INTEGRATIVE MULTITHEORETICAL PSYCHOTHERAPY

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Appendix A

Multitheoretical Conceptualization

1. Cognitive Conceptualization

- Identify specific thoughts or beliefs that mediate the relationship between activating events and consequences, including both feelings and actions.
- Distinguish between automatic thoughts that occur in specific situations and the intermediate and core beliefs that often generate automatic thoughts.
- Consider functional thoughts that might help the client.

2. Behavioral Conceptualization

- Identify specific actions that a client wants to increase or decrease.
- Look for relevant patterns of reinforcement and punishment.
- Recognize maladaptive responses paired with conditioned stimuli.
- Generate ideas about effective actions that might help the client.

3. Experiential Conceptualization

- Identify specific feelings that a client is experiencing.
- Classify emotions as primary, secondary, or instrumental.
- Recognize adaptive or maladaptive role of primary emotions.
- Hypothesize about primary adaptive emotions that might help the client.

4. Biopsychosocial Conceptualization

- Recognize the ways that physical health is impacting psychological functioning.
- Identify physical symptoms associated with psychological distress.
- Look at the way biological health may be impacting social relationships.

- Explore ways that sociocultural contexts shape actions and perceptions related to health.
- Consider health practices that could enhance mind-body wellness.

5. Psychodynamic-Interpersonal Conceptualization

- Look for repetitive themes in relationship episodes.
- Identify wishes, responses of others, and responses of self.
- Explore the origins of these core conflictual relationship themes.
- Think about functional relationship patterns that might help the client.

6. Systemic-Constructivist Conceptualization

- Describe past or present family structures, roles, or patterns.
- Identify salient features in the family belief system.
- Recognize how social systems have shaped the construction of personal meaning.
- Consider personal narratives that might support positive change.

7. Multicultural Conceptualization

- Identify cultural messages received from different cultural contexts related to a client's presenting concern.
- Explore identity development and acculturation experiences.
- Seek an understanding of the client's current worldview, including cultural values related to psychological concerns.
- Generate ideas about cultural values and practices that can be used to support therapeutic goals.

Appendix B

Catalog of Key Strategies

Cognitive Psychotherapy Strategies

COG-1. Identifying Thoughts
Identifying automatic thoughts, self-talk, and cognitive patterns

COG-2. Clarifying the Impact of Thoughts
Clarifying the impact of thoughts on feelings, actions, and interpersonal relationships

COG-3. Challenging Irrational Thoughts
Challenging or disputing irrational thoughts or inaccurate beliefs

COG-4. Illuminating Core Beliefs
Illuminating core beliefs or schemas by exploring the meaning of thoughts and patterns

COG-5. Evaluating Evidence
Evaluating evidence that may support or challenge clients' cognitions

COG-6. Testing Hypotheses
Forming and testing hypotheses about clients' beliefs and perceptions

COG-7. Modifying Beliefs
Modifying specific beliefs to be more functional and adaptive

COG-8. Reinforcing Adaptive Cognitions
Reinforcing adaptive cognitions and extinguishing dysfunctional ones

COG-9. Encouraging Accurate Perceptions
Encouraging accurate perceptions of realistic constraints impacting clients' lives

COG-10. Supporting Dialectical Thinking
Supporting dialectical thinking and helping clients move toward synthesis rather than focusing on only one mode of thought

COG-11. Fostering Mindful Awareness
Fostering mindful observation and awareness to help clients live in the present rather than making judgments

COG-12. Working with Imagery
Working with imagery, metaphors, or stories to reduce negative images and encourage clients to visualize adaptive images and embrace positive metaphors

COG-13. Brainstorming Solutions
Brainstorming alternative solutions as part of active problem solving

COG-14. Providing Psychoeducation
Providing psychoeducation by sharing information from theory and research to aid therapeutic change

COG-15. Supporting Bibliotherapy
Supporting bibliotherapy by recommending relevant books or articles that support therapeutic learning

Behavioral Psychotherapy Strategies

BHV-1. Clarifying the Impact of Actions
Clarifying the impact of actions on thoughts, feelings, and interpersonal relationships

BHV-2. Illuminating Reinforcement and Conditioning
Illuminating how current behavioral patterns have been shaped by environmental reinforcements and conditioned responses

BHV-3. Identifying Target Actions
Identifying specific target actions that a client wants to increase or decrease

BHV-4. Determining Baselines
Determining the frequency and duration of specific behaviors in order to establish baselines and gauge progress

BHV-5. Encouraging Active Choices
Encouraging clients to make active choices based on a realistic assessment of the likely consequences of their behavior

BHV-6. Assessing Stages of Change
Assessing stages of change and preparing clients to move steadily toward action

BHV-7. Establishing Schedules of Reinforcement
Establishing schedules of reinforcement and punishment in order to increase or decrease targeted behaviors

BHV-8. Prescribing Actions
Prescribing specific action or assigning homework that activates behavior or alters longstanding patterns

BHV-9. Constructing a Hierarchy
Constructing a hierarchy of related behaviors or situations that result in

