

Contents

PART I. BEHAVIOR CHANGE AND MOTIVATIONAL INTERVIEWING

1	Motivational Interviewing: Principles and Evidence	3
2	How Motivational Interviewing Fits into Health Care Practice	11

PART II. CORE SKILLS OF MOTIVATIONAL INTERVIEWING

3	Practicing Motivational Interviewing	33
4	Asking	44
5	Listening	65
6	Informing	86

PART III. PUTTING IT ALL TOGETHER

7	Integrating the Skills	111
8	Case Examples of a Guiding Style	121

xiii

9	Getting Better at Guiding	140
10	Beyond the Consultation	157
	Epilogue: Some Maps to Guide You	173
	Appendix A. Learning More about Motivational Interviewing	177
	Appendix B. A Topical Bibliography of Research on <i>Motivational Interviewing</i>	183
	Index	205