

The Hong Kong Pain Society Annual Scientific Meeting 2013

CHRONIC PAIN: THE MIND AND THE BODY



Post-conference workshop

Motivational interviewing: Its applications on people
with chronic pain

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Department of Rehabilitation Medicine University of
Washington, USA

Date: 27 September 2013 (Friday)

Time: 6:30 – 8 pm

Venue: Lecture theatre, G/F, Block D, Queen Elizabeth Hospital, Kowloon

Registration Fee: HKD100

For registration, please contact HKPS-ASM 2013 Meeting Secretariat at
hkps@icc.com.hk

Motivational Interviewing (MI) is a powerful intervention to encourage positive health behavior changes. It is a client-centered strategy that assist person to change behaviour to enhance their health status. It has been utilized by various healthcare professions to assist client in quit smoking, diet control, adopting regular exercise, medication changes, and alcohol consumption. The key elements of MI are based on partnership between the healthcare professional and the client; drawing out the client's own motivations and skills about change; and emphasizing the autonomy of the client. MI can be delivered in a relatively short time. Acceptability of MI among patients is very high. Numerous researches have proven the effectiveness of the technique.

Dr. Jensen has been developing and studying the efficacy of psychosocial pain treatments for almost three decades. He combines cognitive-behavioral, hypnotic, and motivational approaches to help his clients better manage chronic pain and its effects on their lives. He is a popular speaker who has conducted workshops in various countries on treatment approaches for pain management including motivational interviewing.