

INTENSIVE COURSE ON PSYCHOLOGICAL MANAGEMENT OF ADDICTIVE DISORDERS ONLINE WORKSHOP

DATE & TIME

11,12,18 & 19 January 2024
(Thursdays & Fridays),
2:00 pm - 6:00 pm
(Four Half-Day Sessions)

PLATFORM

Online (via Zoom)

COURSE FEE

- HK\$4,000 per person
- Early Bird registration on or before 30 November 2023:
HK\$3,200 per person

APPLICATION DEADLINE

- 28 December 2023
- based on a first-come, first-served basis

Please visit IMH website www.imh.org.hk for more details and download the enrolment form



Dr. Paul Kong

- Registered clinical psychologist
- Founding Chairman of CAMI
- MINT Certified Motivational Interviewing Trainer

TARGET PARTICIPANTS

- Any healthcare professionals working with people with addiction problems



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COURSE DESCRIPTIONS

- This 16-hour course aims to present a contemporary and integrated perspective on the psychological and neurobiological basis of addictive disorders
- Equip you with actionable knowledge of psychological intervention strategies targeting various aspects of the addiction problem
- Learn treatment techniques to engage the clients with addictive disorders and enhance their motivation to change, identify their addiction cycle and intervene at specific points, prevent and manage relapse, work with family, and conduct groups.

MEDIUM OF TEACHING

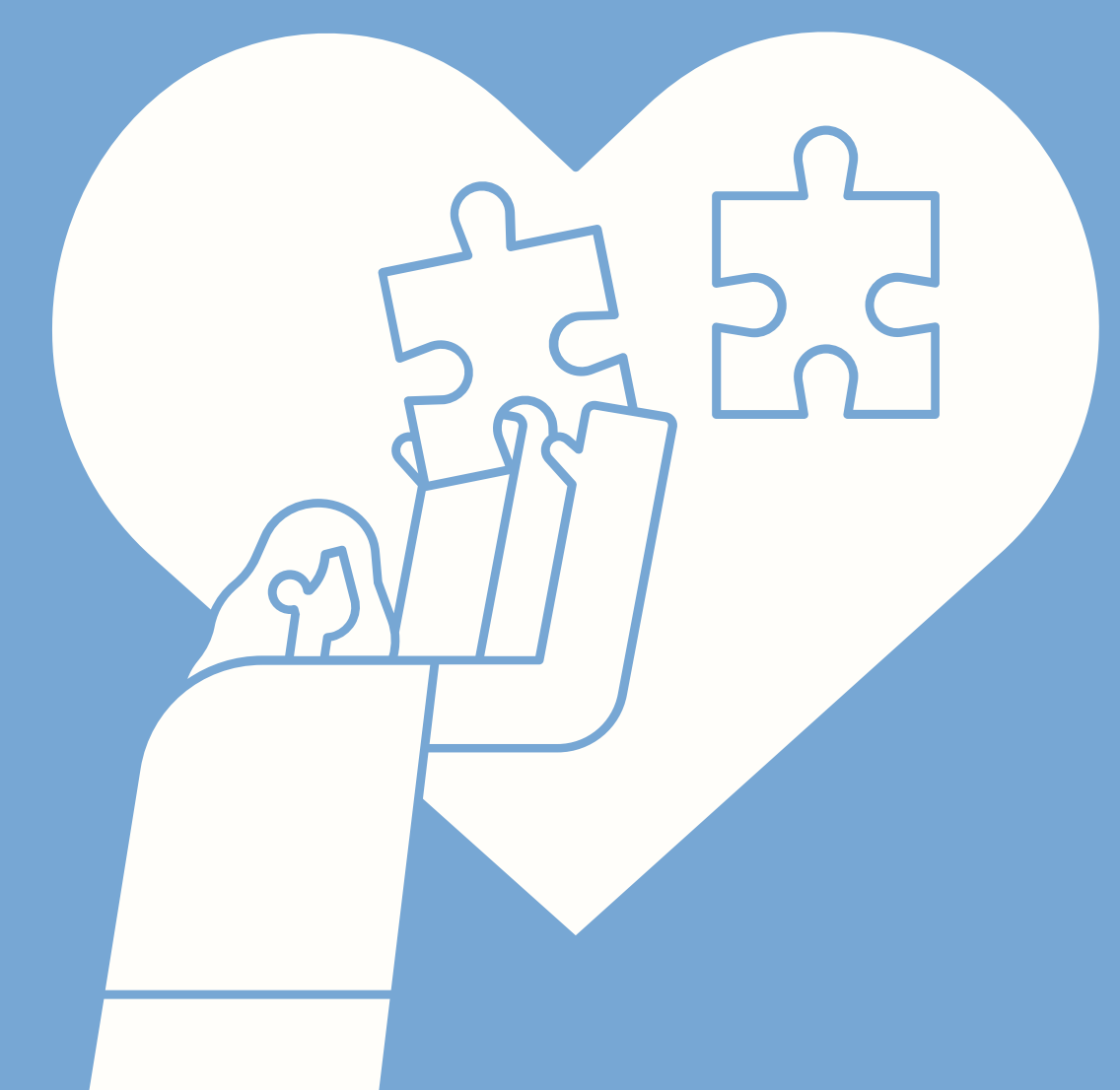
Cantonese supplemented with English (with English handouts)

