

Mental Health Therapies & Motivational enhancement therapy (MET)

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Abstract

Motivational enhancement therapy (MET) is a directive, person-centered approach to therapy that focuses on improving an individual's motivation to change. Those who engage in self-destructive behaviors may often be ambivalent or have little motivation to change such behaviors, despite acknowledging the negative impact of said behaviors on health, family life, or social functioning. The primary goal of MET is to help individuals overcome their ambivalence or resistance to behavior change. MET focuses on increasing intrinsic motivation by raising awareness of a problem, adjusting any self-defeating thoughts regarding the problem, and increasing confidence in one's ability to change. Instead of identifying a problem and telling a person in therapy what to do about it, the therapist encourages a person in therapy to make self-motivating statements that display a clear understanding of the problem and a resolve to change. The numerous mental health therapy techniques and therapies available today are used to tackle a wide variety of conditions such as depression, anxiety disorders, eating disorders, and phobias, as well as borderline disorders, multiple personality disorder, and schizophrenia. These conditions can be treated, often successfully, with the help of psychotherapy and, sometimes, supplementary drug therapy.

Biography:

Koziba Sebina has completed his degree in Computer Systems Engineering from Botswana Accountancy College. He had degree in Psychology. Sebina is an International Speaker, Master Coach, Corporate Strategist, Author and radio Personality having featured in TEDx, World Bank Youth Summit in Wahsington DC, South Korea, Nigeria, Kenya and UK. Sebina is the founder and head consultant of Evolve Syndicate. Deliverables include eBooks, CDs, DVDs, forums, online classes, pod casts, presentations, internet radio/television programs, seminars, special events, webinars and workshops supporting the mission and vision.

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