BHV-10. Exposing Clients to Images or Experiences
Exposing clients to distressing images or real-life experiences in order to desensitize them or extinguish problematic conditioned responses

BHV-11. Fostering Acceptance
Fostering acceptance of uncomfortable thoughts, feelings, or sensations rather than taking action to try to change or avoid them

BHV-12. Encouraging Commitments
Encouraging clients to identify their values and make commitments to actions that are consistent with personal values

BHV-13. Providing Training and Rehearsal
Providing skills training and behavioral rehearsal related to therapeutic goals

BHV-14. Coaching and Shaping
Coaching clients, providing social reinforcement, and shaping behavioral patterns

Experiential-Humanistic Psychotherapy Strategies

EXP-1. Identifying Feelings
Identifying specific feelings and distinguishing them from thoughts and physical sensations

EXP-2. Clarifying the Impact of Feelings
Clarifying the impact of feelings on thoughts, actions, and other dimensions of human functioning

EXP-3. Encouraging Expression of Feelings
Encouraging awareness and expression of feelings in order to embrace adaptive emotions and let go of maladaptive feelings

EXP-4. Fostering Self-Actualization
Celebrating the desire for growth and fostering self-actualization as an innate human need

EXP-5. Communicating Empathy and Positive Regard
Communicating empathy and unconditional positive regard in a congruent manner that encourages growth

EXP-6. Supporting Authenticity
Supporting the discovery and expression of a client's personal sense of authenticity

EXP-7. Integrating Parts of Self
Identifying, connecting, and integrating different parts of self

EXP-8. Focusing Attention
Focusing attention to increase awareness of feelings, thoughts, actions, or

EXP-9. Fostering Here-and-Now Awareness
Fostering here-and-now awareness in order to promote discovery and growth

EXP-10. Creating Experiments
Creating in-session experiments to facilitate discovery and change

EXP-11. Accepting Freedom and Responsibility
Promoting an acceptance of freedom and responsibility that leads to mature decision making.

EXP-12. Recognizing Existential Limitations
Facilitating recognition of existential limitations like death, freedom, isolation, and meaninglessness

Biopsychosocial Psychotherapy Strategies

BIO-1. Exploring the Effect of Biology on Psychological Functioning
Exploring how biological functioning, including health or illness, can affect thoughts, actions, and feelings

BIO-2. Recognizing the Influence of Psychological Functioning on Health
Recognizing the influences of thoughts, actions, and feelings on biological health and physical wellness

BIO-3. Considering the Interaction between Health and Relationships
Considering the interaction between biological health and interpersonal or systemic relationships

BIO-4. Understanding Health within a Sociocultural Context
Understanding biological health, health behaviors, and physical symptoms within their social and cultural contexts

BIO-5. Encouraging Physical Wellness
Helping clients establish healthy patterns of living that result in physical wellness—including proper nutrition, exercise, and sleep

BIO-6. Reducing Substance Use
Helping clients reduce or eliminate their use of alcohol, tobacco, or other drugs that threaten physical and mental health

BIO-7. Teaching Relaxation
Teaching clients to relax using muscle relaxation, breathing, stretching, imagery, meditation, or autogenic training

BIO-8. Fostering Physiological Awareness
Fostering physiological awareness and attention to biological cues related to psychological functioning and physical health

BIO-9. Working Interactively with Body and Brain
Working physically with the body or altering brain activity to relieve psychological and emotional distress

BIO-10. Facilitating Acceptance of Illness
Facilitating acceptance of illnesses or physical limitations and encouraging behavioral changes that adapt to new biological realities

BIO-11. Encouraging an Active Role in Health Care
Encouraging an active role in health care through personal decision making and proactive negotiation with healthcare providers

BIO-12. Considering Psychotropic Medication
Encouraging clients to consider the potential benefits of medication to reduce psychiatric or medical symptoms

BIO-13. Considering Alternative Interventions
Considering alternative interventions that impact biological functioning (such as hypnosis, acupuncture, yoga)

Psychodynamic-Interpersonal Psychotherapy Strategies

PSY-1. Listening to Narratives
Listening with a receptive attitude and enabling clients to relate their life narratives in a way that illuminates conflicts and patterns

PSY-2. Encouraging Free Association
Encouraging clients to say whatever comes to mind in order to discover unconscious thoughts and feelings that might not emerge in a structured conversation

PSY-3. Identifying Relationships Themes
Examining current relationships and identifying interpersonal themes that may represent long-term patterns

PSY-4. Making Interpersonal Interpretations
Interpreting subtle thoughts, actions, and feelings in order to bring them into awareness and illuminate their relationship to interpersonal patterns

PSY-5. Honoring Resistance
Honoring resistance and fostering awareness of the way clients resist change and maintain the status quo in order to protect themselves from fearful changes

PSY-6. Exploring Childhood Experiences
Exploring childhood experiences in order to understand the origin of interpersonal patterns and how early relationships may shape or distort current interpersonal perceptions

PSY-7. Working Through Past Conflicts
Expressing and working through thoughts and feelings related to painful interpersonal conflicts from the past

PSY-8. Identifying Attachment Styles
Examining early and ongoing attachment experiences and identifying attachment styles in order to encourage more secure attachments

