



## Workshop 1

# Motivational Interviewing in Brief Consultation: Slow down to Speed up Health Behavioural Change



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Dr. FOK is currently working at government general out-patient clinic. He is the Associate Consultant of Kowloon West Cluster Department of Family Medicine and Primary Health Care. Dr. FOK is a member of Motivational Interviewing Network of Trainer (MINT) since 2017. He is a current board member of Chinese Association of Motivational Interviewing (CAMI). He had been speaker on Motivational Interviewing in Diploma of Family Medicine, in different NGOs' training courses and in HKU Master of Clinical Pharmacy.



### Dr. LAU Chi Hang

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Dr. Lau is current working as a private general practitioner, he is a HKAM FM specialist, and Honorary Clinical Associate Professor of Jockey Club School of Public health and Primary Care, CUHK. Dr. Lau is a member of Motivational Interviewing Network Trainer (MINT) since 2015. He is also one of the founding and current board members of Chinese Association of Motivational Interviewing (CAMI). Dr. Lau had a decade of experience in teaching and coaching Motivational Interviewing (MI) among health care professionals, he also had written articles related to MI which was shared in newspaper.

Many health conditions are directly related to patient's behaviors like tobacco use, diet, physical inactivity, poor drug adherence, lacking self-monitoring of disease and etc. Addressing and modifying those problem behaviors may help diseases prevention and control which is the main task in family medicine. In real practice, when we give patients advice on behavioral change, it is not uncommon to encounter reluctance or resistance from them. Our usual approach seems not very effective to facilitate behavioral change, even though sufficient consultation time is given.

Motivational Interviewing (MI) is a directive, patient-centered approach that aims to help people change problem behaviors, it helps to enhance intrinsic motivation to change by exploring and resolving ambivalence. In this workshop, we will let participants to understand the basic principles and some essential mind-set and skill-set of this MI approach. Also, we would like to explore how to do it in our daily practice, with an unhurried manner and relatively brief consultation time.