

# MOTIVATIONAL INTERVIEWING TRAINING SERIES

by

**DR PAUL KONG**

2026

*Aspire*

PSYCHOLOGICAL  
CONSULTANCY

# MI JOURNEY



## WHY CHOOSE THIS MI TRAINING SERIES?

- Clear **level-based structure** for your MI development path
- Online mode held outside normal working hours for flexible, focused learning
- Initial 20-30 minutes of lecture to help you unwind before active participation
- Guided by Dr. Paul Kong's **MI Structured Skills Handbook**
- Includes **MI case scenarios and standardized patient interactions** for ongoing practice
- **Evidence informed coaching and deliberate practice** process to support continued growth



## MOTIVATIONAL INTERVIEWING (MI)

MI is an **evidence-based** interviewing method used across diverse clinical and counseling settings. It is a form of collaborative, goal-directed conversation style that helps individuals resolve ambivalence and strengthen their own motivation and commitment to change and growth. Drawing on several decades of research findings and practice experience, MI has proven effective in fields such as healthcare, mental health, social work practice, addiction treatment, correctional services, schools, health coaching, and organizational leadership. With over 2,400 controlled clinical trials, MI **consistently demonstrates promising effects on a wide array of behavioral and psychological challenges.**

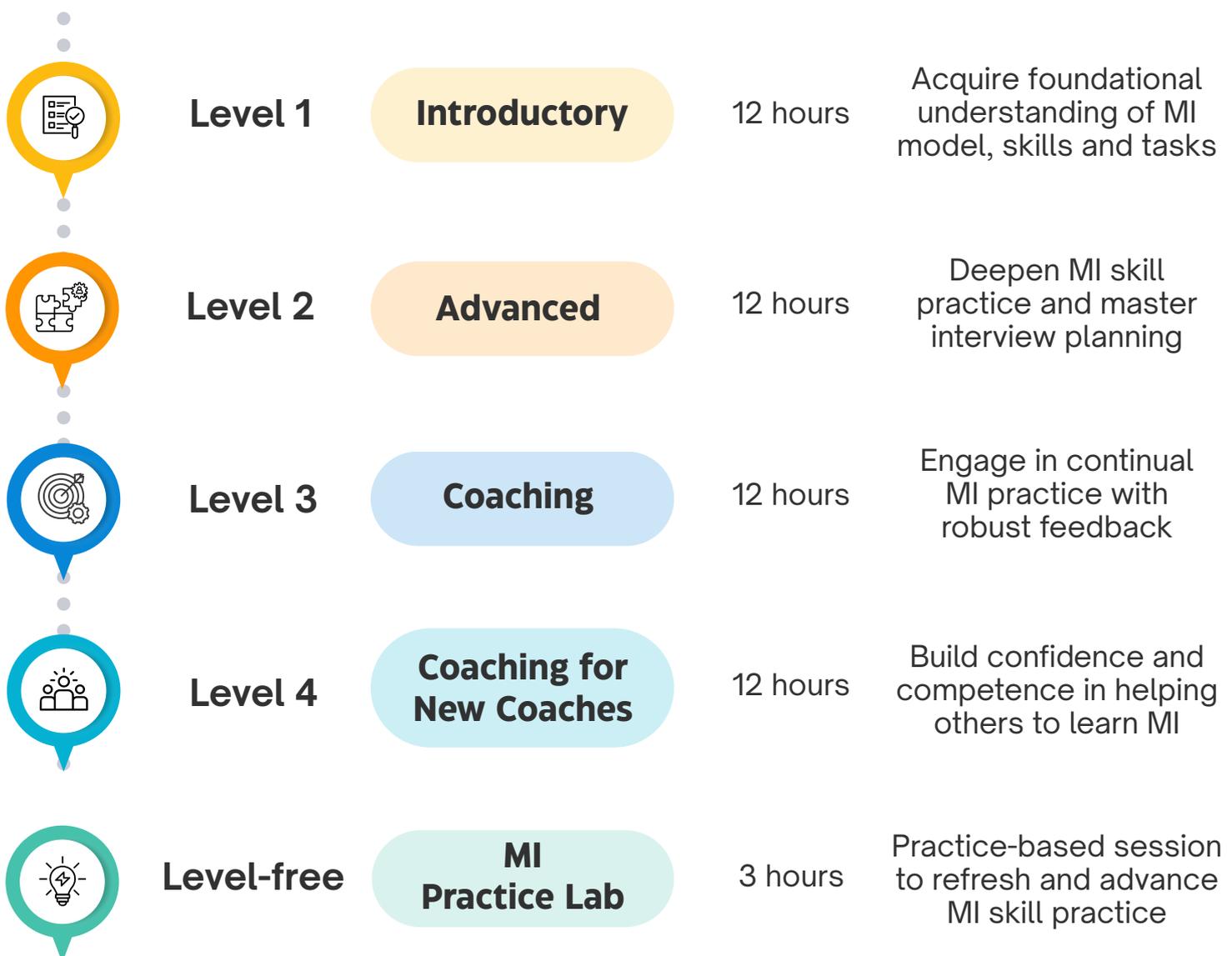
## MI TRAINING JOURNEY

To learn MI, the typical first step is attending workshops (introductory and advanced levels) to gain a solid foundation of the MI model, its key concepts and core skills. Research on MI training shows that developing proficiency requires ongoing feedback and coaching over time. These are also required by the international Motivational Interviewing Network of Trainers (MINT) when someone aspires to join its Training for New Trainers (TNT) and become a member of MINT (for more information, please see the last page of this booklet). To support your MI journey, we have developed a level-based training framework (see the next page) tailored to meet your learning needs - guide you from a MI learner to practitioner, and potentially a coach or trainer.

