

PART I. Why Integrating Motivational Interviewing and Mindfulness?

1. Motivational Interviewing

Livianna K. Myklebust and Antoine Douaihy

2. Mindfulness: Self-Healing Mechanism and Therapeutic Ally

Fiona Brandon

3. Motivational Interviewing and Mindfulness: Divergence, Commonalities, and Practical Strategies for Integration

Antoine Douaihy, Cassandra L. Boness, Melanie A. Gold, Fiona Brandon, and Livianna K. Myklebust

4. Motivational Interviewing, Mindfulness and Other Integrative Health Modalities

Jessica J. Stephens and Melanie A. Gold

PART II. Clinical Applications

5. Integrating Motivational Interviewing and Mindfulness in Oncology Settings

Robin Valpey and Cara Popeski

6. Integrating Motivational Interviewing and Mindfulness-Based Care in Addiction Treatment

David I.K. Moniz-Lewis, Frank J. Schwebel, and Cassandra L. Boness

7. Integrating Motivational Interviewing and Mindfulness into Healthcare with Adolescents

Donya V. Rhett and Melanie A. Gold

8. Integrating Motivational Interviewing and Mindfulness in Chronic Pain Management

Heena D. Panchal

9. Integrating Motivational Interviewing and Mindfulness in HIV Care

Antoine Douaihy, Melanie A. Gold, and Linda Frank

10. Integrating Motivational Interviewing and Mindfulness in the Treatment of Mood and Anxiety Disorders

Robert Tessier and Meredith Spada

11. Integrating Motivational Interviewing and Mindfulness-Based Care for Patients with Histories of Trauma: A Healing-Centered Approach

Nicholas Szoko and Elizabeth Miller

12. Integration of Motivational Interviewing and Mindfulness in Chronic Illness Management

Jordan See and Raj Patel

PART III. Future Directions

13. Future Directions

Antoine Douaihy and Melanie A. Gold

Glossary of Terms

Index