



# **Unified Psychotherapy:**

## **A New Framework for Clinical Practice**

**Jeff E. Harris, Ph.D. & Amy Sholler Dreier, Ph.D.**

**Training in Unified Psychotherapy**

**TUP Level One / Part Two**

**June 15, 2024**

# Disclosure



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# TUP Level One Webinars

## *Working Interactively with Cognition, Emotion, & Behavior*

- ▶ TUP 1-1. **Unified Framework – June 2024**
- ▶ TUP 1-2. **Cognitive Focus**
- ▶ TUP 1-3. **Experiential & Emotional Focus**
- ▶ TUP 1-4. **Behavioral Focus**
- ▶ TUP 1-5. **Developmental Focus**
- ▶ TUP 1-6. **Unified Treatment Planning**

Recordings of all six TUP Level One webinars are available  
through TZK for home study:

<https://www.tzkseminars.com/jeff-harris-phd/>



# TUP Level Two Webinars

## Working Interactively with Cognition, Emotion, & Behavior

- ▶ TUP 2-1. Interpersonal Focus – July 2024
- ▶ TUP 2-2. Systemic Focus – September 2024
- ▶ TUP 2-3. Cultural Focus - October 2024
- ▶ TUP 2-4. Psychodynamic Focus – 2025
- ▶ TUP 2-5. Biological Focus – 2025
- ▶ TUP 2-6. Case Formulation & Advanced Treatment Planning – 2025



# Training in Unified Psychotherapy

TUP is trying to create an *interactive learning community* of psychotherapists who want to support one another as we learn to put integration into practice.

- ▶ Webinars are offered through **TZK Seminars**.
- ▶ **StratPsych** offers an online learning platform, discussion groups, and TUP certification.
- ▶ **TUPdates** is a google group through which information will be shared.
- ▶ Additional learning resources will be available through **DropBox**.



# Training in Unified Psychotherapy

If you'd like to become a part of this *interactive learning community*, please send an email to:

[dr.jeff.e.harris@gmail.com](mailto:dr.jeff.e.harris@gmail.com)

and ask to be added to the **TUPdates** google group.



# TUP 1-1 Webinar Outline

1. Unified Psychotherapy
2. Holistic Model
3. Unified Framework
4. Simple Foundation
5. Unified Treatment Planning
6. Video Demonstrations
7. Development as an Integrative Psychotherapist
8. Discussion



# Unified Psychotherapy

Unified Psychotherapy (UP) seeks to enhance practitioners' capacity to draw from the diversity of approaches, processes, techniques, and research findings by providing an evolving, comprehensive, holistic framework.

(Cape Cod Summit, 2015)

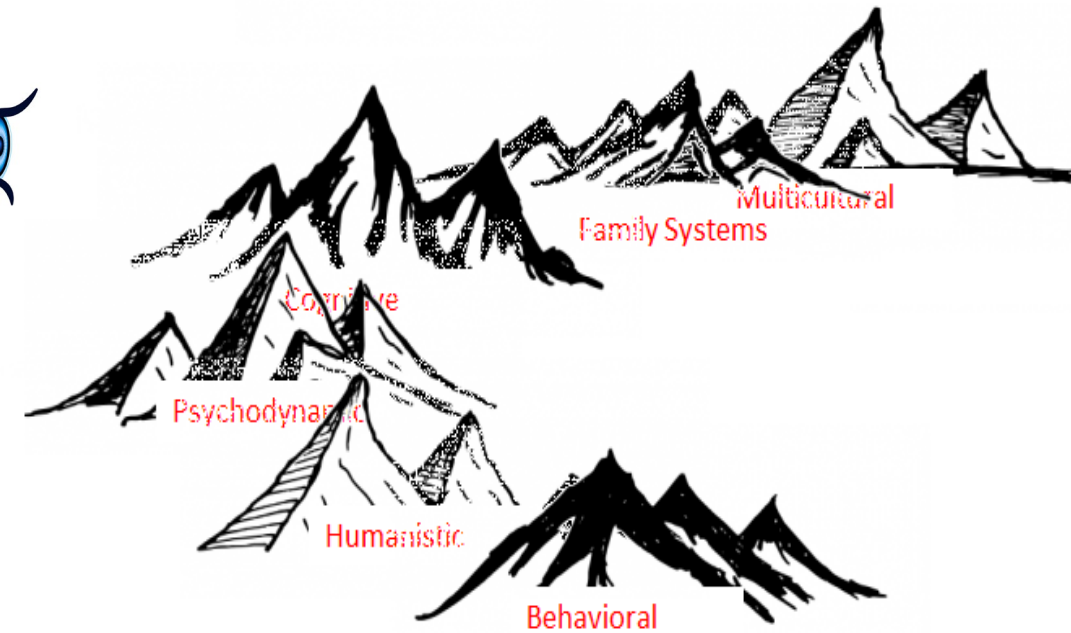




# Five Routes to Integration

- ▶ **Common Factors** – Emphasizing core ingredients that all psychotherapies share in common.
- ▶ **Technical Eclecticism** – Selecting treatments based on data on what has worked best for others in the past.
- ▶ **Theoretical Integration** – Synthesizing two or more theories at a deeper level.
- ▶ **Assimilative Integration** – Firm grounding in one system and then incorporating techniques from other sources.
- ▶ **Unification** – Meta-theoretical approaches that place theories, techniques, and principles into holistic frameworks.

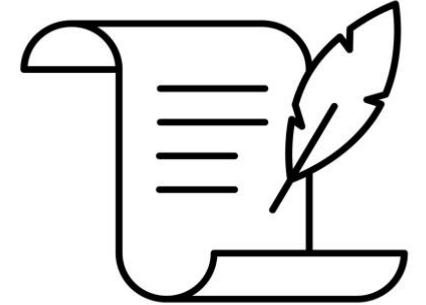
# Unification



- ▶ Each of the primary schools of thought is like an individual mountain.
- ▶ **Psychotherapy integration** is like a pathway between two mountains.
- ▶ **Assimilative integration** involves setting up a basecamp near one mountain but being willing to explore other mountains.
- ▶ A **meta-theoretical** perspective allows us to stand back and look at the entire range.
- ▶ **Unification** involves trying to draw a map of the mountain range to help us travel more effectively and explore more terrain.

(Gregg Henriques, 2022)

# Historical Context



- ▶ In the **modern** era, if one theory was right then other theories were presumed to be wrong.
- ▶ In the middle of the 20<sup>th</sup> Century, it was assumed that psychoanalysis, behaviorism, and humanism were **incompatible** because they were based on **contradictory** underlying assumptions.
- ▶ Psychotherapists were encouraged to **choose a single theoretical orientation** and to practice it consistently.
- ▶ This created competition between theories and barriers to integration.

# Mid-20<sup>th</sup> Century

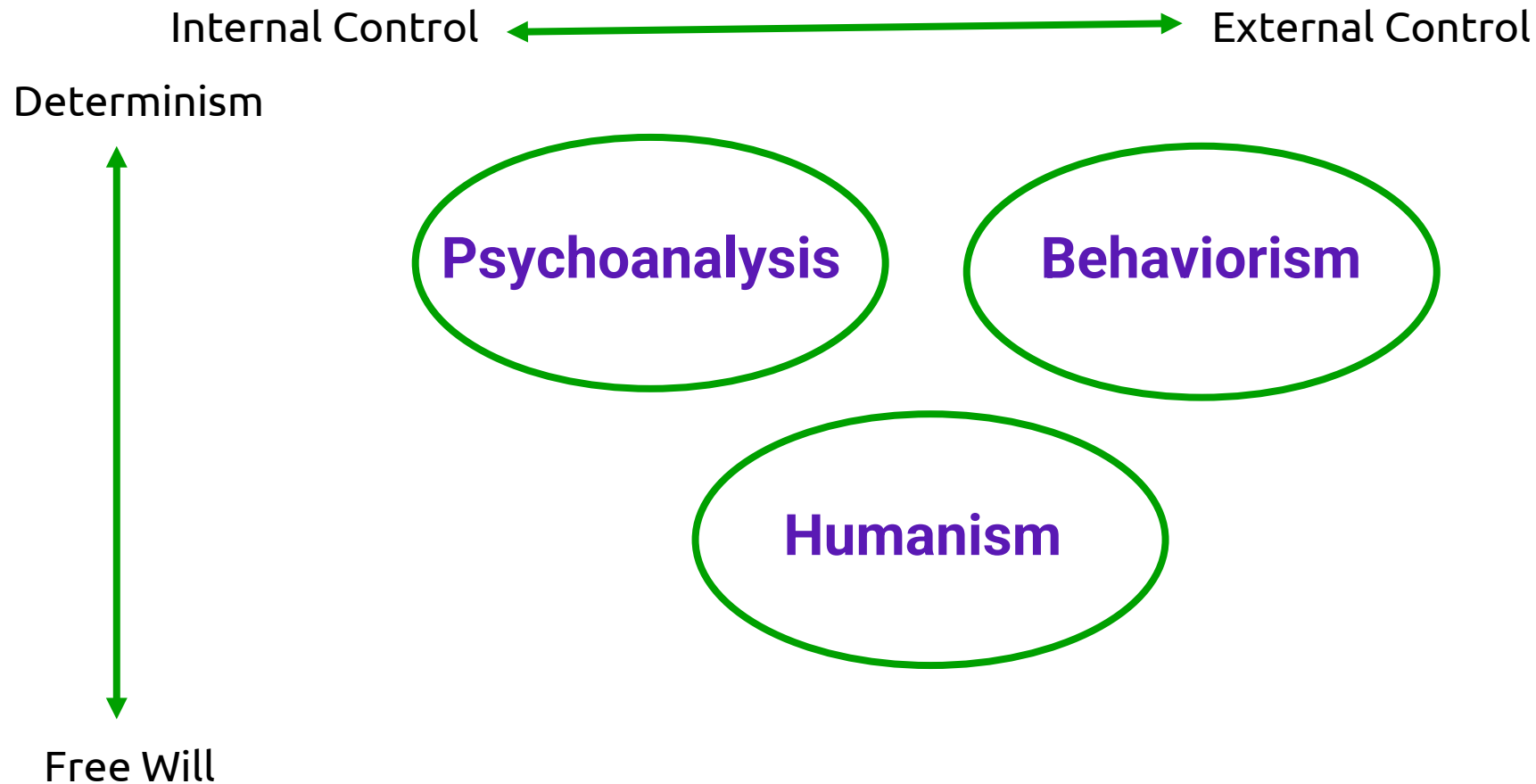
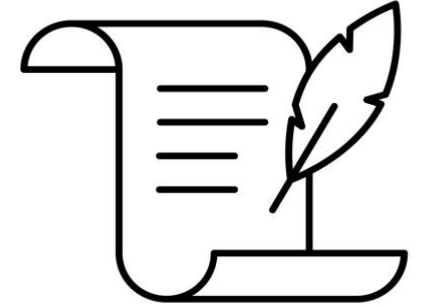


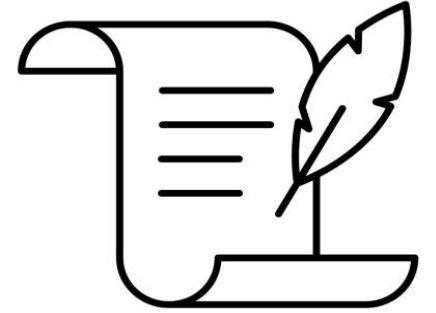
figure by Charles Waeler (used with permission)

# Historical Context



- ▶ Post-modernism suggested that truth is **constructed** and diverse theories each represent different lenses or viewpoints.
- ▶ Meta-modernism advocates for an **integrated pluralism** that emphasizes both complexity and holism.
- ▶ It is important to remember that most psychotherapies were designed to **replace** earlier approaches.
- ▶ Psychotherapy techniques were not originally designed to be **combined**.

