Motivational Enhancement Therapy (MET)

TARGET AUDIENCE
This program is for adults who struggle with alcohol and drug misuse.

SUMMARY
The Motivational Enhancement Therapy (MET) program, primarily used with clients who contend with drug and alcohol abuse, is designed to help participants resolve their ambivalence regarding drug and alcohol use, create self-motivational statements, commit to positive change, and develop self-efficacy. This program focuses on offering empathetic but direct feedback.

EVIDENCE
Several randomized controlled trials of MET have been conducted. Studies demonstrated small to moderate evidence that MET, compared to treatment as usual, resulted in significant reductions in alcohol use among mild to moderate primary alcohol users for a period of up to 6 months post-therapy. The evidence of sustained effects over the long term, up to 5 years post-treatment, is unclear. The evidence of MET’s effectiveness was mixed for marijuana usage. Among those participants who used multiple substances, the program demonstrated moderate effectiveness with those who self-identified as primarily alcohol users.

COMPONENTS
Therapy begins with an exchange between the client and therapist, which focuses on encouraging participants to evoke and strengthen their motivation to change while continuing to make their own life choices. MET centers directly on the person and his or her desires and offers helping skills that urge and support clients to establish and reach their personal goals. MET is based on five motivational principles:

1. Express empathy;
2. Develop a discrepancy between the client’s state of being and his or her desired state of being;
3. Avoid arguing;
4. Defuse resistance; and
5. Enhance and support self-efficacy.

Therapists encourage clients to speak about change by responding with affirmation. If a client has an attitude of resisting change or uses speech about resisting change, the therapist will not respond with confrontation or correction, but he or she will respond neutrally.

PREVIOUS USE
MET has been used since 1985 in over 200 sites in the United States. It has also been used in the Netherlands, New Zealand, Norway, and the United Kingdom.
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**TRAINING**

Two recommended online trainings are available, and they each cost $50 per registrant. On-site and off-site trainings are also available upon request. The cost of on-site and off-site trainings depends on the trainer, length of training, location, and nature of training. In addition, a manual entitled Motivational Enhancement Therapy with Drug Abusers is available. For more information on training, please contact the program developer.

**CONSIDERATIONS**

Considerations for implementing this program include recruiting therapists who believe this type of therapy will be helpful for their clients and ensuring participant buy-in (i.e., will clients be motivated by self-efficacy).

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**

If you are interested in implementing MET, the Clearinghouse is interested in helping you!

Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**

MET sessions consist of four separate meetings that take place over 3 months. Length of sessions is determined by the therapist and client.

**COST**

Program manuals and quality assurance instruments are free and available online by the U.S. Department of Health and Human Services.

**EVALUATION PLAN**

To move the MET program to the Effective category on the Clearinghouse Continuum of Evidence at least one evaluation should be performed clearly demonstrating positive effects lasting at least one year from the completion of the intervention.

The Clearinghouse can help you to develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**

Contact the Clearinghouse with any questions regarding this program.

Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact the program trainers by visiting motivationalinterviewing.org/

**SOURCE**

www.goodtherapy.org/learn-about-therapy/types/motivational-enhancement-therapy and legacy.nreppadmin.net/ViewIntervention.aspx?id=347