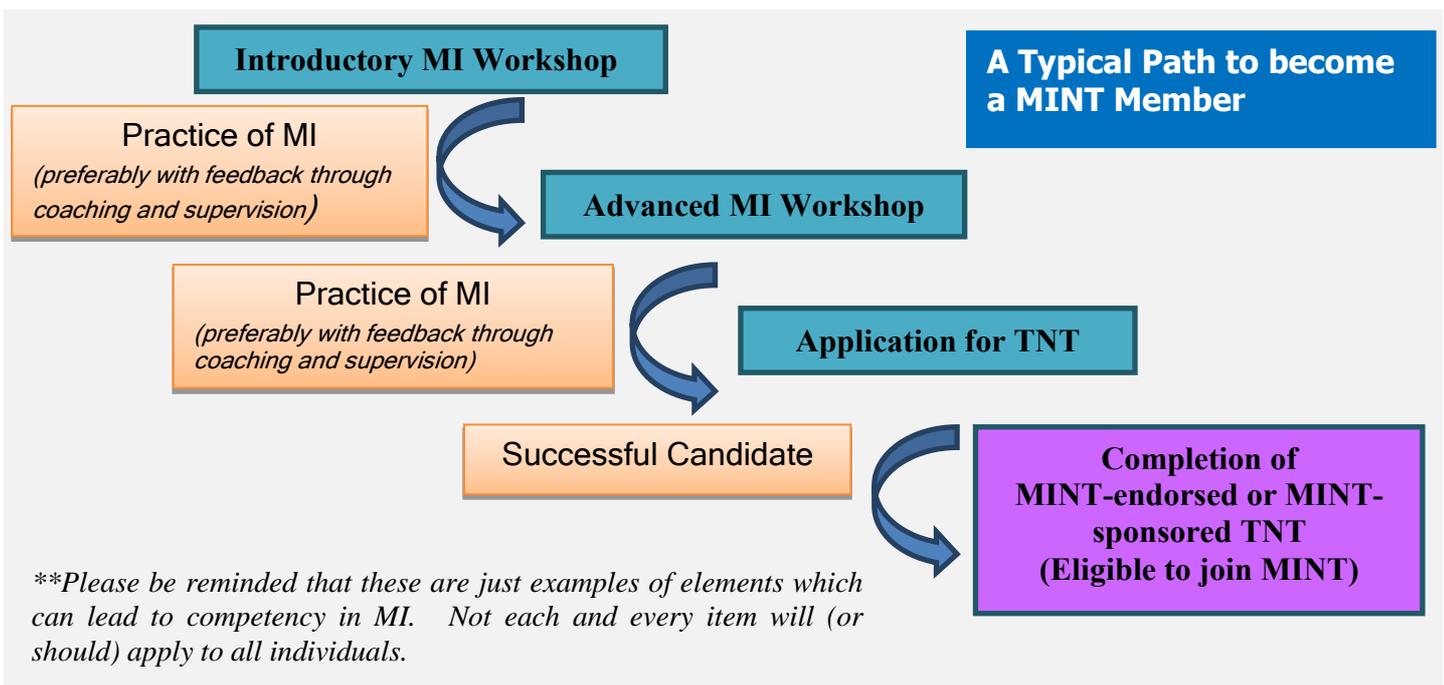
- ◆ *MI model and important concepts about ambivalence and change*
- ◆ *MI Spirit*
- ◆ *MI 4-process framework*
- ◆ *Teach, show, and try basic MI skills OARS and accurate empathy*
- ◆ *Giving information and advice in MI-consistent way*
- ◆ *Recognizing, eliciting, and cultivating to change talk*
- ◆ *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.