# Historical Context



The history of psychotherapy has included a lot of new theories that each advocate: *“Don’t do that; do this!”*

- ▶ Don’t focus on the unconscious; focus on observable behavior.
- ▶ Don’t focus on individuals; explore family systems.
- ▶ Don’t rely on cognitive change; focus on emotions.
- ▶ Don’t change thoughts and feelings; accept them.

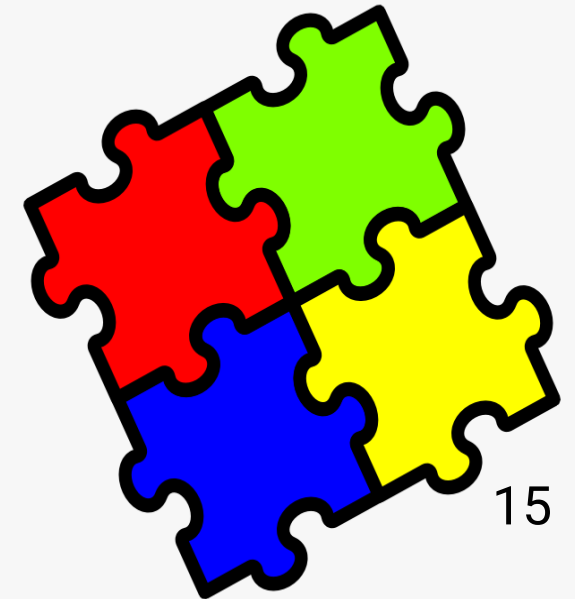
Were you taught any of these *“don’t do that; do this”* rules?



# Integration & Unification

- ▶ Psychotherapy **integration** rejects this historical competition and encourages therapists to draw upon diverse theoretical sources.
- ▶ **Unification** represents an attempt to describe how most theoretical approaches fit together and complement one another.
- ▶ TUP provides a method for viewing clients **holistically** and working **interactively** with different dimensions of functioning.

*“Sometimes do this; sometimes do that.”*



# Training in Unified Psychotherapy

TUP is based on a *second generation* model of unified psychotherapy, combining ideas from:

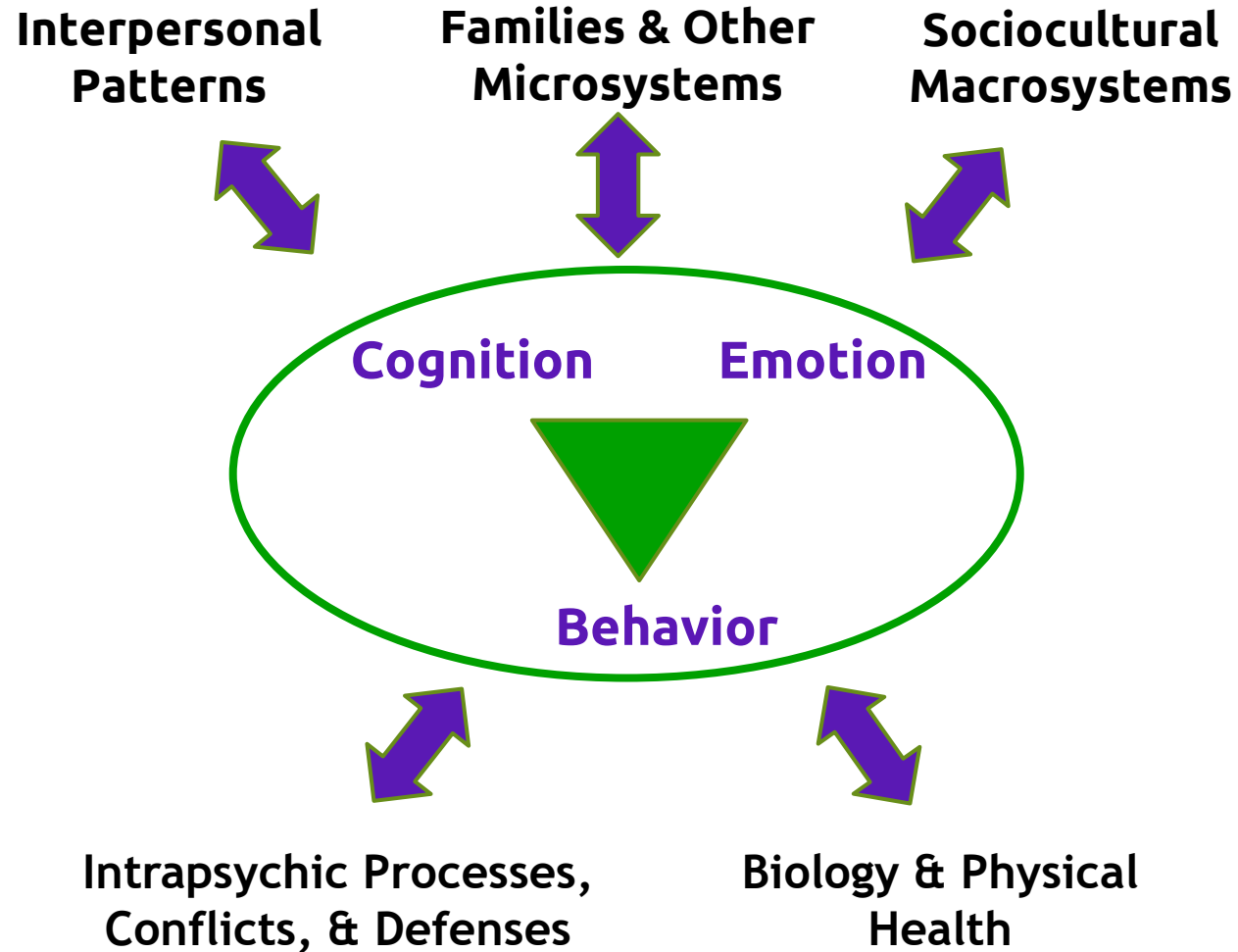
- ▶ ***The Transtheoretical Approach*** (Prochaska & DiClemente, 2019)
- ▶ ***Integral Psychotherapy*** (Marquis, 2018)
- ▶ ***Multitheoretical Psychotherapy*** (Brooks-Harris, 2008)
- ▶ ***Unified Theory of Psychology*** (Henriques, 2011)
- ▶ ***Clinical Case Formulations*** (Ingram, 2012)
- ▶ ***Unifying Psychotherapy*** (Magnavita & Anchin, 2014)





Consolidated Model	Prochaska	Marquis	Brooks-Harris	Henriques	Ingram	Magnavita
Cognitive System	Maladaptive Cognitions	Interior-Individual-Experiential	Thoughts	Justification System	Cognitive	Cognitive Restructuring
Emotions & the Experiential-Affective System	Intrapersonal Conflicts		Feelings	Experiential System	Emotion	Affective Restructuring
Intrapsychic Processes, Defenses, & Conflicts				Defensive System	Psychodynamic	Defensive Restructuring
Behavioral System	Symptoms / Situational	Exterior-Individual-	Actions	Habit System	Behavior & Learning	Behavioral Restructuring
Biology, Physical Health, & Somatic Sensations		Behavioral	Biology	Biological Context	Body	Neurobiological Restructuring
Development across Life Experiences		Exterior-Collective-Social		Learning & Development Context	Crisis, Stressors, Transitions, & Trauma	
Interpersonal Patterns	Interpersonal Conflicts		Interpersonal Patterns	Relationship System	Recurrent Pattern	Dyadic Restructuring
Families & Other Micro-Systems	Family/Systems Conflicts		Social Systems	Sociocultural Context (micro)	Family System	Triadic & Familial Restructuring
Socio-Cultural Macro-Systems		Interior-Collective-Cultural	Cultural Contexts	Sociocultural Context (macro)	Social, Cultural, & Environmental	Social & Political Restructuring
		Spirit (across			Existential &	

## Development across Life Experiences



**A Holistic Model of Psychological Functioning © Jeff Harris, 2024**

# Biopsychosocial Model

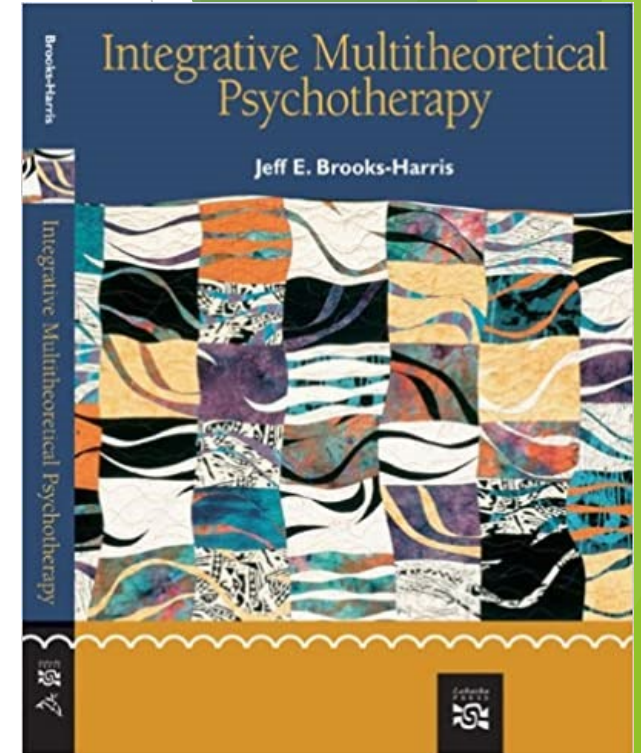
TUP's *holistic model* is an expansion of Engle's (19XX) biopsychosocial model:

Biological	Psychological	Social
Biology, Physical Health	Cognition	Development across Life Experiences
	Emotions & Somatic Experience	Interpersonal Patterns
	Behavior	Families & Other Microsystems
	Intrapsychic Processes	Sociocultural Macrosystems

# Five Principles for Unified Psychotherapy

- ▶ **Intentional Integration** – Based on purposeful choices.
- ▶ **Multidimensional Integration** – Recognize interactions between interacting dimensions of functioning.
- ▶ **Multitheoretical Integration** – Utilize diverse theories to understand clients and guide intervention.
- ▶ **Strategy-Based Integration** – Implement interventions from diverse sources in an intentional manner.
- ▶ **Relational Integration** – Implemented within the context of an effective therapeutic relationship.