NEW

# LEVEL-BASED MI TRAINING FRAMEWORK

Designed to Bring Your MI Practice to the Next Level:  
From Learner to Practitioner, Coach, or even a Trainer!



Enquiries: [aspireconsultancy.training@gmail.com](mailto:aspireconsultancy.training@gmail.com) or +852 92517276 (WhatsApp)

# 2026 DATES

## Early bird and bundle offers available!

Medium of Instruction: Cantonese, with supplementary materials in Chinese/English

Enrol:



<https://bit.ly/2026mits>



### Lv. 1 Introductory MI Workshop

Date: 15 April, 22 April, 29 April, 6 May 2026 (Wednesdays)  
Time: 7:00pm-10:00pm  
Fee: Standard \$3,500 / Early bird offer \$3,000 (ends 15 March 2026)



### Lv. 2 Advanced MI Workshop

Date: 13 May, 20 May, 27 May, 3 June 2026 (Wednesdays)  
Time: 7:00pm-10:00pm  
Fee: Standard \$3,500 / Early bird offer \$3,000 (ends 13 April 2026)  
Bundle offer: \$5,500 (Lv. 1 + Lv. 2; ends 15 Mar 2026)  
\$5,000 (Lv. 2 + Lv. 3B; ends 13 April 2026)



### Lv. 3 MI Coaching Workshop

Date: Class A: 2 February, 23 February, 23 March 2026 (Mondays)  
Class B: 11 June, 2 July, 30 July 2026 (Thursdays)  
Time: 7:30pm-9:30pm  
Fee: Standard \$3,000  
Early bird offer \$2,500 (Class A ends 2 January 2026. Class B ends 11 May 2026)  
Bundle offer: \$7,500 (Lv. 1 + Lv. 2 + Lv. 3B; ends 15 March 2026)  
\$5,000 (Lv. 2 + Lv. 3B; ends 13 April 2026)



### Lv. 4 MI Coaching for New Coaches (CNC) Workshop

Date: 8 June, 15 June, 22 June, 29 June 2026 (Mondays)  
Time: 7:00pm-10:00pm  
Fee: Standard \$3,500 / Early bird offer \$3,000 ends 8 May 2026



### MI Practice Lab

Date: Class A: 20 January 2026 (Tuesday) / Class B: 13 July 2026 (Monday)  
Time: 7:00pm-10:00pm  
Fee: Standard \$800  
Early bird offer \$500 (Class A ends 20 December 2025. Class B ends 13 June 2026)



