



Unified Psychotherapy

A Comprehensive and Practical
Approach to Integration

Conceptualization Tasks organized by Practice Domain

In completing an initial assessment and multidimensional survey, the psychotherapist is likely to identify one or more practice domain in which they will form their clinical hypothesis. The prompts provided here are organized in to Practice Domains and provide one sequential approach for each of these domains to assist in structuring the hypothesis. This list represents a revision of Brooks-Harris's (2008) original catalogue of conceptualisation tasks in his book *Multitheoretical Psychotherapy*.

1. Cognitive	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	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	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. Developmental	Identify developmental tasks that have been missed in the client's childhood and adolescence.
	Consider what difficult life experiences may have disrupted developmental tasks.
	Identify dysfunctional thoughts and emotions associated with these experiences.
	Generate functional adaptations to development challenges to explore with the client.
5. Interpersonal	Identify the main interpersonal pattern that is causing pain and preventing satisfaction of their adult needs and where these repeating patterns were learned.
	Identify deficits in self and relational capacities which maintain a younger maturity level than developmentally expected.
	Consider what attachment styles may be contributing to the problems being experienced.
	Generate new interpersonal skills, perceptions, and responses that might help the client.
6. Systemic	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	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.
8. Psychodynamic	Look for repetitive themes in relationship episodes.
	Identify wishes, motives and defences of the client that create or perpetuate this episode.
	Explore the origins of these core conflictual relationship themes.
	Consider functional relationship patterns that might help the client.
9. Bio-psycho-social	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.