



Iowa Department of Public Health
Protecting and Improving the Health of Iowans

Motivational Enhancement Therapy/Cognitive Behavioral Therapy (MET/CBT) Refresher Video

Purpose: The MET/CBT Refresher video offers MET/CBT therapists opportunity for skill development. This video provides an outline to practice, and then reflect on facilitation of each MET/CBT session. This video provides an interactive learning experience with deliberate practice in mind. When the tape stops for practice, the MET/CBT therapist should practice the skill indicated in the video. Just as we ask our patients to practice skill development outside of sessions, this is the therapist's turn to have a guided practice.

Guidelines: Best practice is for a MET/CBT supervisor to be part of this learning experience with the MET/CBT therapist. Feedback should be given to the therapist by the Supervisor, or at minimal by another MET/CBT therapist. This video does not replace the required two-day MET/CBT training, but instead is a refresher of the skills learned at the two-day training. Practice is not recommended with this video prior to completing the two-day MET/CBT training. Use the attached power point slides to follow along during the video.

Contact Information: For questions, please contact Kate Weiner or Cara Weis.

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[MET/CBT Refresher Video Click Here](#)

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