What is Motivational Enhancement Therapy?

Kate Tansey, a professor of social work and social policy in St. Louis, MO, is a strong supporter of community service, having worked in multiple sectors of community organizing and outreach. In her lectures, Kate Tansey seamlessly blends her vast knowledge of social work with her experiences in community service; for instance, one of her talks addressed the use of motivational enhancement therapy for adolescents struggling with substance abuse.

What are the components of this form of therapy?

[Motivational enhancement therapy](http://en.wikipedia.org/wiki/Motivational_Enhancement_Therapy%E2%80%8E), or MET, is the process of solving negative behavioral patterns in a person by acknowledging that the patient’s behavior may be the result of insufficiently developed patterns of thought. By understanding their thought processes and engaging the patient in a new, positively reinforced thought pattern, the therapy allows a non-judgmental method of analyzing the person’s negative situation. Thereby empowering the person to progress through the treatment process. This method is particularly useful for adolescents, providing a common platform on which both the client and the therapist can engage meaningfully.