(Brooks-Harris, 2008, p. 41)



# Interacting Systems

**Biological functioning involves the interaction between different systems:**

→ nervous, respiratory, circulatory, skeletal, digestive, etc.

**Similarly, psychological functioning involves the interaction between different systems:**

→ cognitive, experiential-affective, behavioral,  
interpersonal, family, cultural, etc.

**Interventions should be chosen based on an understanding of which system is malfunctioning or contributing to distress.**

(Gregg Henriques)

# Mapping the Territory

Using a meta-theoretical view,  
UP creates a holistic framework

## TUP will describe two maps:

- ▶ One map describing the relationship between different *systems of human functioning*
- ▶ Another map describing the relationship between different *psychotherapy theories* based on the systems of functioning that they target.





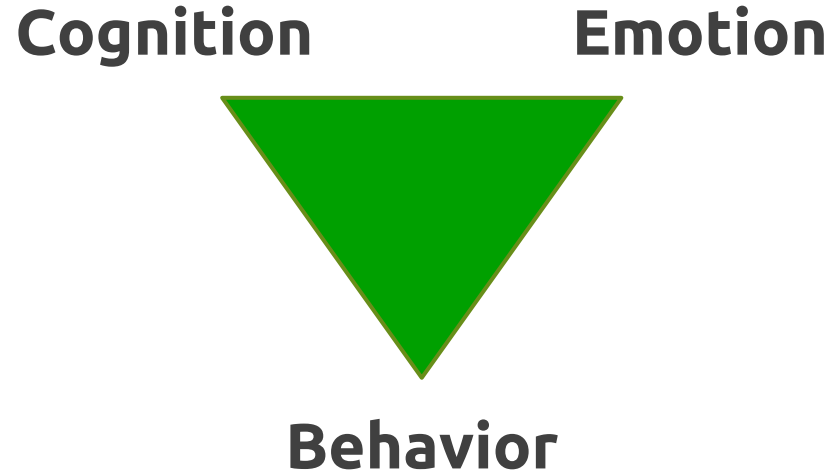
# A Holistic Model of Psychological Functioning

Psychological functioning can be organized into systems and their influences. This holistic model is organized into three tiers:

- A. Immediate Psychological Experience**
- B. External Contexts**
- C. Internal Influences**



# A. Immediate Psychological Experience



- ▶ Humans are always thinking, feeling, and acting.
- ▶ These three dimensions are highly interactive.
- ▶ Cognition, emotion, and behavior can be adaptive or maladaptive.



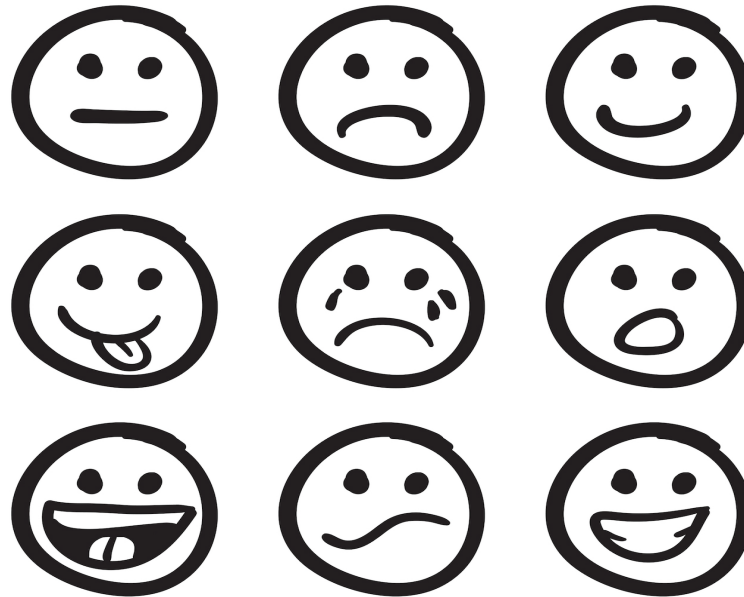
# 1. Thoughts & the Cognitive System

- ▶ Cognitive Distortions
- ▶ Irrational Beliefs
- ▶ Cognitive Schemas
- ▶ Cognitive Fusion
- ▶ Narratives
- ▶ Existential Meaning Making
- ▶ Mindfulness
- ▶ Imagery



## 2. Emotions & the Experiential-Affective System

- ▶ Phenomenology
- ▶ Maladaptive Emotions
- ▶ Emotion Regulation
- ▶ Experiential Avoidance
- ▶ Self-Actualization & Authenticity
- ▶ Awareness & Experimentation
- ▶ Motivation
- ▶ Authentic Happiness, Zest, & Flow
- ▶ Spirituality & Transpersonal Awareness

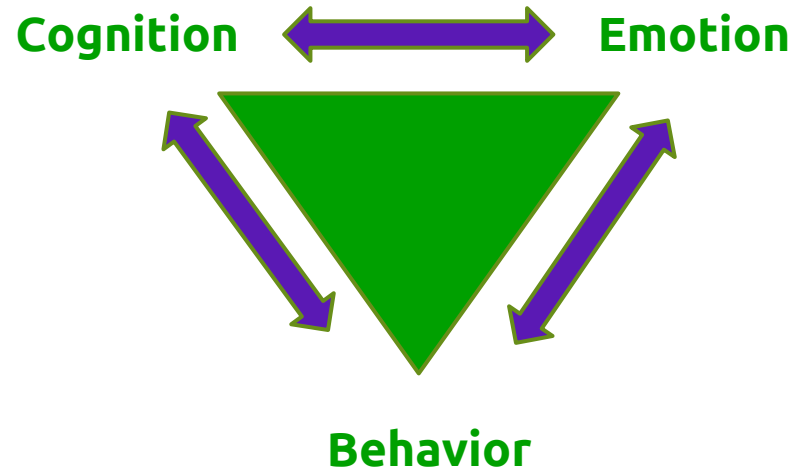


# 3. Actions & the Behavioral System

- ▶ Adaptive Behavior
- ▶ Conditioned Responses
- ▶ Reinforcement & Punishment
- ▶ Vicarious Learning
- ▶ Problem Solving
- ▶ Solutions
- ▶ Committed Actions
- ▶ Skills Training
- ▶ Behavioral Activation



# Working Interactively



- ▶ Integrative psychotherapists can work *interactively* with clients' thoughts, feelings, and actions.
- ▶ Each of these dimensions can be *explored* in depth and can be used to initiate the process of multidimensional *change*.
- ▶ Different phases of treatment may involve a shift in focus.

# Reflecting on Practice

- ▶ Which of these dimensions of immediate psychological functioning do you most often focus on in psychotherapy?
  - ▶ Cognition
  - ▶ Emotion
  - ▶ Behavior
- ▶ Which of these do you focus on the least?
- ▶ Do you have a rationale for these preferences?

# Becoming More Integrative

- ▶ Becoming a more integrative psychotherapist involves an ongoing process of professional development.
- ▶ You can identify *areas for growth* that involve rounding out your knowledge and skills.
- ▶ For example, if your graduate training emphasized cognitive and behavioral approaches, it may be helpful for you to increase your competency in working with clients' emotions.

