



# Unified Psychotherapy

A Comprehensive and Practical  
Approach to Integration

## **Initial Note Taking with Focus Markers**

In completing an initial assessment, some psychotherapists may find that a checklist of focus markers as described in *Multitheoretical Psychotherapy* (Brooks-Harris, 2008) can be helpful as prompts. This format can also be used throughout psychotherapy to track improvements, identify other active patterns and sources, and to use as a quick reference for areas to return to.

Client:

Date:

Session:

Location:

Time:

Thoughts		Actions		Feelings	
Inaccurate Thoughts		Ineffective Behavior		Unexpressed Emotions	
Pervasive Worries		Conditioned Responses		Unrealized Goals/Dreams	
Unrealistic Expectations		Compulsive Behaviors		Lack of Personal Awareness	
Distorted Perceptions		Unproductive Patterns		Conflicted Sense of Self	
Distress Related to Misinformation		Environmental Barriers		Existential Issues	
Biology		Interpersonal		Psychodynamic	
Physical Illness		Repetitive interpersonal patterns		Defence Mechanisms	
Somatic Complaints		Unresolved childhood experiences		Avoidance of Thoughts	
Substance Abuse		Insecure Attachments		Avoidance of Feelings	
Lack of Energy		Ineffective Interpersonal Relationships		Contradictory Thoughts/Beliefs	
Lack of Physical Awareness		Interpersonal Losses or Disputes		Unexplained resistance	
Cultural		Social Systems		Developmental	
Internalized Oppression		Family conflict		Adverse Childhood Experiences	
Confusion about cultural Identity		Multigenerational Patterns		Missed Developmental Tasks	
Hindered by Stereotypes		Rigid Family Roles		Bizarre interpretation of interactions	
Relationships distorted by Cultural Factors		Conflictual Social or Workgroups		Trauma / Emotional Regulation Issues	
Experiences of Discrimination		Distorted construction of meaning		Shame/Guilt relating to childhood	
Reviewed Intake		Risk Assessed (Formal)		Risk Assessed (Informal)	Diagnosis/Identifying
MDS		Concept		Modalities	Exp / Bhv / Cog / Sys / Int/ Psy / Bio / Mcul / Dev
Assessed Risk:	Self / Others / Property / None / Ideation (Contracting) / Planning (Safety) / Means / Intent / Attempt				
Intervention					
Intervention					
Next session					
Current Goal					
Progress					

Additional Clinical Observations: