



**New Life**

Psychiatric Rehabilitation Association  
新生精神康復會

JOCKEY CLUB  
**New Life  
Institute**  
OF PSYCHIATRIC REHABILITATION

賽馬會新生精神康復學院

# Motivational Interviewing in the Treatment of Psychological Disorders

Course Code: 2425/16



October 4, 2024 (Friday)  
October 18, 2024 (Friday)  
October 25, 2024 (Friday)

14:00- 17:30



Online Training (Zoom)



Counsellors, Psychologists, Social Workers and  
Other Helping Professionals

**Register Now**



Deadline

20<sup>th</sup> September, 2024

 **HK\$2,800**

Discount for Two

**HK\$2,500**

Early Bird

**HK\$2,500**

**Before 2<sup>nd</sup> August 2024**



**Course Objective** .....

Motivational interviewing (MI) has been clinically and empirically proven as an evidence-based method to help clients resolve ambivalence and mobilize their energy, commitment, and personal resources for change. It continues to gain momentum as a powerful tool in the treatment of a wide range of psychological problems. Our trainer, Dr. Paul Kong, will describe ways to combine MI with other treatments for various psychological problems, including depression, anxiety disorders, eating disorders, posttraumatic stress disorder, and others. The course will illustrate the nuts and bolts of intervention, using vivid clinical examples, and review the empirical evidence base. During the course, Dr. Paul Kong will show how to tailor MI to each population's needs, whether used as a prelude of treatment or throughout the course of therapy. Mental health professionals in any setting will benefit from this course, including clinical psychologists, psychiatrists, clinical social workers, counselors, addiction specialists, and psychiatric nurses.



**Course Speaker** .....



**Dr. Paul Kong**

MINT Certified MI Trainer

Clinical Psychologist

Founding Chairman of CAMI

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 and psychological problems in the public sector in Hong Kong and held the role of Adult Psychiatry Service Team In-charge in United Christian Hospital. He has vast experience in integrating motivational interviewing into the treatment for clients with psychological disorders. He is devoted to training and growing other healthcare professionals and delivered over 130 training workshops, with over 6500 local and overseas healthcare professionals having attended his trainings.



**3552 5290**



**institute@nlpra.org.hk**

**New Life**

Psychiatric Rehabilitation Association

新生精神康復會

JOCKEY CLUB

**New Life  
Institute**  
OF PSYCHIATRIC REHABILITATION

賽馬會新生精神康復學院

Course Code:  
2425/16

## Motivational Interviewing in the Treatment of Psychological Disorders

<b>Date</b>	4 October 2024 (Friday) 18 October 2024 (Friday) 25 October 2024 (Friday)
<b>Time</b>	2:00pm – 5:30pm
<b>Format</b>	Online Training (Zoom)
<b>Course Outline</b>	<ul style="list-style-type: none"> <li>• A brief introduction of the MI concepts and skills, and its relevance to the treatment of psychological disorders</li> <li>• How to integrate MI into the treatment for anxiety, depression, PTSD, obsessive- compulsive disorder, eating disorders, addictions, and other disorders</li> <li>• How MI has been integrated with other therapeutic approaches</li> <li>• How to employ MI-consistent strategies in addressing clinically challenging scenarios, i.e., self-harming and suicidal ideations, therapy interfering behaviors such as not doing homework, showing up late, etc.</li> </ul>
<b>Teaching Methods</b>	Didactic Lecture, Group Exercise, Role Play and Case Discussion
<b>Target Participants</b>	Psychologists, Counsellors, Social Workers and Other Psychotherapists
<b>Quota</b>	50
<b>Enrolment Fee</b>	HK\$2,800 (Normal Price) HK\$2,500 (Promotion Price) *Group price per person *Enroll on or before 2 August 2024
<b>Enrolment Deadline</b>	20 September 2024 (Friday)
<b>Certificate</b>	A certificate of attendance will be issued by JCNLIPR to participants with at least 80% attendance rate.
<b>Accreditation</b>	CNE: 1 point per hour CPD (CP/OT): To be confirmed
<b>Enquiry</b>	Tel: 3552 5290 Email: institute@nlpra.org.hk