PSY-9. Observing the Therapeutic Relationship
Observing the way clients relate to the psychotherapist in order to understand the way interpersonal patterns are enacted and repeated within the therapeutic relationship

PSY-10. Attending to Subjective Responses
Attending to the psychotherapist's own subjective responses as a basis for understanding clients' interpersonal experiences and how they may be perceived by others

PSY-11. Resolving Conflicts in the Therapeutic Relationship
Working through interpersonal problems in the therapeutic relationship in order to resolve conflicts that were learned earlier in life

PSY-12. Modifying Relational Interactions
Identifying ways that current relationships outside therapy can be modified to change interaction patterns and to generalize lessons that have been learned in psychotherapy

PSY-13. Interpreting Dreams
Exploring dreams and helping clients discover interpretive meaning that illuminates thoughts or feelings outside of awareness

PSY-14. Adapting to Interpersonal Losses or Disputes
Helping clients adapt to significant changes in interpersonal relationships by grieving losses or resolving disputes

PSY-15. Encouraging New Relationships
Encouraging clients to form new relationships and reduce social isolation as a result of role transitions or interpersonal deficits

PSY-16. Learning from Termination
Using the end of the therapeutic relationship to enact a healthy separation, consolidate self-awareness, and support interpersonal changes

Systemic-Constructivist Psychotherapy Strategies

SYS-1. Understanding Problems within Their Social Context
Understanding individuals' psychological problems within the social context of families and other relational groups

SYS-2. Viewing Families as Systems
Viewing families as interactive systems in which all members impact one another through direct and indirect communication

SYS-3. Detecting Repetitive Interaction Patterns
Detecting repetitive interaction patterns and feedback loops that are used to maintain family homeostasis

SYS-4. Describing the Structure of the Family
Describing the structure of the family including subsystems, boundaries, and patterns of enmeshment and disengagement

SYS-5. Identifying Family Roles
Identifying functions or roles that family members frequently play in order to maintain family stability

SYS-6. Searching for Multigenerational Patterns
Searching for multigenerational patterns that demonstrate the way interpersonal relationships are influenced by extended families

SYS-7. Clarifying Family Belief Systems
Clarifying family belief systems and rules that govern the way families interact and influence members' thoughts, actions, and feelings

SYS-8. Giving Directives for Strategic Change
Giving strategic directives that alter a maladaptive sequence of behaviors in order to initiate change within an entire system

SYS-9. Exploring the Social Construction of Meaning
Exploring the social construction of personal meaning and helping clients recognize how families and other groups have shaped the way reality is perceived

SYS-10. Externalizing Problems
Externalizing problems by describing them as separate entities outside of clients rather than as defining parts of identity

SYS-11. Encouraging Adaptive Narratives
Helping clients tell their stories or personal narratives in new ways that support the possibility for change

SYS-12. Utilizing Clients' Resources
Utilizing clients' resources and symptoms to help them meet their needs in more adaptive ways

SYS-13. Constructing Solutions
Constructing solutions by building on past successes and discovering exceptions to the rules that support psychological problems

SYS-14. Orienting Toward the Future
Orienting clients toward the future and helping them imagine a time when their problems have been solved

Multicultural-Feminist Psychotherapy Strategies

MCUL-1. Viewing Clients Culturally
Observing and understanding clients' thoughts, actions, and feelings from a cultural point of view

MCUL-2. Clarifying the Impact of Culture
Clarifying the impact of cultural contexts on current functioning, interpersonal relationships, and social systems

MCUL-3. Creating Culturally-Appropriate Relationships
Creating therapeutic relationships that appropriately match clients' cultural expectations

MCUL-4. Celebrating Diversity
Celebrating diversity in order to help clients accept and express their uniqueness

MCUL-5. Illuminating Similarities and Differences
Illuminating similarities and differences between psychotherapist and client, and acknowledging the impact of power on the relationship

MCUL-6. Recognizing the Impact of Identity
Assessing identity development and recognizing its impact on how clients value different worldviews and make attributions of personal success and failure

MCUL-7. Facilitating Identity Development
Facilitating the awareness and development of cultural identity in order to promote self-acceptance and empowerment

MCUL-8. Appreciating Multiple Identities
Appreciating the intersection of multiple identities including race, ethnicity, gender, sexual orientation, religion, class, ability, and age

MCUL-9. Highlighting Oppression and Privilege
Highlighting the impact of societal oppression, privilege, status, and power on clients' thoughts, actions, and feelings

MCUL-10. Exploring Societal Expectations
Exploring societal expectations and supporting informed decisions about which roles to embrace and which to discard

MCUL-11. Supporting Social Action
Supporting clients who participate in social action in order to change oppressive societal structures or practices

MCUL-12. Integrating Spiritual Awareness
Integrating clients' spiritual awareness or faith development into holistic growth

MCUL-13. Becoming Aware of the Therapist's Worldview
Becoming aware of one's own worldview and how it impacts your role as psychotherapist

MCUL-14. Reducing Cultural Biases
Recognizing possible cultural biases and presenting options with as little partiality as possible

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