LEVEL 1 12-HOUR

# INTRODUCTORY MI WORKSHOP

**Ideal for newcomers to MI or returners for a refresher or latest update**

*Workshop highlights:*

- *Learn, observe and practice the MI core concepts, skills and tasks*
- *Receive the MI Structured Skills Handbook authored by Dr Paul Kong and systematically develop your skills with this comprehensive resource during the workshop*
- *Engage through didactic lectures, experiential exercises, live demonstration, MI video analyses, and transcripts review with real clients cases*

Topics covered:

- MI model and key concepts about ambivalence and change
- MI spirit
- MI 4-task framework: Engage, Focus, Evoke and Plan
- MI core skills OARS and accurate empathy
- Offering information and advice in MI-consistent way
- Recognizing, evoking, and cultivating change talks
- Recognizing and softening sustain talks
- Responding and handling discord
- Transitioning to planning and implementing actual change

***Upon completion, participants will gain a solid foundation in MI and its skills, enabling them to begin applying MI techniques in their practice with the aid of the handbook***

**Enrol:**



<https://bit.ly/2026mits>

Dates: 15 April, 22 April, 29 April, 6 May 2026 (Wednesdays)

Time: HKT 7:00pm - 10:00pm (6:45pm registration)

Format: Online via Zoom

Fee: \$3,500 (Standard)  
\$3,000 (Early bird offer ends 15 March 2026)  
\$5,500 (Bundle offer for intro & advanced, limited availability)  
\$7,500 (Bundle offer for intro, advanced & coaching, limited availability)

Enquiries: [aspireconsultancy.training@gmail.com](mailto:aspireconsultancy.training@gmail.com) or +852 92517276 (WhatsApp)



LEVEL 2 12-HOUR

# ADVANCED MI WORKSHOP

**Designed for those who have completed basic MI training and wish to advance their MI skills while planning for their ongoing professional growth in this area**

*Workshop highlights:*

- *Going “micro” into MI skills and tasks*
- *Going “macro” over a flowing structure of a MI interview*
- *Featuring extensive role-plays, live demonstrations, MI video analyses and reviews of real client scenario transcripts*

*Topics covered:*

- Deepen your understanding of MI model and spirit
- Strengthen OARS skills through deliberate practice on reflection
- Address specific topics such as handling disengagement, developing discrepancy, counselling with neutrality, integration to other treatments, etc.
- Analyze MI videos and transcripts
- Take a deeper dive into MI’s directionality and learn how to systematically structure a MI session with flexibility
- Transform sustain talk and discord in interview
- Bridge the WHY to HOW: work on mobilizing change language
- Learn how to evaluate MI skill proficiency with MITI coding method

**Upon completion, participants will be equipped to begin applying and integrating MI in their practice, tailoring MI approaches to meet client needs throughout the interviewing process**

**Enrol:**



<https://bit.ly/2026mits>

Dates: 13 May, 20 May, 27 May, 3 June 2026 (Wednesdays)

Time: HKT 7:00pm - 10:00pm (6:45pm registration)

Format: Online via Zoom

Fee: \$3,500 (Standard)  
\$3,000 (Early bird offer ends 13 April 2026)  
\$5,500 (Bundle offer for intro & advanced. Limited availability.)  
\$5,000 (Bundle offer for advanced & coaching. Limited availability.)  
\$7,500 (Bundle offer for intro, advanced & coaching. Limited availability.)

