

# Introductory and Advanced Workshops on Motivational Interviewing



**Date:** Introductory - 4, 11 & 25 Sep, 2025 (Thursdays) /

Advanced - 6, 20 & 27 Nov, 2025 (Thursdays)

**Format:** Online Workshop

(didactic lectures, experiential exercises, live demonstration, and MI session analyses, etc.)



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

**Target Audience:** Psychologists, Counsellors, Psychiatrists, Social Workers, Nurses and other helping professionals

**Fee:** Introductory - \$ 2,950

Early Bird Price - \$2,650 (Extend to 15 Aug)

Advanced - \$ 3,750

Early Bird Price on or before 6 Oct: \$ 3,375

**\*Combo Package (Introductory + Advanced) - \$5,680  
(Extend to 15 Aug)**

**Accreditation:** CME, HKPS, OT accreditations are in progress

**Medium:** mainly in Cantonese



**For details, call 2349 3212**

**SPEAKER  
DR. PAUL KONG**

Participants will receive a MI Skills Handbook written by Dr. Paul Kong

Experiential exercises such as role-play exercises, also with demonstration, analyses of MI videos/transcripts, discussion of case scenarios, etc. across the workshops



## Motivational Interviewing (MI)



→ an **evidence-based** clinical method, a form of collaborative conversation for

- addressing the common problem of ambivalence about change
- strengthening a person's own motivation and commitment to change

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### Advanced Workshop

Designed for those who have completed basic training in MI and wish to advance their MI skills and plan for their continual growth in this area

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### Introductory Workshop

Suits newcomers to MI or returners for revision or latest update



**Widely applied across fields** such as healthcare, mental health, social work practice, addiction treatment, correctional services, schools, health coaching, and organizational leadership. Over 2400 controlled clinical trials **yield positive effects** on a wide array of problem areas, including:

- cardiovascular rehabilitation
- infection risk reduction
- diabetes management
- dietary change
- hypertension
- smoking
- management of chronic mental disorders
- illicit drug use
- problem drinking/gambling
- concomitant mental and substance use disorders





## Advanced Workshop

## 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. Participants will learn the structured techniques in conducting a motivational interview. 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**

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 use of deliberate practice on reflection**
- **Address specific topics such as handling disengagement, developing discrepancy, counselling with neutrality, integration to other treatments**
- **Analyses of MI videos and transcripts**
- **Deeper dive into the directionality of MI and how to structure a MI session**
- **Transforming resistance in interview**
- **Bridging the WHY to HOW: work on mobilizing change language**
- **Learn how to evaluate MI skill proficiency**

# 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 40 countries and more than 30 different languages. The Motivational Interviewing Network of Trainers (MINT) is an international organization committed to promoting high-quality Motivational Interviewing (MI) practice and training. It serves as a global resource for those interested in learning, advancing, or teaching Motivational Interviewing. The organization promotes professional development, supports MI trainers in their work, and fosters the exchange of ideas and best practices within the MI community. Its members have completed specialized training to become MINT members. MINT organizes annual forums, offers resources for trainers, and sets guidelines to ensure the fidelity and effectiveness of MI training and practice worldwide.

## 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 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:

<https://motivationalinterviewing.org/pathways-membership>.

# A TYPICAL PATH TO BECOME A MINT MEMBER

Besides demonstration of MI skill proficiency through a standardized interview or submission of work sample, applications are also reviewed according to a TEAM criteria system, which covers 4 core components of a trainee's profile.

## Training

Completing an **initial MI training sequence** that appears to provide reasonable coverage of core MI concepts

## Education

Continuing to develop and demonstrate MI proficiency. Examples include **receiving supervision, coaching, feedback, etc.**

## Application

Demonstrating a **breadth of clinical and/or training activity** that supports developing skillfulness in the application of MI

## Merit

Indicating **consistency with MI spirit/philosophy**, i.e., how to benefit others, and be of service to populations in need

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**Successful Candidate**

*This workshop series will provide you with a solid training foundation in MI and support you in planning your path toward becoming a MINT member, should you choose to pursue it.*

**Completion of MINT-endorsed or MINT sponsored TNT (Eligible to join MINT)**

## 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 a long track record of providing clinical psychology service in public health sector in Hong Kong 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, Chinese Mainland, 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. He has served as the MI trainer certification rater and TNT application reviewer for MINT.

Committed to training the next generation of MI trainers, he is endorsed by MINT to serve as the lead trainer in the second MINT-endorsed TNT in Hong Kong in 2025. In recent years, he has utilized innovative platforms such as social media (@drpaulkong) to share insights and resources related to MI as well as psychology in general.