

Motivational Enhancement Therapy (MET)

What is Motivational Enhancement Therapy (MET)?

Motivational Enhancement Therapy (MET) is a client-centered counseling approach designed to help individuals resolve ambivalence and strengthen their internal motivation to change. Rather than focusing on teaching new coping skills, MET emphasizes enhancing a person's own motivation and commitment to positive change.

How Does Motivational Enhancement Therapy (MET) Work?

MET is typically brief and structured, involving an initial assessment followed by focused sessions. Therapists use motivational interviewing techniques to explore personal goals, highlight discrepancies between current behavior and desired outcomes, and encourage self-driven decision-making. The therapy fosters empowerment rather than imposing change.

Benefits of Motivational Enhancement Therapy (MET)

- Increases motivation and readiness to change
- Reduces resistance and ambivalence toward change
- Encourages self-reflection and personal responsibility
- Supports healthier decision-making
- Can be combined with other therapies for better outcomes
- Effective for substance use, lifestyle changes, and mental health improvement

Who Can Benefit from Motivational Enhancement Therapy (MET)?

MET can benefit anyone who feels uncertain or resistant about making changes in their life. It is particularly effective for:

- Individuals struggling with substance or alcohol use
- People facing ambivalence about therapy or recovery
- Those experiencing lifestyle-related health issues
- Clients who need help building confidence to make changes
- Adolescents or adults hesitant about committing to treatment

What to Expect from Motivational Enhancement Therapy (MET)?

Sessions usually begin with a personal assessment and feedback to raise awareness of current behaviors. The therapist works collaboratively to set achievable goals, explore motivations, and strengthen commitment. Typically brief (around 4–6 sessions), MET provides a supportive, non-judgmental space for building self-confidence and motivation.

Why Choose Motivational Enhancement Therapy (MET)?

MET is a respectful, empowering approach that meets clients where they are. Instead of pressuring change, it nurtures intrinsic motivation, making the process more sustainable and self-directed. By choosing MET, individuals can take ownership of their journey and build lasting, positive change in their lives.