Enquiries: [aspireconsultancy.training@gmail.com](mailto:aspireconsultancy.training@gmail.com) or +852 92517276 (WhatsApp)



# LEVEL 3 12-HOUR MI COACHING WORKSHOP

**An evidence-informed MI coaching process designed for those who aspire to sustain their MI learning and skill development after attending workshops**

*Workshop highlights:*

- Total 12 hours of learning in a small group format spread across 2 months, giving you time and space to develop MI proficiency
- 3 x 2-hour coaching sessions focused on practice, with feedback through coding and professional insights, with the use of standardized patient interactions
- 3 guided, self-paced pair-up sessions to help you develop your deliberate practice process
- Dedicated WhatsApp group for ongoing guidance and support between sessions - and even after the workshop

2-Month Continual Development in MI Proficiency		
Week 1	1st coaching session	<ul style="list-style-type: none"> <li>• Learn how to use MITI to evaluate MI session</li> <li>• Gain feedback on your PACE and OARS</li> </ul>
Week 2-3	Guided pair-up practice and coding	<ul style="list-style-type: none"> <li>• MITI behavior counts I</li> </ul>
Week 4	2nd coaching session	<ul style="list-style-type: none"> <li>• MI standardized patient interactions</li> </ul>
Week 5-6	Guided pair-up practice and coding	<ul style="list-style-type: none"> <li>• MITI global scores</li> </ul>
Week 7	Guided pair-up practice and coding	<ul style="list-style-type: none"> <li>• MITI behavior counts II</li> </ul>
Week 8	3rd coaching session	<ul style="list-style-type: none"> <li>• Full 20-minute MI session practice with feedback</li> </ul>

**Enrol:**



<https://bit.ly/2026mits>

**Dates:**

- Class A: 2 February, 23 February, 23 March 2026 (Mondays)
- Class B: 11 June, 2 July, 30 July 2026 (Thursdays)

Time: HKT 7:30pm - 9:30pm (7:15pm registration)

Format: Online via Zoom

**Fee:**

- \$3,000 (Standard)
- \$2,500 (Early bird offer for Class A ends 2 January 2026)
- \$2,500 (Early bird offer for Class B ends 11 May 2026)
- \$5,000 (Bundle offer for advanced & coaching. Limited availability.)
- \$7,500 (Bundle offer for intro, advanced & coaching. Limited availability.)

**Enquiries: [aspireconsultancy.training@gmail.com](mailto:aspireconsultancy.training@gmail.com) or +852 92517276 (WhatsApp)**



LEVEL 4 12-HOUR

# MI COACHING FOR NEW COACHES (CNC)

**Designed to equip new MI coaches and to help teams, departments, and organizations train internal coaches, building sustainable capacity for MI integration within systems**

*Workshop highlights:*

- 12-hour Coaching for New Coaches (CNC) workshop
- Coaching scenario-based practice and reflective discussions
- Equip new MI coaches to observe, guide, and give feedback
- Build confidence and competence in coaching others to develop MI proficiency

Topics covered:

- Review research findings about MI coaching
- Understand the similarities and differences between practicing MI and coaching MI
- Overview of key coach roles
- Use MITI coding to structure and deliver quality feedback
- Address common learner struggles and how to support them
- Build a comprehensive coaching toolkit, including role-plays, real-plays and standardized patient interactions
- Utilize MI sample videos/transcripts for practical learning
- Design a coaching session or even a coaching process

**Upon completion, participants will be equipped with systematic methods and refined coaching skills to guide others in developing their MI proficiency**

**Enrol:**



<https://bit.ly/2026mits>

Dates: 8 June, 15 June, 22 June, 29 June 2026 (Mondays)  
Time: HKT 7:00pm - 10:00pm (6:45pm registration)  
Format: Online via Zoom

Fee: \$3,500 (Standard)  
\$3,000 (Early bird offer ends 8 May 2026)

Enquiries: [aspireconsultancy.training@gmail.com](mailto:aspireconsultancy.training@gmail.com) or +852 92517276 (WhatsApp)



3-HOUR

# MI PRACTICE LAB

**Suitable for those who have a basic MI understanding, and designed to keep you refreshed and growing in MI, no matter where you are on your MI journey**

*Workshop highlights:*

- One-off 3-hour dynamic “I show, you try” MI Practice Lab
- Combines learning through sharing on an advanced topic (different topics in each lab), observing live demonstration, and practicing with constructive feedback

**January 2026 Class A:**

**Transforming Sustain Talk and Discord into Change Opportunities**

**July 2026 Class B:**

**Navigating the 3As: Using Ability and Activation as levers to Action**

MI Practice Lab outline:

