

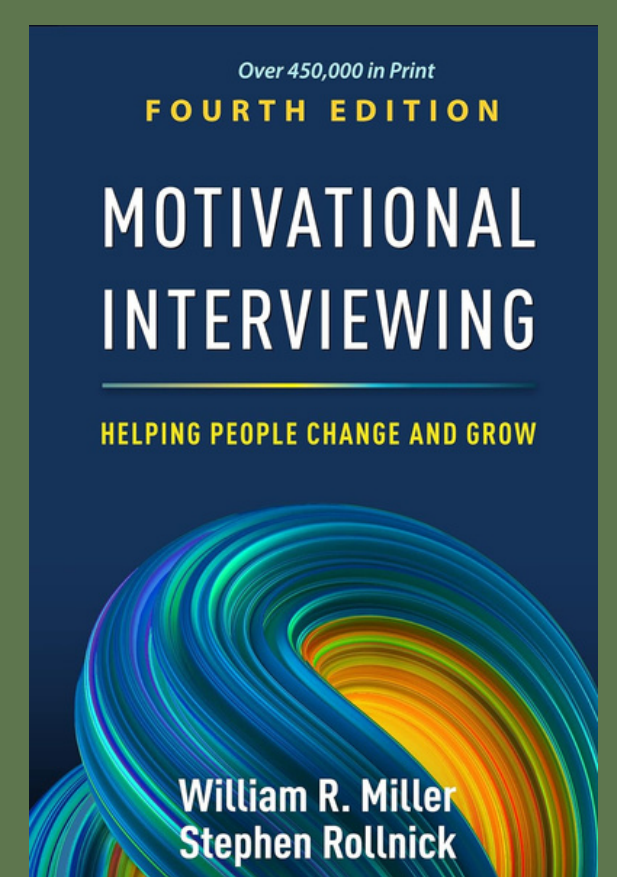
Motivational Interviewing: Introduction and Its Application in Healthcare

Motivational interviewing (MI) is a counselling approach that was developed, in part, by clinical psychologists William R. Miller and Stephen Rollnick. It is a counselling style that is both directive and client-centred, aimed at eliciting behaviour change by assisting clients in exploring and resolving ambivalence. In contrast to non-directive counselling, MI is more focused and goal-directed. It differs from traditional Rogerian client-centred therapy by incorporating elements of direction, as therapists actively seek to influence clients to consider making changes rather than solely engaging in non-directive exploration.

The development of the primary healthcare system in Hong Kong has been a strategic and step-by-step process, focusing on a community-based approach. Managing chronic diseases and addressing the healthcare challenges are inevitably faced by the helping professionals. Motivational interviewing (MI) can be a valuable approach in this context.

MI is a collaborative communication style designed to strengthen a patient's intrinsic motivation to change behaviours and adhere to their care plan. In the healthcare setting, MI can enhance patient engagement, promote behaviour change, and improve health outcomes. It can be particularly effective in managing chronic diseases, where long term behaviour change, and improve health outcomes. It can be particularly effective in managing chronic diseases, where long term behaviour change is often necessary. By using MI, healthcare professionals can work with patients to set realistic, achievable goals, fostering a sense of empowerment and active participation in their own care.

Reference: Miller, W. R., & Rollnick, S. (2023). *Motivational Interviewing: Helping People Change and Grow (Applications of Motivational Interviewing Series) (4th Ed.)*. The Guilford Press.



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Content

- Concept of ambivalence and change
- 4 MI Spirit
- 4 MI Core Tasks
- 4 MI Core Skills
- Using the core skills to cultivate change talk and soften sustain talk
- How to make better use of clinical time in a busy clinic
- How to help patients find their own motivation to change to maximize treatment outcomes
- How to handle difficult consultations that include patients who present as apathetic, upset, frustrated or negative
- How to prevent burnout in practitioners and health care systems

Target Participants

Social Workers, Counselors, Doctors, Nurses, Clinical psychologists, Other helping professionals interested in Motivational Interviewing.

Trainers

Dr. Stephen Rollnick (PhD., Dip Clin Psych, MSc, BSc (Hons))

Dr. Stephen Rollnick, is a retired clinical psychologist, co-founder of Motivational Interviewing and Honorary Distinguished Professor at Cardiff University's School of Medicine. He was a practicing mental health psychologist in the UK National Health Service for 16 years, and then became a teacher and researcher on the subject of communication. He pioneered the application of Motivational Interviewing in health care. His research focuses on promoting positive behavioral change in patients, developing the fundamental principles of Motivational Interviewing, and expanding its scope to healthcare professionals, schools and sporting coaches. Dr. Rollnick has published over 100 papers and co-authored numerous texts including the bestsellers, *Motivational Interviewing: Helping People Change* and *Motivational Interviewing in Healthcare*.




