



## Two half-day Workshop on Motivational Interviewing: An introduction to principles and techniques

(Course Code: HKOTA-0-00-21-0022)

Jointly organized by Hong Kong Occupational Therapy Association Ltd  
& School of Medical Health Sciences (Occupational Therapy) Tung Wah College

Date : 12 & 26 March 2022 (Saturday)

Time : 9:00 a.m. to 12:30 p.m.

Venue : 15/F, 16/F Block B, Mongkok Campus, Tung Wah College, 98 Shantung Street,  
Mongkok, Kowloon. **\*(The workshop may be resorted to Zoom mode in case of the aggravation  
of the pandemic COVID-19)**

### Targeted Participants:

Occupational Therapists who want to equip knowledge and skills in Motivational Interviewing

### Capacities:

30 per workshop (First-come-first served, priority will be given to HKOTA members)

### Course Fee:

|                                      | HKOTA member | Non-HKOTA member |
|--------------------------------------|--------------|------------------|
| Early bird before <b>11 Feb 2022</b> | \$1,200      | \$2,000          |
| Course fee after <b>11 Feb 2022</b>  | \$1,600      | \$2,400          |

### Speakers: (For details, please refer to the Appendix I as attached)

**Ms. Irene Heung-Lan CHAN**, HK Registered Occupational Therapist, Member of Motivational Interviewing Network

**Mr. Menza Hon-wai CHU**, HK Registered Occupational Therapist, Member of Motivational Interviewing Network

**Mr. William KO**, HK Registered Occupational Therapist, Member of Motivational Interviewing Network (MINT)

### Outline of Workshop:

Please refer to the Appendix II as attached

**Language: Bilingual**

### For enquiries, please contact:

Ms Lydia Yip (Tel: 5406 6878/ e-mail: hkotaeomail@gmail.com)

**Deadline for application: 2 March 2022**

**Confirmation will be given by 4 March 2022**

**HKOTA CPD: 6 points**

Remarks: Certificate will be offered to participants with full attendance



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**Deadline for application: 2 March 2022**

**Please go to the Google link as below for application:**

<https://forms.gle/REWQiwsgvz7U3ZuW9>

### **Information of the cheque:**

**Cheque payable to: Hong Kong Occupational Therapy Association Ltd.**

**Address : Workshop D, 13/F., Haribest Industrial Building, No.45-47 Au Pui Wan Street,  
Shatin, N.T.**

**Attention : CE Sub-committee (Two half-day Workshop on Motivational Interviewing: An  
introduction to principles and techniques)**

## Appendix I

### **Speakers:**

#### Ms. Irene Heung-Lan CHAN

*Postgraduate Diploma in Occupational Therapy (HKPU), MSc in Health Science/OT (HKPU), HK Registered Occupational Therapist, Member of Motivational Interviewing Network (MINT)*

Irene has worked in Kowloon Hospital as an occupational therapist for 30 years. She is now working as an locum OT (special services) in NDH and NGO setting. She has wide spectrum of clinical experiences both in physical and psychiatric rehabilitation, specialised in psychogeriatric, medical geriatrics and neurology. She started to learn basic and advanced MI via workshops conducted by Mr. Paul Kong in 2014. In the next year, she continued to join the HK Asia-Pacific symposium and workshop on MI organised by Tung Wah CROSS Centre. Since then, she kept practising MI in KH and finally registered as member of MINT in 2018. To keep up the MI skills, she kept joining the MI sharing groups, the CAMI forum, and sharing skills with colleagues and OT students.

#### Mr. Menza Hon-wai CHU

*Postgraduate Diploma in Occupational Therapy (HKPU), MSc, PDip Epidemiology & Biostatistics, MInstAM(AdvDip), HK Registered Occupational Therapist, Int'l Diplomate and Certified CBT Therapist, Member of Motivational Interviewing Network of Trainers (MINT)*

Menza has been serving in the mental health service since 1990. He received the first ever Overseas Corporate Scholarship for Allied Health professionals offered by Hospital Authority to complete a training on Community Mental Health in Melbourne in 2010. In recent decade, he has advocated recovery-oriented practice in mental health service. He also applied motivational interviewing in vocational rehabilitation service. Mr. Chu is also engaged in conducting training on Community Psychiatry, Cognitive Behavioral Therapy and Motivational Interviewing to OT undergraduates, frontline therapists, and nursing students. Mr. Chu is currently serving as a Senior Occupational Therapist in Day & Ambulatory Service and a Clinical Educator of Kwai Chung Hospital. He is also appointed as an Adjunct Assistant Professor in The Hong Kong Polytechnic University.

#### Mr. William KO

*BSc in Occupational Therapy (HKPU), MSc in Clinical Gerontology (CUHK), HK Registered Occupational Therapist, Member of Motivational Interviewing Network (MINT)*

William is currently working in the public hospital. He has experience in delivering self management interventions to patients with various medical conditions, especially with chronic respiratory diseases. He has been a member of the Motivational Interviewing Network of Trainers (MINT) since 2017. He was trained in providing evaluation and feedback on interviewing sessions with the Motivational Interviewing Treatment Integrity (MITI), and has been active in providing training and coaching about MI to local OTs and OT students.

## **Appendix II**

### **Objectives:**

1. To equip participants with basic knowledge of Motivational Interviewing.
2. To prepare participants for applying Motivational Interviewing in their daily practice.
3. To prepare participants for more advanced training and coaching in “Motivational Interviewing”

### **Brief Workshop Outline:**

#### 12 March 2022

- The spirit and principles of MI
- The process of Engaging, fundamental MI skills: OARS
- The process of focusing
- Case study / sample review

#### 26 March 2022

- Evoking: cultivating change talk & softening sustain talk
- Exchanging Information and giving advice
- The process of planning
- Case study / sample review

Implementing MI in clinical practice and relevant evidence

### **Guideline on Infection Control Precautions:**

- Participants, who have **travelled outside Hong Kong** within 14 days prior to the training, who are close contact with a confirmed COVID-19 patient within 14 days prior to the training, or who are currently required by the government to undergo “**Compulsory Testing for Certain Persons**” under the Prevention and Control of Disease Regulation (Cap. 599J) without a negative test, **SHOULD NOT attend the training**. Please take note on the latest health advice as announced by the CHP before attendance.
- Participants are advised to have **self-temperature check** before attending the workshop.
- **Participant with any symptoms** of fever, cough, runny nose or other respiratory symptoms, loss of taste or smell or diarrhoea will not be allowed to attend the workshop.
- Apply **universal masking** with surgical masks and **enhance personal hygiene**, especially hand hygiene and cough etiquette.
- **No drinking or eating** allowed during the workshop.