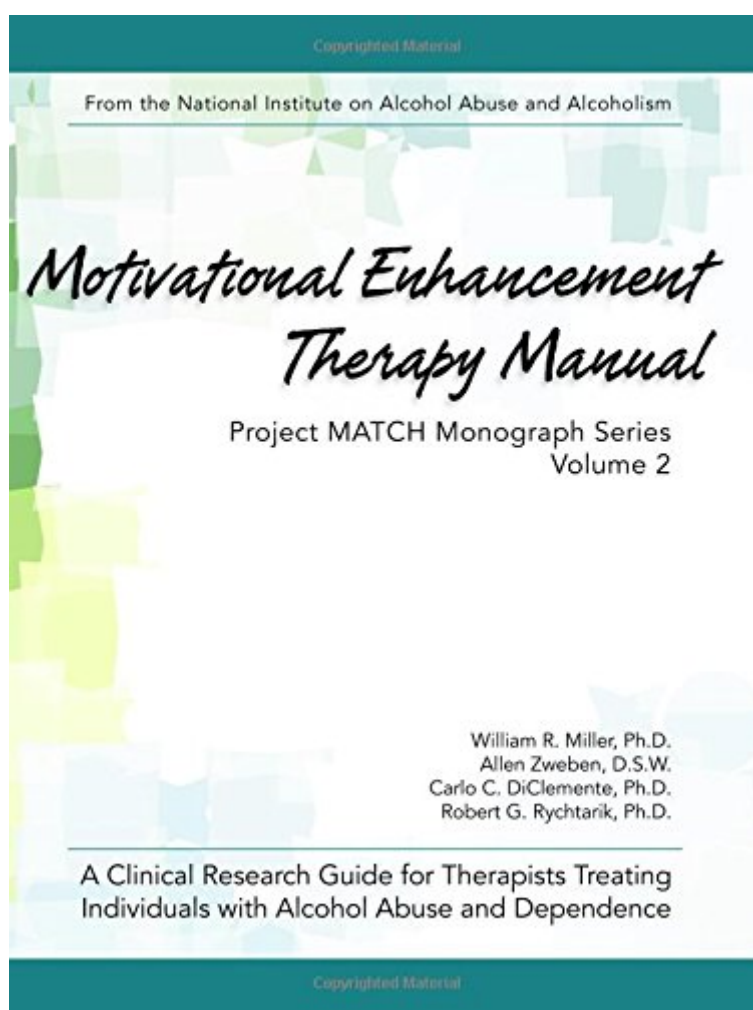


# Motivational Enhancement Therapy Manual: A Clinical Research Guide for Therapists Treating Individuals With Alcohol Abuse and Dependence PDF



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Motivational Enhancement Therapy Manual: A Clinical Research Guide for Therapists Treating Individuals With Alcohol Abuse and Dependence by William R. Miller ISBN 1626548579

The success of Motivational Enhancement Therapy (MET) as an effective out-patient treatment plan for addiction has brought this valuable manual back in print. MET is an adaptation of the counseling approach known as Motivational Interviewing (MI) that was developed by clinical psychologists Professor William R. Miller, PhD and Professor Stephen Rollnick, PhD. Known for its

unique method of facilitating and engaging intrinsic motivation within the client to change behavior, MI was pursued by Project MATCH in 1989 to compare its efficacy for treating patients of alcohol and substance abuse.

Behavioral therapists and social workers who care for clients with addiction problems will find the MET techniques extremely helpful, particularly if step-programs have proven unsuccessful. The *Motivational Enhancement Therapy Manual* guides therapists in developing the five components of MET that make it ideal for personalized treatment:

1. Empathy
2. Goal Making
3. Avoidance of Arguments
4. Rolling with Resistance
5. Supporting Self-Efficacy

In this four-session, 90-day recovery plan, the success lies in the cultivation of a client's inner willingness to overcome previous ambivalence toward treatment.

## **Motivational Enhancement Therapy Manual: A Clinical Research Guide for Therapists Treating Individuals With Alcohol Abuse and Dependence Review**

This Motivational Enhancement Therapy Manual: A Clinical Research Guide for Therapists Treating Individuals With Alcohol Abuse and Dependence book is not really ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this reserve incredible fresh, you will get information which is getting deeper an individual read a lot of information you will get. This kind of Motivational Enhancement Therapy Manual: A Clinical Research Guide for Therapists Treating Individuals With Alcohol Abuse and Dependence without we recognize teach the one who looking at it become critical in imagining and analyzing. Don't be worry Motivational Enhancement Therapy Manual: A Clinical Research Guide for Therapists Treating Individuals With Alcohol Abuse and Dependence can bring any time you are and not make your tote space or bookshelves' grow to be full because you can have it inside your lovely laptop even cell phone. This Motivational Enhancement Therapy Manual: A Clinical Research Guide for Therapists Treating Individuals With Alcohol Abuse and Dependence having great arrangement in word and layout, so you will not really feel uninterested in reading.