

Motivational Enhancement Therapy (MET)

We use this technique also called Motivational Interviewing to help increase the persons motivation for change, seeking healthier change to improve their life. It focuses on the persons desire and motivation to overcome problems with addictions and other destructive behaviours. We look at advantages and disadvantages for change, how the behaviour impacts their life, building and maintaining motivation for healthy change. This technique also focuses on the person choosing their best options for change.