

MOTIVATIONAL ENHANCEMENT THERAPY (MET)

WHAT IS MOTIVATIONAL ENHANCEMENT THERAPY?

Motivational Enhancement Therapy (or “MET”) is a very brief approach that focuses on your motivation for making changes in substance use and engaging in treatment. Conversations between you and your therapist help you explore your reasons for wanting to make changes.

WHAT WILL I DO IN MET?

You will answer some questions on paper and your therapist will provide you with personalized feedback based on your responses. You will also be able to see how your responses compare to the responses of other people who are about the same age as you. You and your therapist will explore your reasons for wanting to make changes and your therapist will provide suggestions on ways to help you make those changes.

HOW LONG DOES MET TAKE?

MET usually lasts 2-4 sessions, though the actual length is determined by you and your therapist.

HOW OFTEN WOULD I MEET WITH MY THERAPIST?

Sessions are usually provided on a weekly basis.

WHAT ARE THE RISKS OF MET?

You may feel discomfort when talking about difficult issues that you are currently facing in your life.

HOW EFFECTIVE IS MET?

Consistent research has shown MET to be effective in increasing motivation to make positive changes in alcohol and cannabis use, as well as in increasing motivation for treatment.