# A Holistic Model of Psychological Functioning

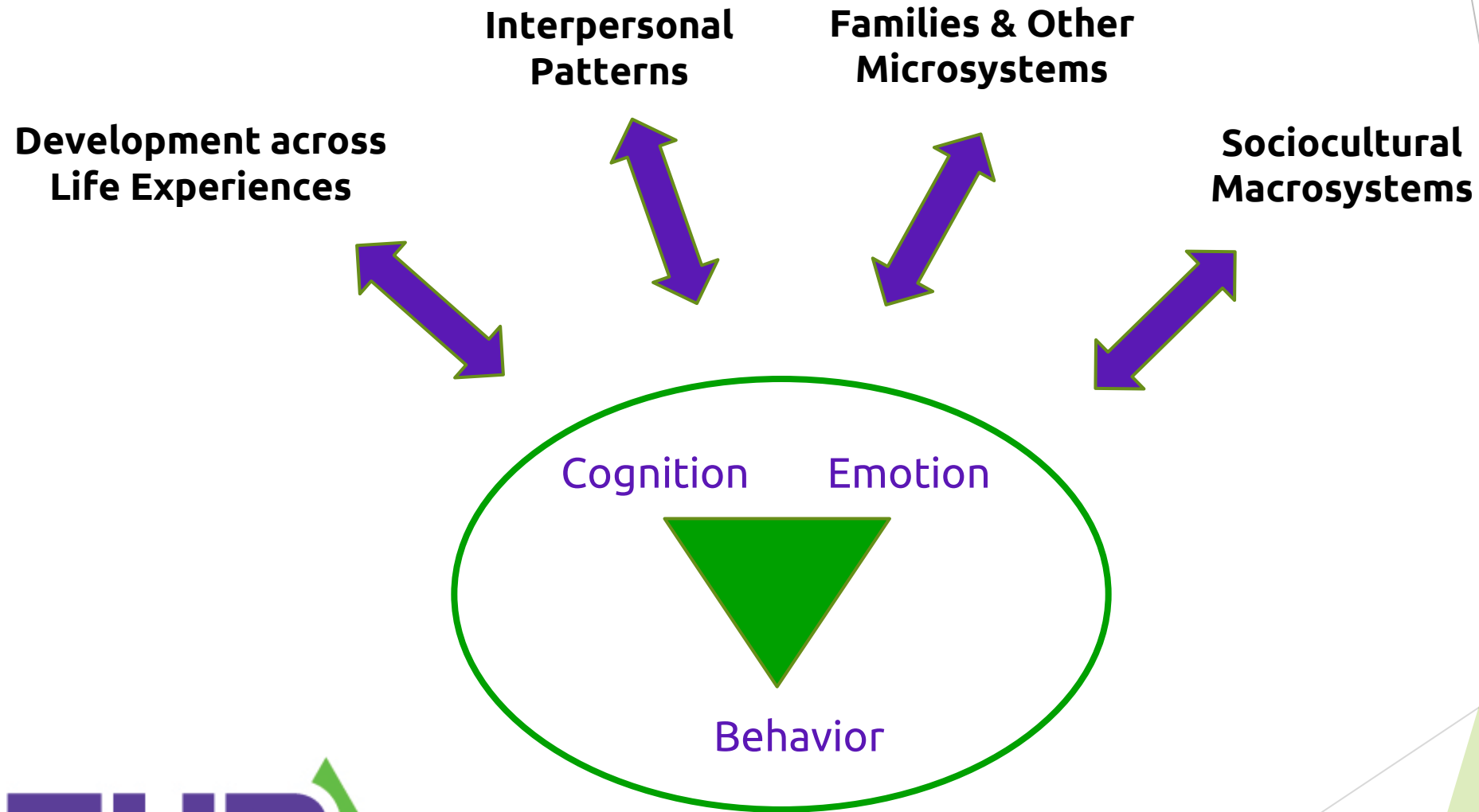
A. Immediate Psychological Experience

**B. External Contexts**

C. Internal Influences



## B. External Contexts





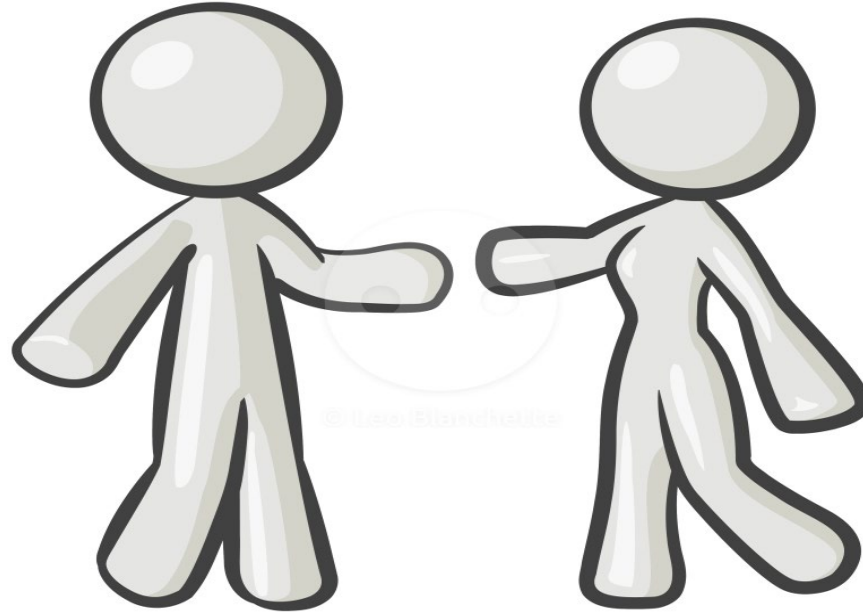
# 4. Development across Life Experiences

- ▶ Psychosocial Development
- ▶ Normal Developmental Transitions
- ▶ Lifespan Wellness
- ▶ Career-Life Development
- ▶ Role Transitions
- ▶ Developmental Disruptions
  - ▶ Adverse Childhood Experiences
  - ▶ Trauma
  - ▶ Crises
  - ▶ Unexpected Losses



# 5. Interpersonal Patterns

- ▶ Relationship Patterns
- ▶ Attachment Styles
- ▶ Therapeutic Alliance
- ▶ Transference
- ▶ Countertransference
- ▶ Interpersonal Problem Areas
- ▶ Interpersonal Theory of Personality



## 6. Families & Other Microsystems

- ▶ Family Systems
- ▶ Family Roles
- ▶ Multigenerational Patterns
- ▶ Family Belief Systems
- ▶ Homeostasis
- ▶ Microsystems
- ▶ Social Support
- ▶ Role Transitions



# 7. Sociocultural Macrosystems

- ▶ Cultural Contexts
- ▶ Macrosystems
- ▶ Cultural Identity
- ▶ Social Roles
- ▶ Religion
- ▶ Language
- ▶ Oppression & Privilege: Racism, Sexism, etc.
- ▶ Social Problems (poverty, crime, war)



# Reflecting on Practice

- ▶ Which of these external contexts do you most often focus on in psychotherapy?
  - ▶ Development across Life Experience
  - ▶ Interpersonal Patterns
  - ▶ Families and Other Microsystems
  - ▶ Sociocultural Macrosystems
- ▶ Which of these do you focus on the least?
- ▶ Do you have a rationale for these preferences?

# Working Contextually

- ▶ An integrative psychotherapist can focus on different **external contexts**, based on the unique experience of each client.
- ▶ In most cases, our clients cannot directly change external influences but we can help them to find more adaptive ways to...
  - ▶ **think about**
  - ▶ **feel**, and
  - ▶ **act toward**...their experiences and external environments.

# Becoming More Integrative

- ▶ Becoming a more integrative psychotherapist involves an ongoing process of growth and expansion of skills.
- ▶ You can identify areas for professional development that involve ***expanding your repertoire*** of conceptualization models and intervention strategies.
- ▶ For example, if your graduate training emphasized psychodynamic training—that often focuses on dyadic relationships—it may be helpful for you to increase your competency in exploring family systems or cultural contexts.

# A Holistic Model of Psychological Functioning

A. Immediate Psychological Experience

B. External Contexts

**C. Internal Influences**

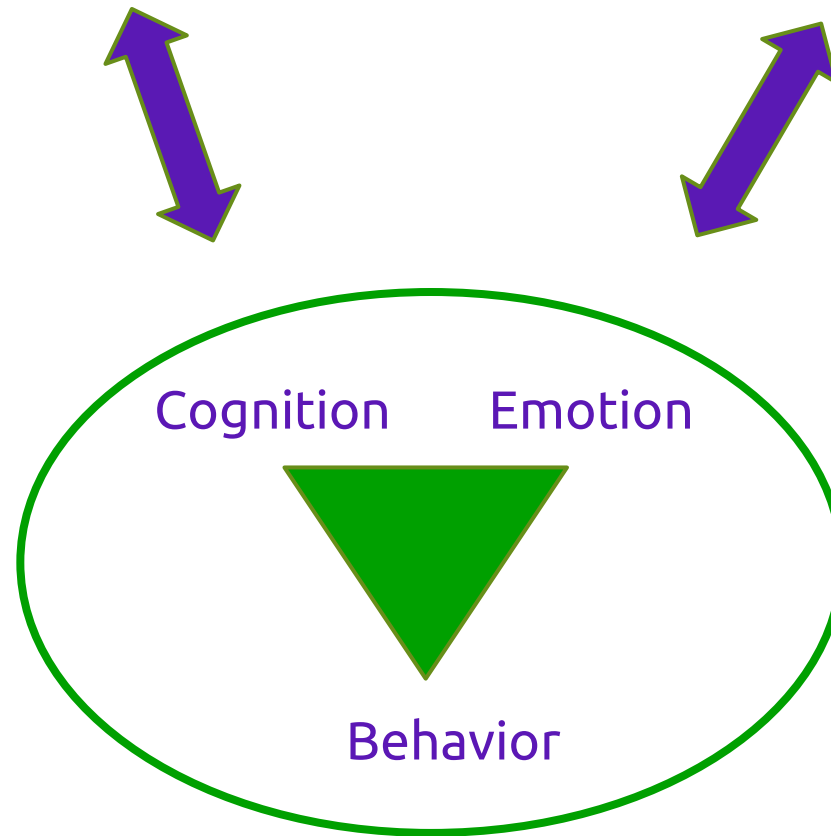




## C. Internal Influences

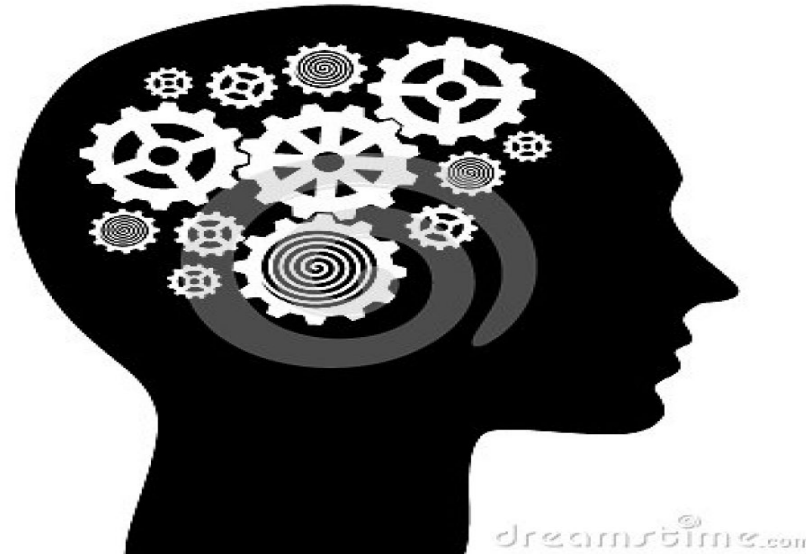
Intrapsychic Processes,  
Conflicts, & Defenses

Biology &  
Physical Health



## 8. Intrapsychic Processes, Conflicts, & Defenses

- ▶ The Unconscious
- ▶ Psychodynamics
- ▶ Internal Conflicts
- ▶ Defense Mechanisms
- ▶ Resistance
- ▶ Dreams
- ▶ Structural Theory: Id, Superego, Ego
- ▶ Collective Unconscious



## 9. Biology, Physical Health, & Somatic Sensations

- ▶ Biopsychosocial Model
- ▶ Psychiatric Disorders
- ▶ Physical Health
- ▶ Health Psychology
- ▶ Mind-Body Connection
- ▶ Substance Use Disorders
- ▶ Sensorimotor / Somatic Psychotherapy
- ▶ Using Behaviors to Activate Neurotransmitters