Dr. Paul Kong (PsyD, Reg. Psy. (Clin. Psy.))


Dr. Paul Kong is an experienced clinician and a registered clinical psychologist with rich clinical experience in managing a wide array of psychological disorders. Before practicing independently, he had a long track record of serving patients with mental health problems in the public sector in Hong Kong and held the role of Adult Psychiatry Service Team In-charge in United Christian Hospital. Dr. Kong is the Founding Chairman of the Chinese Association of Motivational Interviewing and the Certified Motivational Interviewing Trainer of the International Motivational Interviewing Network of Trainers. He has translated and authored a number of books, chapters, and manuals to promulgate his clinical expertise to the professional field as well as the general public.




Course Code CE20240708
 Course Name Motivational Interviewing: Introduction and Its Application in Healthcare
 Date July 8 & 10, 2024 (Monday & Wednesday)
 Time 7:00 pm - 10:00 pm (6 contact hours)
 Format Online teaching via Zoom
 Language English and Cantonese
 Class Size 30 participants
 Course Fee HK\$ 1,500
 Application Deadline June 24, 2024



Application



Register online via our website:
<https://web.swk.cuhk.edu.hk/en-gb/continuing-professional-education/programmes-information>



Send the following application form to CPE,
Department of Social Work, CUHK, Shatin, N.T. Hong Kong with a crossed cheque payable to
The Chinese University of Hong Kong

CPD Points for Registered Social Workers: 6

Discount Scheme (on or before May 9, 2024)

- 10% (HK\$1,350) discount for Early Bird Registration
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[20% discount is applicable by POST only]

Motivational Interviewing: Introduction and Its Application in Healthcare
 Application Form

CE20240708

Full Name (English) Mr
 Please tick (V) appropriate boxes Ms

(中文)

Name of Organization: _____ Position: _____ Field: _____
 Phone No.: _____ E-mail: _____
 Academic Training Background: _____ Highest Educational Level obtained: _____

Payment Information

Cheque No.: _____ Bank name : _____ Amount (HK\$): \$1,500 \$1,350 \$1,200
 Membership Yes No;
 If Yes, #Staff ID/ Student ID/ Alumni Association membership ID/ CPE Membership No.: _____
 # Please delete as appropriate

I acknowledge that I have read and agree to the Terms and Conditions.

Important Terms and Conditions

1. Application will be accepted on a first-come-first-served basis.
2. Email notification on application status will be sent to you only when application and payment have been received by the Division of Continuing Professional Education (CPE). It is suggested to first try checking your junk or spam email folders for the missing emails. If they are not there, please contact us if you do not receive any notification after 7 working days.
3. Application is regarded as successful only after a confirmation email is issued to you.
4. Cancellation of course will be announced via email at least one week before the commencement of the course. No separate notification will be issued by post.
5. Course fee is non-refundable or non-transferable to another course once application is confirmed.
6. Receipt of course fee will be issued on the first day of the course and payment method will be indicated on the receipt.
7. All course training materials, including but not limited to lecture notes, worksheets, PowerPoint slides, and demonstration videotapes, are pre-pared by the trainer of the course and are the property of the trainer. No reproduction of any pieces of these training materials is allowed without the permission of the trainer and CPE.
8. No form of recording, including audio- or video-recording, during the course is allowed without prior permission by the trainer and CPE.
9. Certificate of Attendance will be given to participants who have attained at least 75% attendance of the course.
10. If Storm Warning Signal No. 8 or above or the announcement of "extreme condition" by the Government after super typhoons is hoisted at 5pm, class will be cancelled. Details of postponement or other arrangements will be announced by email afterwards.
11. Personal data provided on course application form are used only for course application, course administration and future promotion purposes. All personal data collected will be treated with strict confidentiality. Under the provision of the Personal Data (Privacy) Ordinance, applicants have the right to request access to and make correction of their personal data. Applicants wishing to make amendments on personal data should submit a written request to CPE by email to swkcpe@cuhk.edu.hk.
12. The right of interpretation and amendment of the above terms belong to CPE.