- 3-hour intensive practice session based on the “I show, you try” learning model
- 30-minute deep dive by Dr. Paul Kong on an advanced MI topic
- 20-minute live demonstration of an MI interview by Dr. Kong, featuring focused discussion with the participants on navigating challenging interview scenarios
- Paired practice exercises for participants to apply their skills and exchange feedback and insights
- Grand round-up discussion to consolidate key takeaways and deepen understanding gained from the lab session

**Enrol:**



<https://bit.ly/2026mits>

Dates:

- Class A: 20 January 2026 (Tuesday)
- Class B: 13 July 2026 (Monday)

Time: HKT 7:00pm - 10:00pm (6:45pm registration)

Format: Online via Zoom

Fee: \$800 (Standard)

\$500 (Early bird offer for Class A ends 20 December 2025)

\$500 (Early bird offer for Class B ends 13 June 2026)

Enquiries: [aspireconsultancy.training@gmail.com](mailto:aspireconsultancy.training@gmail.com) or +852 92517276 (WhatsApp)

## ABOUT THE TRAINER: DR PAUL KONG



Dr Paul Kong is a Clinical Psychologist in Hong Kong and the UK. With over 20 years of clinical experience, he has accumulated rich expertise in the mental health services as well as in the addiction field. He is a fellow of the Hong Kong Psychological Society and a Chartered Psychologist of the British Psychological Society. He founded Horizon Beyond Limits Psychology Practice in 2022 to provide professional psychological services and consultation within diverse cultural, linguistic, and societal contexts. Since joining MINT in 2011, Dr Kong has been dedicated to develop and plant the roots of MI in the Chinese-speaking communities.

- Dr. Paul Kong's MI credentials:
  - Member of MINT since 2011 and MINT Certified MI Trainer and Rater
  - Founding Chairman of the Chinese Association of Motivational Interviewing (CAMI)
  - Honorary adviser of Chinese Motivational Interviewing Community
  - Experience of co-training with MI co-founders Dr William Miller and Dr Stephen Rollnick as well as other experienced MINT trainers
  - Experience of training and supervising over 8000 healthcare professionals from countries and regions across Hong Kong, Macau, Mainland China, Singapore, Taiwan, North America, Australia, and Europe
  - Lead trainer and application reviewer of MINT-endorsed TNTs
  - One of the translators of the Simplified Chinese version of Motivational Interviewing (3<sup>rd</sup> ed. in 2013 and 4<sup>th</sup> ed. to be published)
  - Leader of the Chinese translation teams of the Motivational Interviewing Treatment Integrity Coding Manual 4.2.1
  - Initiative to pioneer and launch the Project MI Connect with other Chinese members of MINT, with the vision to bring MI to Chinese-speaking communities across the globe
  - For more MI resources, visit: [www.drpaulkong.com/motivationalinterviewing](http://www.drpaulkong.com/motivationalinterviewing)

## ABOUT MINT AND HOW TO BECOME A MEMBER OF MINT

Committed to promoting high-quality MI practice and training, MINT is an international organization of trainers in MI representing over 40 countries and more than 30 different languages. It serves as a global resource for those interested in learning, advancing, or teaching MI.

The only way to be eligible for membership in MINT is through completing its TNT programs. Application for the TNT is a formal process and requires demonstration of participants' current ability to practice MI. The TEAM criteria plus skill demonstration to be assessed in a TNT application include:

- An initial MI **TRAINING** sequence
- A process of continual **EDUCATION** receiving feedback and coaching
- A breath of clinical activity **APPLYING** MI
- A **MERIT** consistent with MI spirit/philosophy
- A MI **SKILL** proficiency demonstrated through a standardized patient interview or a MI work sample

The current workshop series will provide you a strong foundation of MI prior to applying for the TNT. Information about how to enter the MINT can be found at: <https://motivationalinterviewing.org/pathways-membership>.

Enquiries: [aspireconsultancy.training@gmail.com](mailto:aspireconsultancy.training@gmail.com) or +852 92517276 (WhatsApp)