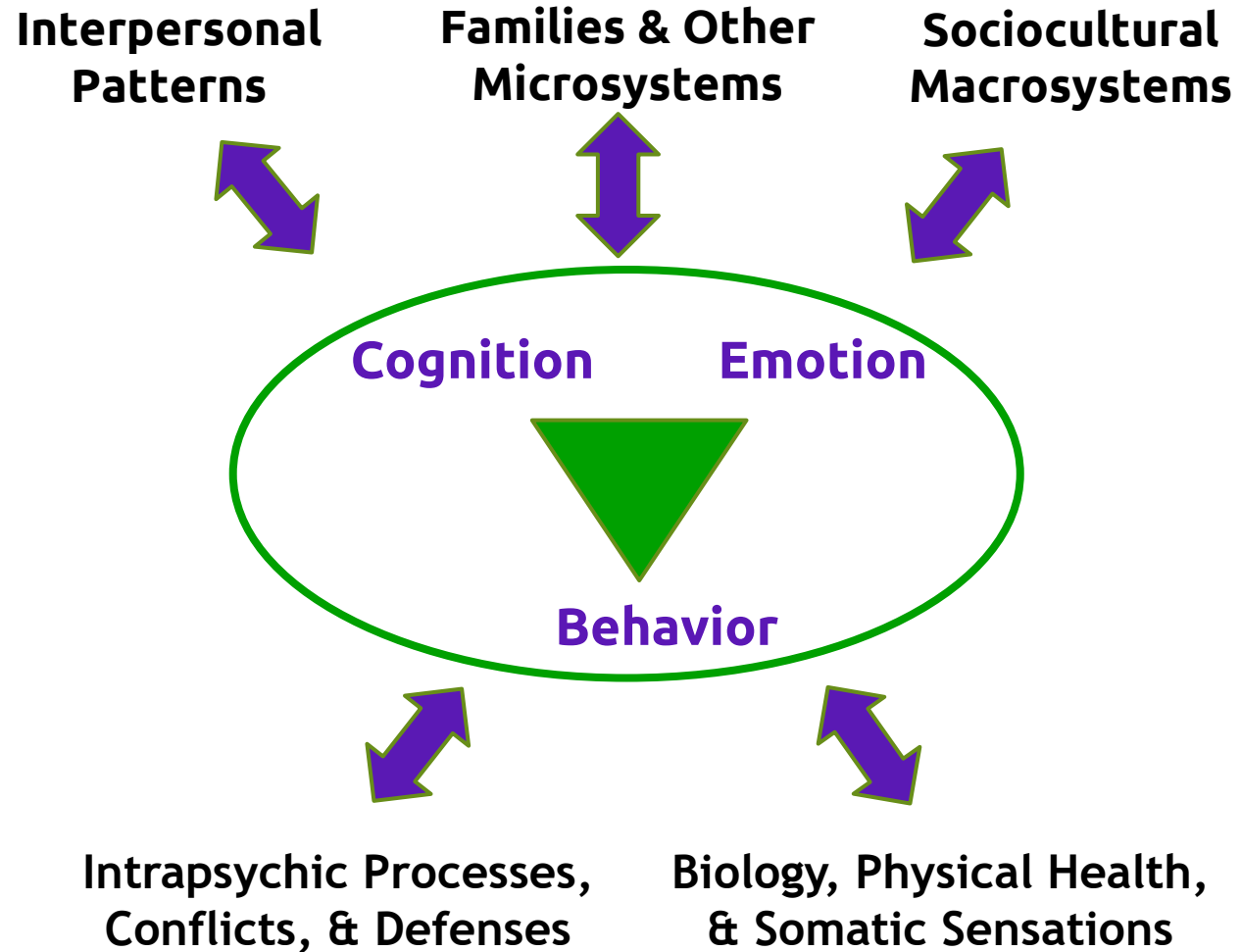
# Reflecting on Practice

- ▶ Which of these internal dimensions do you most often focus on in psychotherapy?
  - ▶ Intrapsychic Processes, Conflicts, & Defenses
  - ▶ Biology & Physical Health
- ▶ Which of these do you focus on the least?
- ▶ Do you have a rationale for these preferences?

# Working Contextually

- ▶ An integrative psychotherapist can focus on internal influences when one of them is closely related to a client's presenting concern.
- ▶ When defenses mechanisms or other *intrapsychic processes* appear in psychotherapy, they can become a focal dimension.
- ▶ When *biological health* is related to psychological well-being, this can become a focus of exploration or change.

## Development across Life Experiences



**A Holistic Model of Psychological Functioning © Jeff Harris, 2024**

# Becoming More Integrative

- ▶ Becoming a more integrative psychotherapist involves an ongoing process of growth and ***expansion of skills***.
- ▶ You can identify areas for professional development that involve ***expanding your repertoire*** of interventions.
- ▶ For example, if your graduate training did not emphasize intrapsychic processes or biological health, these may become areas for professional growth and learning.

# Holistic Model

- ▶ This model represents **one way** to think about people. There are other equally-valid ways to organize psychological functioning.
- ▶ This model isn't true the way the periodic table of elements is true. However, this model may be useful.
- ▶ Some parts of human experience don't fit into a single part of the model but are **multidimensional**.
- ▶ For example, **spirituality** involves: religious beliefs (cognition), spiritual experiences (experiential), spiritual practices (behavior), religion (social systems & cultural contexts), and transpersonal awareness (intrapsychic).



# Holistic Model

## Do you have any questions about...

- ▶ This three-tiered model of psychological functioning?
- ▶ Do you notice any important constructs that have been left out?
- ▶ Would you organize this model differently based on your experience?

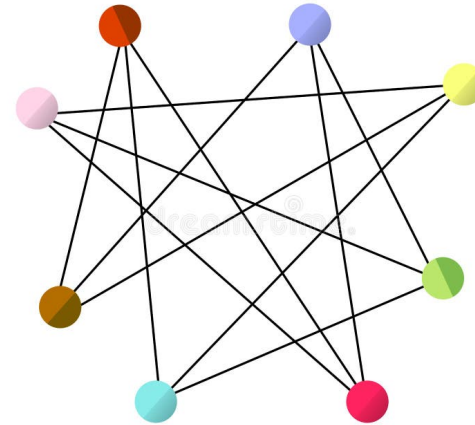
# Application of the Holistic Model

**This three-tiered model of psychological functioning has two primary applications:**

- ▶ Understanding Clients in a ***Holistic*** Manner
- ▶ Organizing Psychotherapy ***Interventions*** into a Unified Framework

# What is a Framework?

- ▶ A framework is a representation of the relationship between concepts or theories.
- ▶ A *meta-theoretical framework* describes the relationship between different theories. This creates a theory about theories.
- ▶ Unified Psychotherapy organizes theories according to their primary focus.
- ▶ Nine theoretical approaches correspond to dimensions described in the holistic model of functioning.



# What is a Framework?

- ▶ This framework can help you organize what you know about psychotherapy.
- ▶ This organizational structure supports unified treatment planning.
- ▶ This approach allows you to create a new therapy for each client (Irvin Yalom).



# A Unified Framework for Individual Psychotherapy

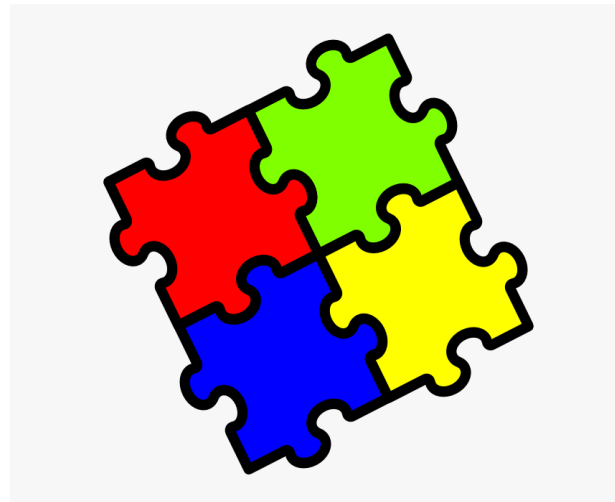
	Practice Domains	Focal Dimensions
<b>A. Immediate Psychological Experience</b>	<b>1. Cognitive</b>	Thoughts & the Cognitive System
	<b>2. Experiential</b>	Emotions & the Experiential-Affective System
	<b>3. Behavioral</b>	Actions & the Behavioral System
<b>B. External Influences</b>	<b>4. Developmental</b>	Development across Life Experiences
	<b>5. Interpersonal</b>	Interpersonal Patterns
	<b>6. Systemic</b>	Families & Other Microsystems
	<b>7. Cultural</b>	Sociocultural Macrosystems
<b>C. Internal Influences</b>	<b>8. Psychodynamic</b>	Intrapsychic Processes, Conflicts, & Defenses
	<b>9. Biological</b>	Biology, Physical Health, & Mind-Body Connection

# Unified Framework

- ▶ This framework does not try to reconcile differences between theories (Lazarus called this *theory smushing*).
- ▶ Theoretical synthesis is not the goal (in contrast to Wachtel's efforts).
- ▶ Instead, this framework describes the **relative emphases** of diverse approaches and interventions.
- ▶ **Unity is found in human functioning**; not in a single all-encompassing theory. (Jack Anchin)
- ▶ Each of these theoretical traditions has something to contribute to our understanding of human functioning and our ability to promote multidimensional adaptation.

# Unified Framework

- ▶ Do you have any questions about this unified framework for individual psychotherapy?
- ▶ Do you see important theoretical perspectives or interventions that have been left out or don't fit into this way of organizing our field?

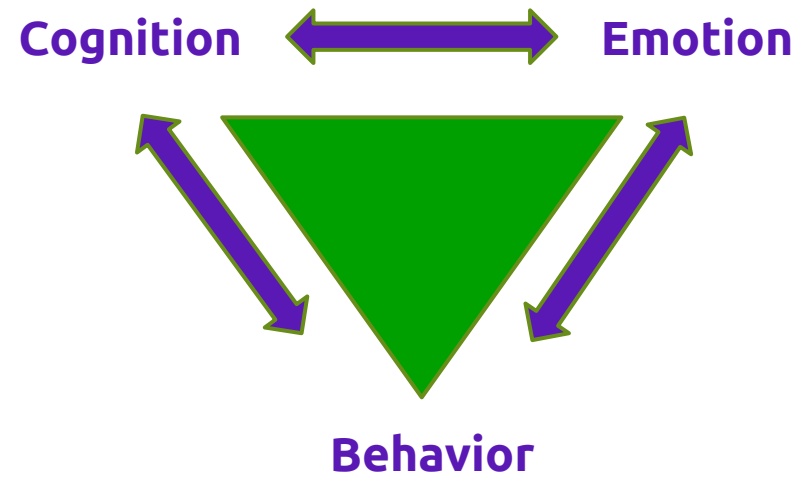


# Balancing Complexity & Simplicity

- ▶ Training in integrative psychotherapy has to balance complexity and simplicity.
- ▶ We need to think in a **complex** manner about human functioning.
- ▶ However, if we try to learn too many things at once, we may become overwhelmed.
- ▶ TUP begins with a **simple** foundation...



