Unified Psychotherapy

A Comprehensive and Practical Approach to Integration

35 Clinical Hypotheses organized by Practice Domain

Multitheoretical conceptualization involves identifying one (or more) clinical hypothesis that provides an understanding for a particular client's concern. This list represents a revision of Barbara Ingram's (2012) original catalog in her book _Clinical Case Formulations_.

1. Cognitive	COG-A. Dysfunctional Thinking
	COG-B. Rumination and Cognitive Fusion
	COG-C. Inflexible Cognitive Style
	COG-D. Maladaptive Imagery
2. Experiential	EXP-A. Maladaptive Emotions
	EXP-B. Emotional Suppression or Avoidance
	EXP-C. Dysregulation of Emotions
	EXP-D. Somatic Symptoms
3. Behavioral	BHV-A. Antecedents and Consequences
	BHV-B. Conditioned Responses
	BHV-C. Skills Deficits
4. Developmental	DEV-A. Psychosocial Tasks and Transitions
	DEV-B. Developmental Disruption
	DEV-C. Pervasive Developmental Deficit
	DEV-D. Neurodevelopmental Limitation
5. Interpersonal	INT-A. Recurrent Interpersonal Pattern
	INT-B. Transference
	INT-C. Countertransference
	INT-D. Interpersonal Problem impacts Mood or Functioning
6. Systemic	SYS-A. Maladaptive Family Roles and Beliefs
	SYS-B. Intrapsychic Conflicts Shared within the Family
	SYS-C. Avoidance of Family Problems
7. Cultural	CUL-A. Cultural Adjustment
	CUL-B. Rigid Cultural Expectations
	CUL-C. Oppression within Social Locations
	CUL-D. Development of Intersecting Identities
8. Psychodynamic	PSY-A. Intrapsychic Template
	PSY-B. Defense Mechanisms
	PSY-C. Internal Parts
9. Biological	BIO-A. Health Behaviors
	BIO-B. Psychiatric Illness
	BIO-C. Medical Illness
10. Positive	POS-A. Well-Being & Strengths
	POS-B. Meaning & Values
	POS-C. Spirituality & Transpersonal Experiences

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