



A Unified Framework for Individual Psychotherapy

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Tiers of Functioning	Psychotherapy Practice Domains	Focal Dimensions
A. Current Psychological Experience	Cognitive	1. Thoughts & the Cognitive System
	Experiential	2. Emotions, Sensations, & Phenomenology
	Behavioral	3. Actions & the Behavioral System
B. External Contexts	Developmental	4. Development across Life Experiences
	Interpersonal	5. Interpersonal Patterns
	Systemic	6. Families & Other Microsystems
	Cultural	7. Sociocultural Macrosystems
C. Internal Influences & Complex Positive Experiences	Psychodynamic	8. Intrapsychic Structures, Defenses, & Conflicts
	Biological	9. Biology, Physical Health, & Mind-Body Connections
	Positive	10. Well-Being, Meaning, & Spirituality