# A Simple Foundation



Cognitions, emotions, and behaviors  
can be either *adaptive* or *maladaptive*.

# A Simple Foundation

Cognition	Emotion	Behavior
A D	A P T	I V E
M A L	A D A P	T I V E

# Adaptive or Maladaptive



# Adaptive Function of Thoughts

- ▶ **Functional Thoughts** are accurate and rational, based on objective evidence, and serve a useful psychological function.
- ▶ **Dysfunctional Thoughts** are inaccurate or irrational, are not based on evidence, or do not serve a useful function.

(Brooks-Harris, 2008, p. 82; Beck & Weishaar, 2000)

# Adaptive Value of Emotions

- ▶ **Adaptive Emotions** match the situation in a proportional manner, help synthesize and evaluate situations, and organize people for effective action.
- ▶ **Maladaptive Emotions** do not match the situation, are disproportional responses, result in inaccurate evaluation, or interfere with effective action.

(Brooks-Harris, 2008, p. 82; Greenberg & Paivio, 1997)

# Adaptive Function of Actions

- ▶ **Effective Actions** promote adaption to the current environment, help people meet their needs, attain their goals, or avoid undesirable consequences.
- ▶ **Ineffective Actions** do not result in desired consequences, interfere with adaptation, or expend energy without meeting needs or attaining goals.

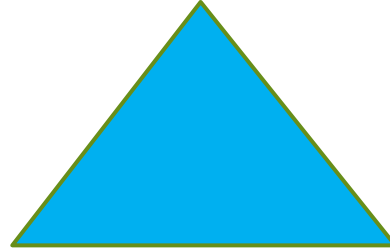
(Brooks-Harris, 2008, p. 82; Wolpe, 1958)

# Examples of Maladaptive & Adaptive Functioning

	Maladaptive	Adaptive
Thoughts	"I can't do this on my own. I will fail as a single parent."	"Parenting on my own is going to be more difficult. My daughter needs my support."
Feelings	Hopelessness Paralyzing Fear	Attachment-Love Determination Hope
Actions	Shutting Down	Seeking Support Moving Forward

# Exploration, Change, & Acceptance

Exploration



Change

Acceptance

- ▶ Traditional psychotherapy theories—like Cognitive Therapy—often emphasize **change**.
- ▶ Newer theories—like Acceptance and Commitment Therapy or Harm Reduction—acknowledge that some thoughts, feelings, or actions can be **accepted** rather than modified.
- ▶ An integrative psychotherapist can **explore** thoughts, feelings, or actions with clients and make collaborative decisions about what to **accept** and what to **change**.



# Examples of Change & Acceptance

	Change	Accept
Thoughts	"There's something wrong with me."	"My father won't accept my sexual orientation."
Feelings	Shame about Self	Anger at Father
Actions	Interactions with Family	Caution about Coming Out

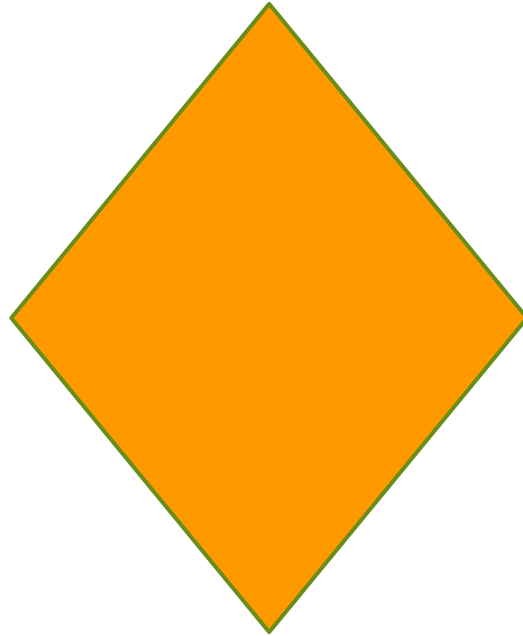
# Functional Analysis & Guided Discovery

- ▶ **Functional Analysis** was developed by Behavior Therapists to discern the value and function of specific actions.
- ▶ TUP expands the applicability of functional analysis and uses this process in a more **multidimensional** manner.
- ▶ An integrative psychotherapist can explore the functional value of emotions and cognitions; not just behaviors.
- ▶ Functional analysis can also be applied to developmental, interpersonal, systemic, cultural, and biological processes.
- ▶ For example, is your role in your family system still serving an adaptive purpose?



# Functional Analysis

**Explore Current  
Functioning**



**Support Adaptation**

(highlight strengths, solutions,  
accurate perceptions,  
adaptive emotions, etc.)

**Accept Reality and  
things that can't be changed**

(difficult truths,  
uncomfortable feelings,  
environmental limitations, etc.)

**Change Maladaptive  
Patterns**

(dysfunctional thoughts,  
maladaptive emotions,  
ineffective actions, unhealthy  
relationships, oppressive systems)

# Guided Discovery

- ▶ **Guided Discovery** and **Socratic Dialogue** are parts of Cognitive Therapy used to discover more functional ways of thinking.
- ▶ These processes can be used to uncover and encourage more adaptive emotions and more effective actions, not just cognitions.
- ▶ Embracing a **multidimensional** approach, guided discovery can also be used to explore more adaptive interpersonal interactions, social roles, and health practices.

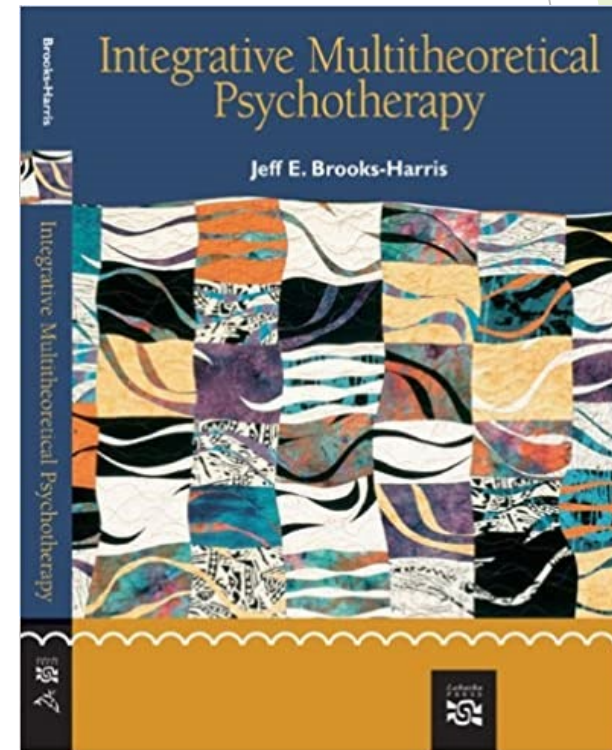
# 10-Minute Break



# Unified Treatment Planning

1. Conducting a Multidimensional Survey
2. Establishing an Interactive Focus on 2 or 3 Dimensions
3. Formulating a Multitheoretical Conceptualization
4. Choosing Intervention Strategies

(Brooks-Harris, 2008, p. 95)



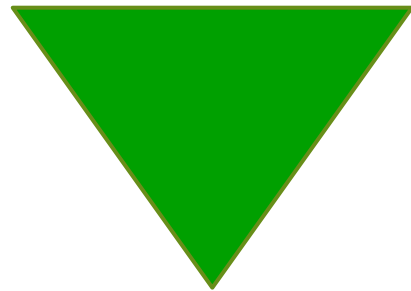
# 1. Conducting a Multidimensional Survey

## Immediate Psychological Functioning

A helpful way to start exploring a client's problem is to conduct a survey of thoughts, feelings, and actions in order to identify a maladaptive pattern.

**Dysfunctional  
Thoughts**

**Maladaptive  
Emotions**



**Ineffective  
Actions**

# 1. Conducting a Multidimensional Survey

## **B. External Influences**

Where did this maladaptive pattern come from?

Where did the client learn to think, feel, and act this way?

- ▶ Development across Life Experiences
- ▶ Interpersonal Patterns
- ▶ Families and Other Microsystems
- ▶ Sociocultural Macrosystems



# 1. Conducting a Multidimensional Survey

## C. Internal Influences

Are there internal influences that are shaping this dysfunctional pattern?

- ▶ Intrapsychic Processes, Conflicts, & Defenses
- ▶ Biology & Physical Health

## 2. Establishing Focal Dimensions

- ▶ After surveying different dimensions, a therapist and client can collaboratively identify two or three salient dimensions that will form the focus of psychotherapy.
- ▶ Will you initially focus on (a) **cognition**, (b) **emotion**, or (c) **behavior** as a point of exploration and change?
- ▶ Which **external** influence seems the most important to explore?
- ▶ Is there a salient **internal** influence that should be considered?

# Collaborative Dialogue

- ▶ Collaborative dialogue involves discussing treatment choices and options openly with clients and ***making decisions together.***

## Examples

- ▶ Where do you want to start the process of exploration and change?
- ▶ Do you think it would be more helpful to focus on thoughts, feelings, or actions?
- ▶ Where do you think you learned this unhealthy pattern?
- ▶ Which part of the pattern should we try to change first?



### 3. Formulating a Multitheoretical Conceptualization

- ▶ Psychotherapists can use psychotherapy theories that correspond to focal dimensions to formulate **complementary** conceptual descriptions of what is going on.
- ▶ For example, if (a) **emotions**, (b) **social systems** are chosen as focal dimensions then the following theories will be used to describe the problem:
  - ▶ **Experiential**
  - ▶ **Systemic**

## 4. Choosing Intervention Strategies

- ▶ Unified treatment planning concludes with choosing intervention strategies.
- ▶ Interventions strategies will *correspond* to focal dimensions.
- ▶ Multitheoretical conceptualization will help guide the selection of strategies.
- ▶ A catalog of 98 key strategies is provided in Brooks-Harris' (2008) book on Multitheoretical Psychotherapy.

# Video Demonstration

- ▶ Julian is a multiracial, cis-gender male in his late 20's.
- ▶ He is a graduate student in the social sciences.
- ▶ He described himself as bisexual and in a committed relationship.
- ▶ Julian has been diagnosed with Obsessive-Compulsive Disorder in the past.

# Video Demonstration

## Video A

- ▶ Multidimensional Survey
- ▶ Specific Example
- ▶ Interaction of Thoughts, Feelings, and Actions

# Multidimensional Survey: Specific Example

## Thoughts

I did a bad thing.  
I broke a promise.  
I gave into temptation.

## Feelings

Shame  
Guilt & Regret  
Sadness

## Actions

I told Olena what happened.  
I apologized.  
I confessed.

