

# Motivational Interviewing in Practice

1 day Workshop + 1 day Wellness Champion Training

For Doctors, nurses, social workers and allied health professionals who wish to get advance technique for helping people to change

<b>Speaker</b>	Ms Sheila K. Stevens MSW, Mayo Clinic, Rochester, USA Ms Jennifer S. Moran MA, TTS, Mayo Clinic, Rochester, USA	
<b>Workshop</b>	<b>Motivational Interviewing Workshop</b>	<b>Wellness Champion Training</b>
<b>Date</b>	20 Feb. 2014 and 21 Feb. 2014 (2 Identical Workshops)	22 Feb. 2014
<b>Time</b>	<b>09:00 – 17:00</b>	<b>09:00 – 16:00</b>
<b>Venue</b>	Jordan Room, 2/F., Eaton Hotel, 380 Nathan Road, Kowloon	
<b>No. of participants</b>	<b>30 participants for each workshop</b>	<b>30 participants</b>
<b>Pre-requisite</b>	Interested in Motivational interviewing (MI) knowledge and technique	People who are passionate about MI and willing to facilitate group sessions later
<b>Course fee (1 Day)</b>	Member \$2200 Non member \$2400	Member \$2800 Non member \$3000
<b>Course fee (2 Days)</b>	Member \$ 5000; Non member \$ 5400	
<b>Award</b>	<b>Certificate of Continuing Education Hours (CEH) by Mayo Clinic Certificate of Attendance issued by HKAFMPHCN (5 CME points)</b>	
<b>Language</b>	English	

Lunch provided



	<b>Workshop on motivational interview to facilitate behavior change</b>	<b>Training for wellness champion</b>
<b>Abstract</b>	MI is a method of communication that has been shown to be effective when assisting people to overcome the ambivalence that oftentimes hinders them from making desired behavioral changes in their lives. In this presentation, effective motivational strategies that health care professionals can use when promoting health behavior changes will be discussed.	Wellness Champions are health-care providers who have a passion for MI and have expressed interest in facilitating ongoing professional development of other professionals who are interested in enhancing MI skills. This workshop will practice basic MI skill, explore topics and options for ongoing professional development.
<b>Objectives</b>	<ol style="list-style-type: none"><li>1. List the elements that underlie the spirit of MI</li><li>2. Discuss the factors of motivation and the rationale for assessing motivation prior to giving advice, treatment or education</li><li>3. Practice the skills to recognize, elicit and response to “change talk”</li><li>4. Demonstrate and practice the interpersonal style and its strategies</li></ol>	<ol style="list-style-type: none"><li>1. Practice the key skills for evocation and responding to “resistance”</li><li>2. Design and build activities for facilitating professional development meetings</li><li>3. Discuss the interpersonal and professional styles best utilized for managing classroom activities</li></ol>
<b>Application and Payment:</b>	Send the duly completed enrollment form and a cross cheque payable to “ <b>Hong Kong Association of Family Medicine and Primary Health Care Nurses Limited</b> ” by post to <b>CND, OLMH, 118 Shatin Pass Rd., Wong Tai Sin, Kln</b>	
<b>Enquiry:</b>	Ms. Kathy Cheung, Tel: 94247911 E-mail: <a href="mailto:kathycyh@gmail.com">kathycyh@gmail.com</a> Ms. Margaret Lam, Tel: 61701987 E-mail: <a href="mailto:lamchm@hotmail.com">lamchm@hotmail.com</a>	
<b>Remarks:</b>	No refund after the deadline for any cancellation. Seats are available on first-come-first-served basis. Successful applicants will be informed individually. <b>Unsuccessful applicants will receive notification and Refund.</b>	

**Deadline of application : 1 Feb 2014**

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