



# Unified Psychotherapy

A Comprehensive and Practical  
Approach to Integration

## Unified Treatment Planning

Jeff E. Harris & Heather A. Smith © 2025

This outline combines elements from *Clinical Case Formulation* (Ingram, 2012) and *Integrative Multitheoretical Psychotherapy* (Brooks-Harris, 2008).

### 1. Defining Problems based on Collaborative Dialogue

Problems refer to difficulties, dysfunctions, and complaints that are identified by the client or others (Ingram, 2012, ch. 3). Psychotherapy works best if the client and therapist agree on the problems to be addressed based on collaborative dialogue (Brooks-Harris, 2008).

### 2. Conducting a Multidimensional Survey

To prepare for treatment, it is beneficial to explore cognitions, emotions, and behaviors that contribute to a problem (Brooks-Harris, 2008, ch. 3). Then it is helpful to look at the sources of these dysfunctional patterns, including external contexts as well as internal influences.

### 3. Establishing an Interactive Focus on Two or Three Dimensions

After surveying different dimensions of a problem, it is helpful to discuss where to focus attention in order to initiate the process of therapeutic change. Focal dimensions should be perceived as important to both client and psychotherapist (Brooks-Harris, 2008)

### 4. Formulating a Multitheoretical Conceptualization based on Clinical Hypotheses

A central part of case formulation involves identifying one (or more) clinical hypothesis that describes the client's problem from a theoretical perspective (Ingram, 2012, ch. 6). An updated catalog is available in an UP document called *35 Clinical Hypotheses*.

### 5. Choosing Intervention Strategies

Treatment planning involves choosing intervention strategies that correspond to focal dimensions and are based on a multitheoretical conceptualization (Brooks-Harris, 2008). Over time, integrative psychotherapists can expand their repertoire of skills and techniques.

### 6. Continue Refining Conceptualization and Treatment Plan

Case formulation and treatment planning are ongoing processes. As psychotherapy evolves focal dimensions may shift, suggesting the importance of new clinical hypotheses. Selection of interventions is based on the emerging needs and preferences of each client over time.

Copyright © 2025 Jeff E. Harris & Heather A. Smith. Permission granted to print or copy for educational purposes provided this copyright notice remains intact.

[www.unifiedpsychotherapy.net](http://www.unifiedpsychotherapy.net)