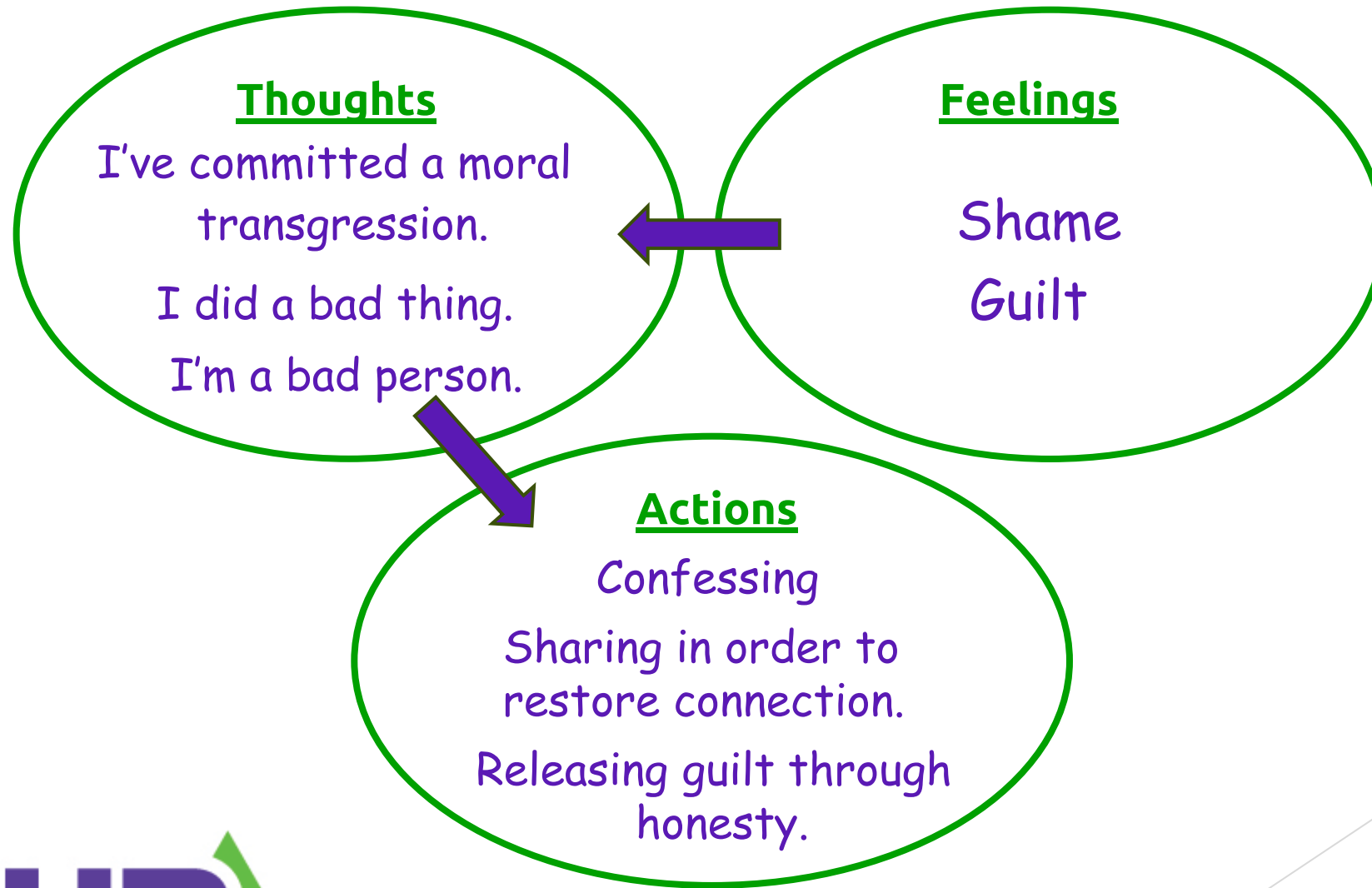


# Video Demonstration

## Video B

- ▶ Multidimensional Survey
- ▶ General Pattern
- ▶ Interaction of Thoughts, Feelings, and Actions
- ▶ Firing Order

# Multidimensional Survey: General Pattern



# Video Demonstration

## Video C

- ▶ Multidimensional Survey
- ▶ General Pattern
- ▶ Exploring External & Internal Influences
- ▶ Establishing an Interactive Focus

# Internal & External Influences

## External Influences

- ▶ Family System / Cultural Values
  - ▶ Religious ideas about sin

## Internal Influences

- ▶ Biological predisposition for OCD

# Focal Dimensions

- ▶ **Interaction** between Thoughts, Feelings, and Actions

...as influenced by...

- ▶ Social System / Cultural Values

# Video Demonstration

## Video D

### Describing a More Adaptive Pattern

- ▶ Functional Thoughts
- ▶ Adaptive Emotions
- ▶ Effective Actions

# Describing a More Adaptive Pattern

## Thoughts

My fears are often exaggerated.  
I engage in emotional thinking.  
My mind is doing that thing it does.

## Feelings

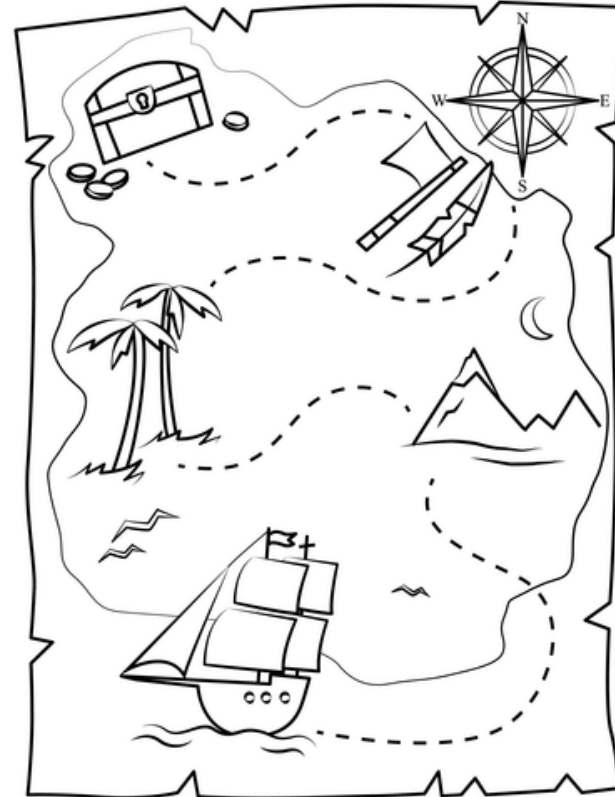
Caution  
Compassion  
Self-Compassion

## Actions

Observing thoughts without acting impulsively.  
Waiting before confessing.  
Realistic assessment over time.

# Breadth & Depth

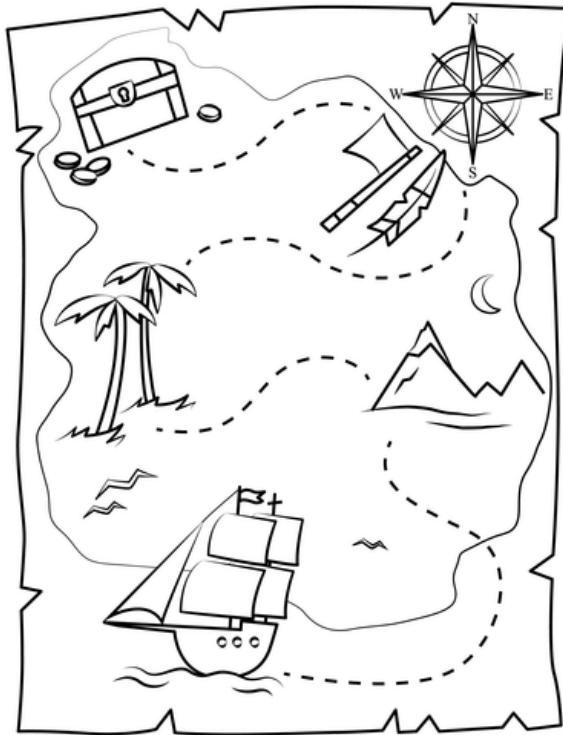
- ▶ This Unified Framework is designed to provide a **broad** map of psychotherapy.
- ▶ This map will point to individual theories that provide more **depth**.
- ▶ The balance between breadth and depth can be applied to working a client and to your own professional development.





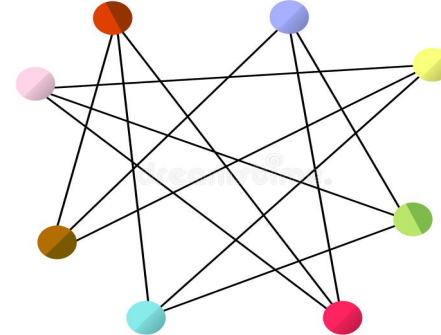
# Breadth & Depth: Psychotherapy

- ▶ When working with clients, you may want to use methods from **Unified Psychotherapy** to obtain a broad understanding of this person's concerns within the context of their life.
- ▶ Once you have identified two or three **focal dimensions**, you can dig deeper using more specialized concepts from primary-source theories.



# Breadth & Depth: Professional Development

- ▶ Training in Unified Psychotherapy will provide ***broad training*** in nine different approaches to psychotherapy.
- ▶ TUP will link these approaches and teach many concepts in a ***parallel format*** using ideas like functional analysis and guided discovery.
- ▶ Over time, you will want to complement this breadth with ***specialized training*** in primary-source theories in order to deepen your knowledge and broaden your repertoire of interventions.



# Constructing Your Theoretical Orientation

- ▶ In the past, psychotherapists were encouraged to **choose** a **single** theoretical orientation that was consistent with their own worldview.
- ▶ It was expected that psychotherapists would practice their chosen orientation **consistently**.
- ▶ Psychotherapy integration encourages more flexibility in **combining** concepts and interventions from different sources.
- ▶ It may be helpful to think of **constructing** your own theoretical orientation over time. The idea of construction allows you to expand your repertoire of ideas and strategies as you learn from diverse theoretical sources.

