

## Motivational Enhancement Therapy

**Mushtaq B\***

P.G. Psychaitry Nursing Scholar, India

\*Corresponding author: Mushtaq B, P.G. Psychaitry Nursing Scholar, Srinagar, India, Tel: 7006908561; Email: bushra.mushtaq77@gmail.com

**Commentary**

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### Commentary

Drug addiction is one of leading problems which impairs the health and normal life of individuals. Besides having many treatments and rehabilitation procedures for its treatment, Motivational Enhancement Therapy [1] is an approach which helps to internally motivate the individual to restrain from the addiction of any. It is the counselling intervention which helps in changing thoughts of individual along with the behaviour. It is based on the principle of developing internal motivation in the client rather than assisting in every step.

After performing the complete history taking and Initial Assessment, there is step-wise approach for Motivational Enhancement therapy [1]. It includes simple to complex approach. Motivation plays very important role in arising arousing internal awareness and stimulation of an addict client. Before starting main therapy, there are several things which have to be taken into consideration, which are as follows:

**Rapport Building:** This is very essential and effective parameter for the therapy. Rapport will be built simultaneously as the therapy will proceed, but rapport building will start from the initial meeting with the client.

**Suitable Environment:** Environment for counselling and the therapy should be suitable for the client. The client needs to be taken away from the family members, so that they may easily ventilate themselves without any hindrances. There may be separation created between family and the client.

**Introducing Self:** Introduction of the counsellor or therapist is essential and should be in a way of being clear with name, designation and credentials if needed.

**Assurance:** Assuring the client about the confidentiality of information and the legal rights of the clients will be given full consideration.

**Questioning Technique:** Our questions and approach towards the client may change the response of the client. Asking about present problem of the client will help us to see the insight in the client.

Motivating the client is very complicated process but once it is developed the entire situation can be controlled. This involves finding the motivators in the client which can be internal motivation which includes inner feelings of client and this is the strongest for success and next is external motivation which enhance the internal motivation.

### Stages of Motivation Enhancement Therapy

**Pre-Contemplation:** In this stage no insight is present in client and client not ready for any change.

**Contemplation:** The client blames some external sources for the problem, the client have some insight but not ready to induce changes in self.

**Preparation or Determinative Stage:** Change model is prepared; the planning for inducing the change is done. The client has insight and accepts the problem is because of him and he thinks about the necessary steps for the change.

**Treatment or Action:** Medicines are taken in this stage. The client completely works for change and moves to his goals slowly. The client makes changes in his behaviour [2].

**Maintenance:** Treatment stage continues for several months and if continues then it leads to Maintenance Stage i.e. gaining treatment for maintaining new behaviour attained.

If the Action stage does not continue the client goes to Lapse or Relapse stage.

## References

1. Motivational Enhancement Therapy. AddictionCenter.
2. Treatment Approaches for Drug Addiction.