ACCREDITATION

CME/CNE/CPD/CE accreditation in application

CERTIFICATE

A Certificate of Attendance will be issued with **75% or above** attendance



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COURSE RUNDOWN

Topic

Day 1 - 11 January 2024 (Thursday)

Psychology of Addiction and Stage-tailored Motivational Enhancement

1. Psychology of addiction: the neurobiological and psychosocial perspectives
2. Integrating motivational interviewing (MI) and the transtheoretical model of change
3. Demonstration and practice exercises of MI techniques

Day 2 - 12 January 2024 (Friday)

Cognitive Behavioural Therapy (CBT) of Addictive Disorder

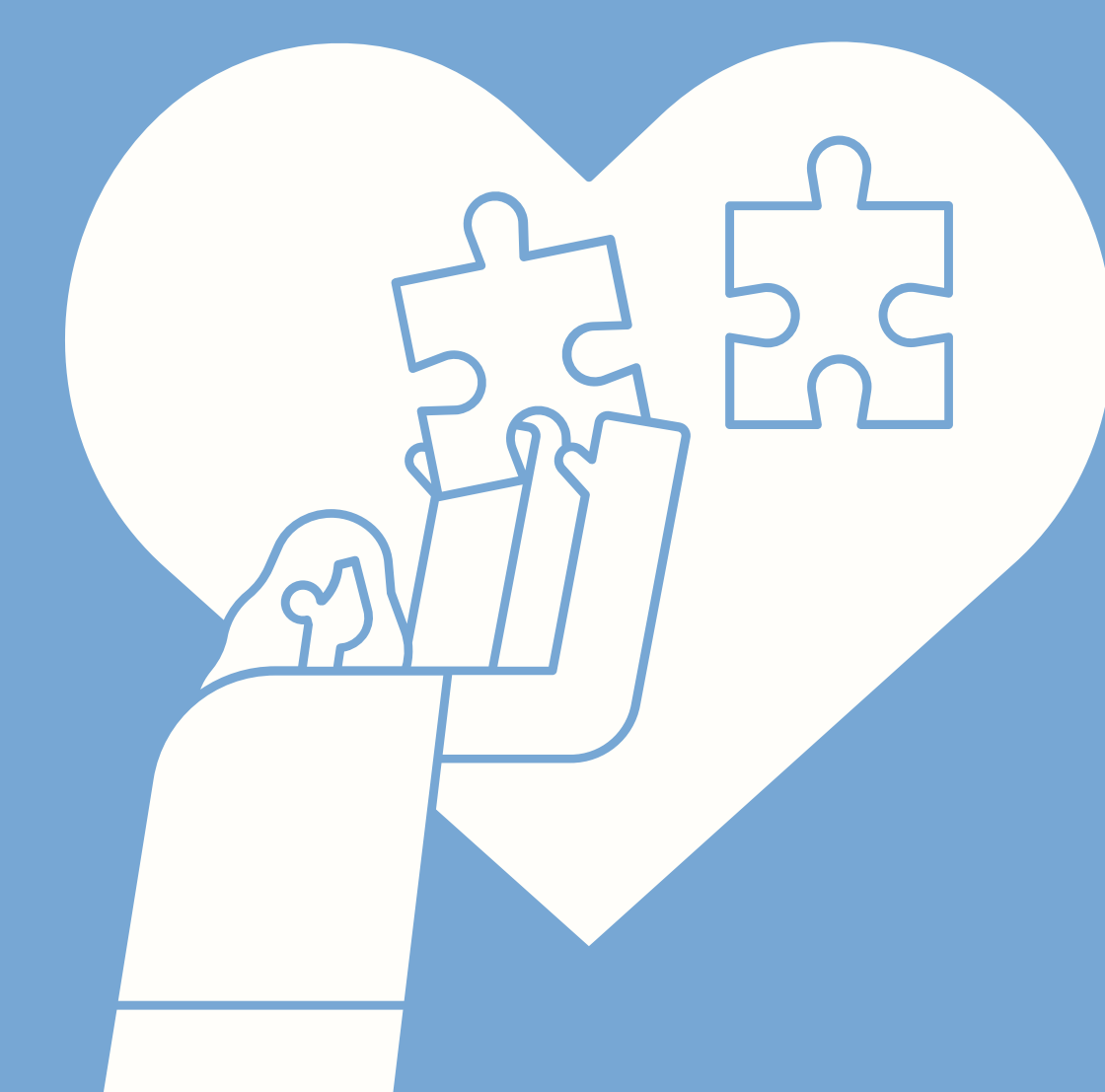
1. CBT cycle model of addictive behavior, with points of intervention in the cycle
2. Standardized CBT techniques :
Case studies on CBT model and practice exercises of CBT techniques
3. Model of new behavior design

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Castle Peak Hospital



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Topic

Day 3 - 18 January 2024 (Thursday)