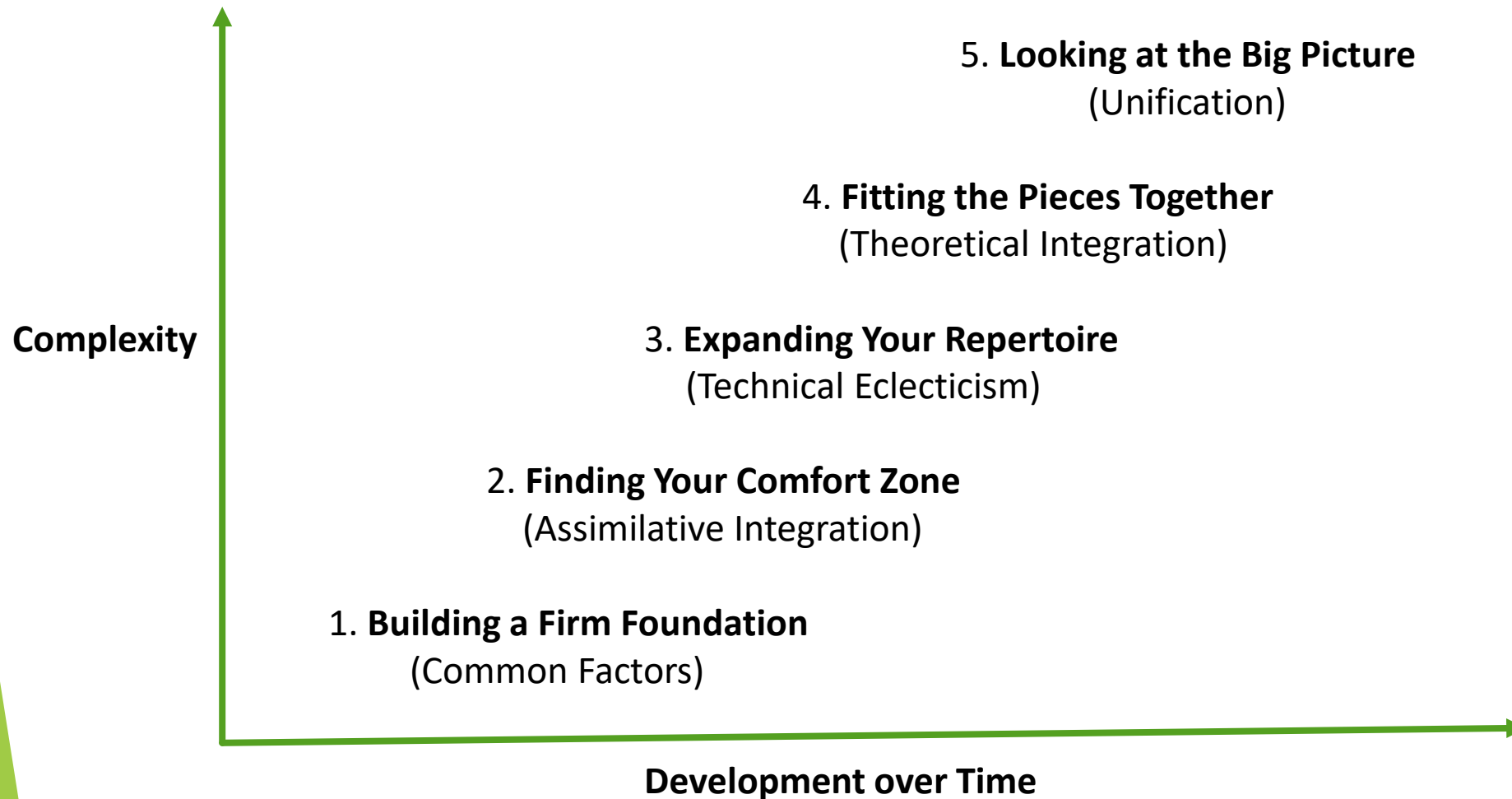


# Developing a Unified Orientation to Psychotherapy

- ▶ Becoming a *Unified Psychotherapist* involves a commitment to *life-long learning*.
- ▶ You have already embarked upon this journey.
- ▶ Here's a map to gauge your progress and guide your development:



# Developing as an Integrative Psychotherapist



# Common Factors

## 1. Building a Firm Foundation

- ▶ The **Common Factors** route to integration emphasizes core ingredients that all psychotherapies share in common.
- ▶ TUP assumes that you have strong basic counseling skills that support common factors. These skills serve as a foundation for focusing on specific dimensions of functioning.



# Common Factors

## 1. Building a Firm Foundation

Many psychotherapists start acquiring skills to support common factors in an introductory skills class:

- ▶ Attending Behaviors
- ▶ Open and Closed Questions
- ▶ Client Observation Skills
- ▶ Encouraging, Paraphrasing, and Summarization
- ▶ Reflection of Feeling
- ▶ Confrontation
- ▶ Focusing
- ▶ Reflection of Meaning

(Ivey & Ivey, 2007)

# Common Factors

## 1. Building a Firm Foundation

Here are some of the most important processes of change:

- ▶ Fostering hope, positive expectations, and motivation
- ▶ Facilitating the Therapeutic Alliance
- ▶ Increasing Client Awareness and Insight
- ▶ Encouraging Corrective Experiences
- ▶ Emphasizing Ongoing Reality Testing

(Eubanks & Goldfried, 2019)



# Assimilative Integration

## 2. Finding Your Comfort Zone

- ▶ **Assimilative Integration** involves a firm grounding in one system and then incorporating techniques from other sources.
- ▶ Most psychotherapists are drawn one or two theoretical approaches that appeal to them.
- ▶ This foundation is a *good place to start* but not a good place to stop.
- ▶ Over time, you can add-on additional interventions and ideas from other sources.

# Technical Eclecticism

## 3. Expanding Your Repertoire

- ▶ **Technical Eclecticism** has been defined as selecting treatments based on data on what has worked best for others in the past.
- ▶ As you learn new techniques that have been developed by innovators and supported by research, you can add these interventions and ideas into your repertoire.

# Theoretical Integration

## 4. Fitting the Pieces Together

- ▶ **Theoretical Integration** involves synthesizing two or more theories at a deeper level.
- ▶ As you practice psychotherapy and learn about different ideas, you will observe ways that different theories complement one another.
- ▶ Your *personal approach to integration* represent your own informal effort toward theoretical integration.

# Unification

## 5. Looking at the Big Picture

- ▶ **Unified Psychotherapy** is a meta-theoretical approach that place theories, techniques, and principles into a holistic framework.
- ▶ UP allows you to view clients holistically and to create a comprehensive perspective.
- ▶ Unified treatment planning allows you to *customize* psychotherapy based on the needs and preferences of each client.



# Discussion

- ▶ What questions do you have?
- ▶ What impressions would you like to share?

# Training in Unified Psychotherapy

If you'd like to become a part of this *interactive learning community*, please send an email to:

[dr.jeff.e.harris@gmail.com](mailto:dr.jeff.e.harris@gmail.com)

and ask to be added to the **TUPdates** google group.





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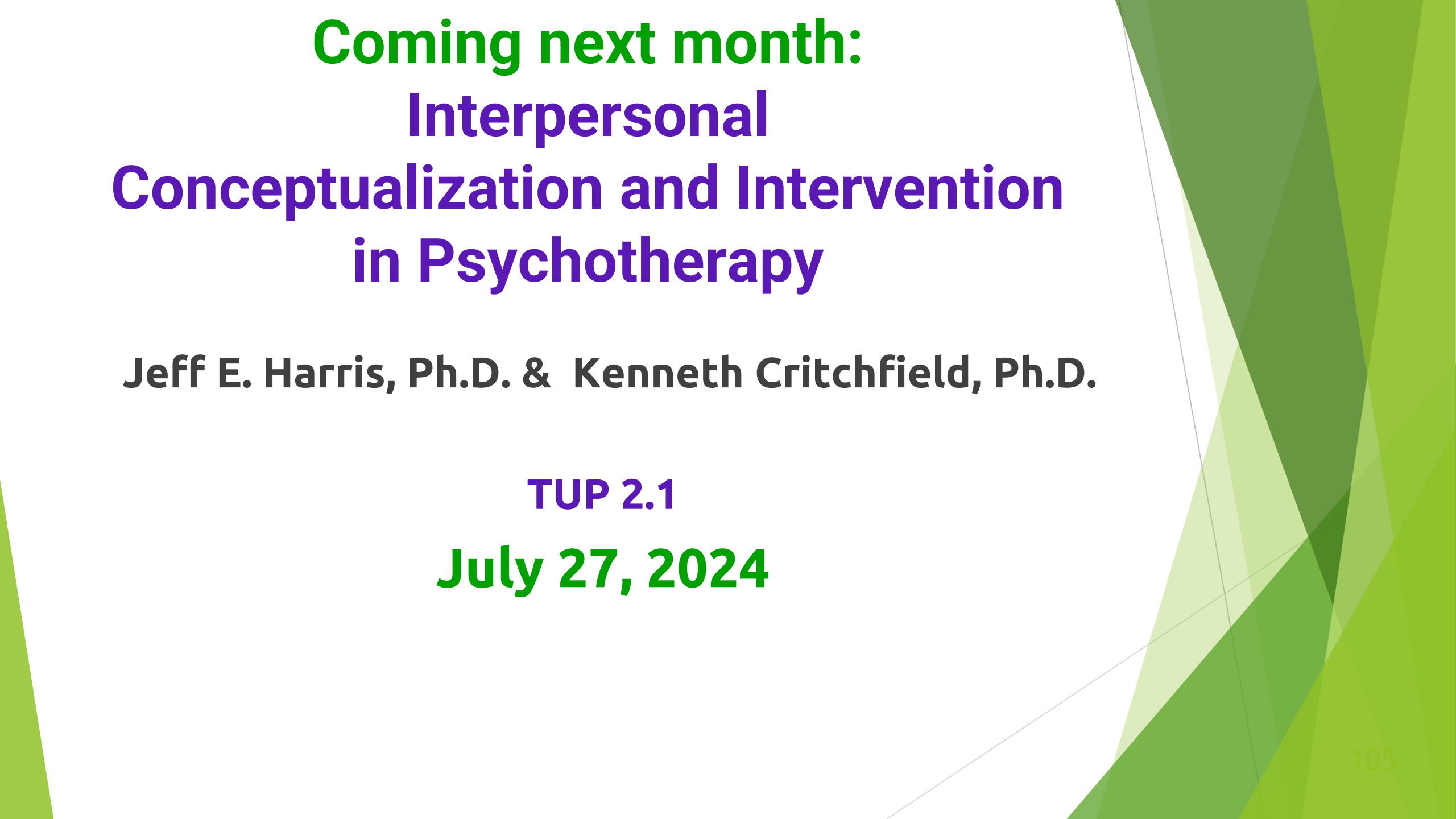
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# **Coming next month:** **Interpersonal Conceptualization and Intervention in Psychotherapy**

**Jeff E. Harris, Ph.D. & Kenneth Critchfield, Ph.D.**

**TUP 2.1**

**July 27, 2024**