

When might MET be helpful for me?

Sometimes when people use alcohol and/or other substances they experience unwanted consequences. For example, they sometimes have a hard time controlling the amount of time they spend consuming alcohol or substances. They may also struggle to control the quantity of alcohol and/or substances that they consume or may want to or try to reduce or quit using alcohol and/or other substances but aren't successful at it. Additional signs/symptoms of alcohol and/or substance use disorders include:

- Spending a lot of time getting, using, or recovering from use of alcohol and/or substances
- Having cravings and urges to use alcohol and/or other substances
- Not doing what one should at home, work or school, because of alcohol and/or substance use
- Continuing to drink alcohol/use substances, even when it causes or worsens problems in social relationships
- Missing out on significant social, occupational, or recreational activities because of alcohol and/or substance use
- Continuing to use alcohol and/or other substances over and over, even when it is considered physically dangerous/hazardous or when it causes or worsens a medical or psychological condition
- Experiencing tolerance (i.e., needing more alcohol/other substances to get the desired effect)
- Experiencing withdrawal symptoms

 **Motivational**
Enhancement Therapy

VA



U.S. Department
of Veterans Affairs



**Motivational
Enhancement
Therapy**

for Alcohol and/or Substance Use

What is Motivational Enhancement Therapy?

Motivational Enhancement Therapy (MET) is a more targeted, structured version of Motivational Interviewing (MI). MI is an evidence-based, Veteran-centered form of treatment used to elicit and strengthen motivation for change. Essentially, the MI approach is a conversation between you and your provider that will work to strengthen your motivation and commitment to change whatever behavior you have decided to work on in treatment. MET involves a brief assessment followed by a conversation with your provider aimed at helping you decide what changes, if any, you would like to make in your alcohol and/or other substance use.

How does MET work?

MET helps individuals explore their motivation for and ability to make changes in their substance use. This process has been shown to help individuals stay in treatment longer and follow-through with making the desired changes.

Will MET work for me?

MET may be helpful at many stages of treatment. It is particularly helpful early in treatment and when individuals are unsure about making a change. It may be used during the assessment process to help you determine your goals for treatment.

If you have concerns about your alcohol and/or substance use, or that of someone you care about, and are unsure about what (if any) treatment to pursue, MET might be a good first step.

The majority of people with alcohol and/or substance use disorders can get better with treatment. Some medications, psychotherapies, and other methods (including active self-help involvement) can effectively treat people with alcohol and/or substance use disorders.



How long does it take?

MET generally consists of 2-4 individual sessions over a few months. Each session will be 45-90 minutes depending on the treatment session. The exact length of time is determined in collaboration with an individual's therapist.

What happens during treatment?

After determining that MET is the right treatment for you, you and your therapist will spend part of a session completing a computerized assessment tool. You will be asked a number of questions about your alcohol and substance use.

For example, your provider will review any risk factors you have for alcohol and/or substance use disorders and any consequences you are experiencing or have experienced in the past. Together, you will review a personalized feedback report that is generated from the information you provide. You will then determine together what your treatment goals are.

How do I find out more?

MET is only one of many treatments available for alcohol and/or substance use disorders. Talk to your provider to see if MET is right for you.