Relapse Prevention and Maintenance Facilitation

1. High risk situations and coping enhancement
2. Craving management with mindfulness-based strategies
3. Real case study with transcript

Day 4 - 19 January 2024 (Friday)

Working with significant others, working in group context, and working in a recovery-supported model

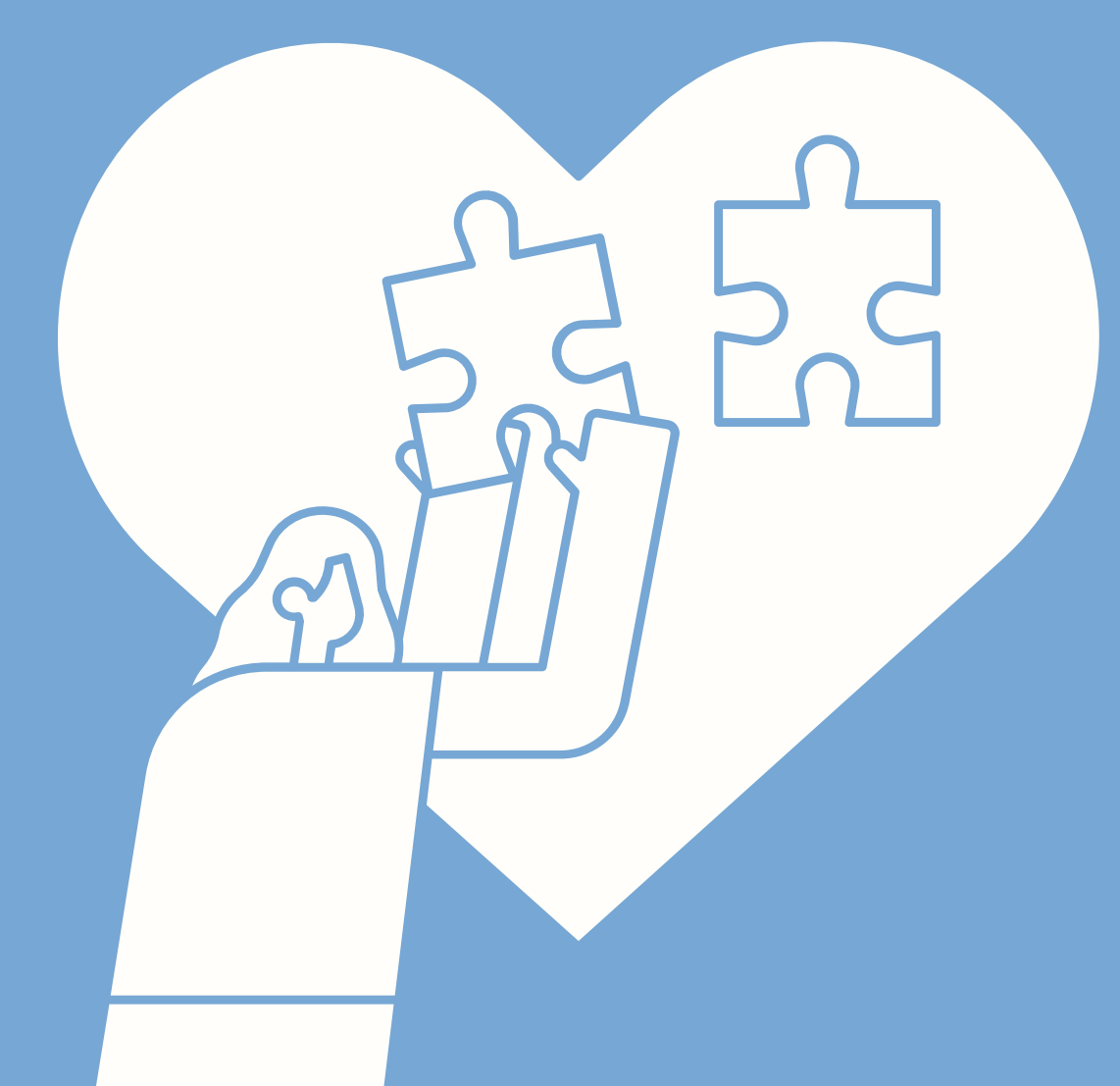
1. The CRAFT approach :
Community Reinforcement Approach with Family Training
2. MI in groups
3. Sharing of experience in running groups with specific treatment modalities, i.e., CBT, ACT, and recovery-support model

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About Dr. Paul Kong

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 problems in the public sector in Hong Kong and held the role of Adult Psychiatry Service Team In-charge in United Christian Hospital.



He had vast experience in working in the multi-disciplinary substance abuse clinic and serving patients with various kinds of addiction problems, using a comprehensive and integrated psychological approach. He is devoted to training and growing other healthcare professionals and delivered over 100 training workshops, with over 6000 healthcare professionals having attended his trainings. He is the Founding Chairman of the Chinese Association of Motivational Interviewing and the Certified Motivational Interviewing Trainer of the International Motivational Interviewing Network of Trainers. He has translated and authored a number of books, chapters, and manuals to promulgate his clinical expertise to the professional field as well as the general public.

