

Contents

ix	Foreword
xi	Preface
xiii	Acknowledgments
xvii	About the Editors
xix	Contributors
1	1. Why Include Motivational Interviewing in Medical Training?
10	2. Motivational Interviewing: An Overview
19	3. Spirit and Processes of Motivational Interviewing
30	4. Building a Toolbox
58	5. Motivational Interviewing in Practice
67	6. Ambivalence and Discord
77	7. Moving Ahead: From Sustain Talk to Change Talk & Evoking to Planning
97	8. Motivational Interviewing in Challenging Encounters
110	9. Brief Interventions
125	10. Motivational Interviewing in Primary Care
143	11. Motivational Interviewing in Pediatric Settings
158	12. Motivational Interviewing in Family Settings
169	13. Special Populations and Settings
195	14. Integrating Motivational Interviewing Into Using an Electronic Medical Record and Electronic Communication
200	15. Learning and Experiencing Motivational Interviewing
214	16. Future Directions of Motivational Interviewing in Medical Training
217	Appendix 1. Motivational Interviewing Quick Guide
222	Appendix 2. Video Clips of Clinical Encounters
225	References, Videos, and Books
243	Index