



PSHK PRESENTS

MOTIVATIONAL INTERVIEWING

(in a nutshell)

Date: Tuesday 30th October, 2018

Time: 19.00 socialising, 19.30 presentation

Fee: \$150 PSHK Members, \$200 Guests

Reserve at:

ticketflap.com/motivational-interviewing

Venue: OpenMind, 1302 Car Po Commercial Bldg., 18 Lyndhurst Terrace, Central, HK

Motivational Interviewing (MI) is a well-researched form of therapy to bring about change in resistant clients. MI is a directive and client-centred counselling method, which has been refined over the last 30+ years to support clients in exploring and resolving ambivalence. It does so by evoking internal motivation for behaviour change. MI is more than just a set of techniques, it is an interpersonal approach that honours each individual client's autonomy whilst staying firmly placed as a productive goal-oriented approach. Over its three-decade history of development and evolution, MI has moved from being an approach to enhance alcoholic's motivation to change their behaviour, to a well-established approach employed across addictions, and used by many health professionals in many facets of client/patient-contact from dentists to doctors and beyond. Come learn about an effective way to support others in making choices in their lives by using MI.

Speaker: Scarlett Mattoli

**MSc Psychology
MSc Coaching Psychology
MA Counselling**

This learning opportunity will be led by Scarlett Mattoli. She has been working in the field of psychology for the past two decades, supporting patients with Motivational Interviewing for the past 10 years in private practice in Hong Kong. She is currently completing her clinical doctorate with research focused on behavioural addictions and the processes involved.