

Virtual Workshop on Motivational Interviewing

(Introductory & Advanced)



Date: Introductory - 3, 10 & 17 Sep, 2026 (Thursdays) /

Advanced - 12, 19 & 26 Nov, 2026 (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 on or before 31 Jul - \$2,650

Advanced - \$ 3,750

Early Bird Price on or before 30 Sep: \$ 3,375

***Combo Package (Introductory + Advanced) - \$5,680**
(On or before 31/7/2026)

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 about change and growth for

- addressing the common phenomenon of ambivalence
- strengthening a person's own motivation and commitment



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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 key concepts about ambivalence and change
- MI spirit
- MI 4-task framework
- Teach, show, and try core MI skills OARS and accurate empathy
- Offering information and advice in MI-consistent way
- Recognizing, evoking, and cultivating change talk
- Recognizing and softening sustain talk
- Recognizing and handling discord
- Transitioning to planning and implementing actual change

This 12-hour advanced workshop assumes prior formal training 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. Objectives include:

- Deepen 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
- Analyses of MI videos and transcripts
- Deeper dive into the directionality of MI and how to structure a MI session with flexibility
- Transforming resistance in interview
- Bridging the WHY to HOW: work on mobilizing change language
- Learn how to evaluate MI skill proficiency with MITI coding method

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



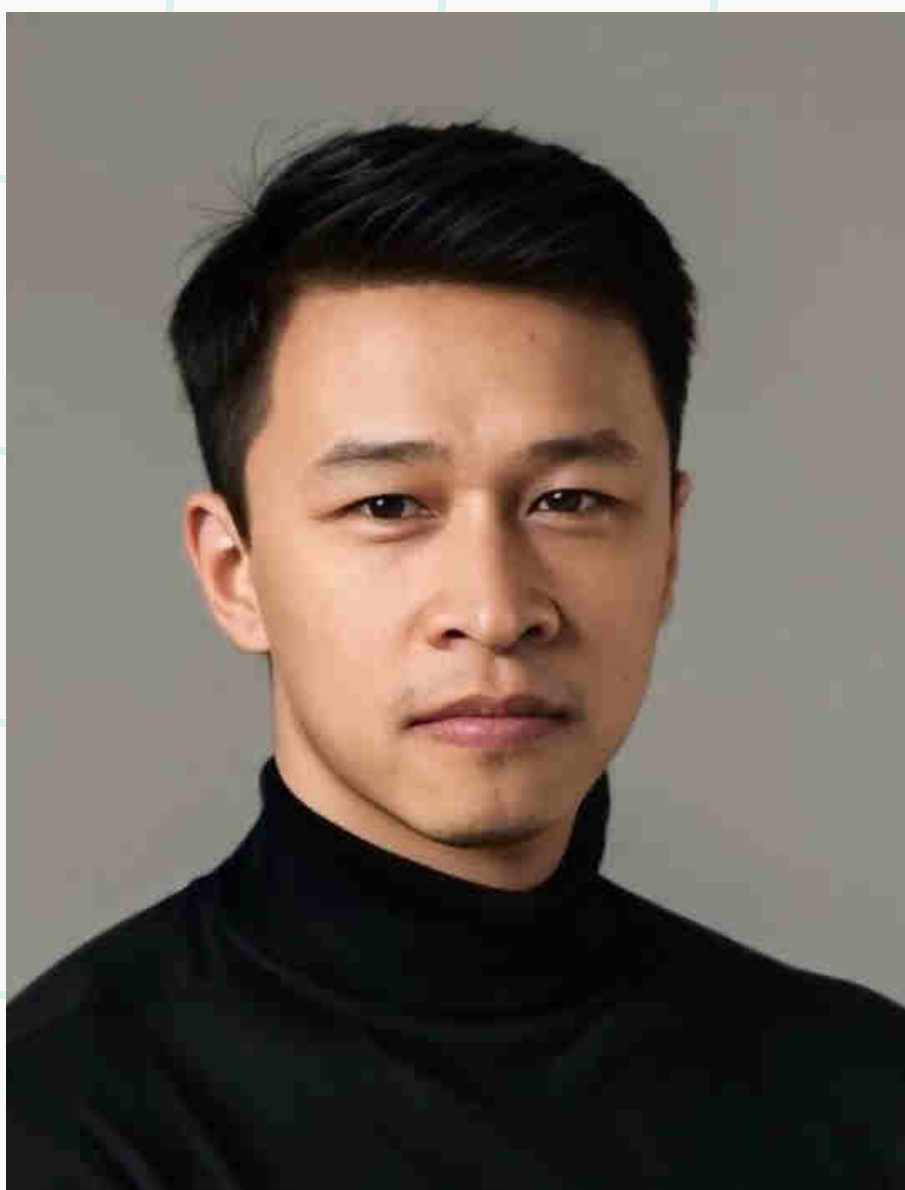
Please scan the QR code and fill in the Google form to register.

**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. He is the first Chinese member of the international Motivational Interviewing Network of Trainers (MINT) and a MINT Certified MI Trainer. He is the fellow of the Hong Kong Psychological Society. 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.

Since joining MINT in 2011, Dr Kong has been dedicated to develop and plant the roots of Motivational Interviewing (MI) in Chinese-speaking communities and has offered different levels of MI training and supervision to the healthcare professionals from Hong Kong, Macau, Mainland China, Singapore, Taiwan, North America, Australia, and Europe.

He is the founding chairman of the Chinese Association of Motivational Interviewing (CAMI) and the honorary advisor of the Chinese Motivational Interviewing Community (CMIC). He is one of the translators of the Simplified Chinese version of Motivational Interviewing (3rd ed. in 2013 and 4th ed. to be published) and the leader of the Chinese translation teams of the Motivational Interviewing Treatment Integrity Coding Manual 4.2.1. He has co-trained with MI co-founders Dr William Miller and Dr Stephen Rollnick as well as other experienced MINT trainers. 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 was endorsed by MINT to serve as the lead trainer in the second MINT-endorsed TNT in Hong Kong in 2025. In 2026, he founded the Institute of Motivation and Change to promote the research, training, and practice in this specialised area.