



Key Strategies for Individual Psychotherapy – One Page Summary

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Intervention Processes	Cognitive Strategies	Emotion-Focused Strategies	Behavioral Strategies
- EXPLORATION PHASE -			
Focusing on a Specific Dimension	COG-1. Focusing on thoughts related to clients' presenting concerns	EFT-1. Focusing on feelings related to clients' presenting concerns	BHV-1. Focusing on actions related to clients' presenting concerns
Exploring Context, Function, and Impact	COG-2. Exploring the origins of thoughts, how they mediate experiences, and their impact on feelings and actions	EFT-2. Exploring the context and function of specific feelings and how they shape thinking and acting	BHV-2. Exploring the triggers and functions of specific actions and how they impact thoughts and feelings
Analyzing Adaptive Value	COG-3. Analyzing thoughts to evaluate their functional value	EFT-3. Analyzing feelings to evaluate their adaptive value	BHV-3. Analyzing actions to evaluate their effectiveness
Discovering Patterns Outside Awareness	COG-4. Discovering underlying core beliefs or schemas that influence conscious thought	EFT-4. Discovering unexplored emotional experiences outside of awareness	BHV-4. Discovering patterns of reinforcement that shape current actions
- TRANSFORMATION PHASE -			
Experimenting	COG-5. Experimenting with thoughts to evaluate accuracy and generate alternatives	EFT-5. Experimenting with new feelings and overcoming emotional blocks	BHV-5. Experimenting with new actions and observing results
Modifying	COG-6. Modifying beliefs and identifying more functional thoughts	EFT-6. Generating adaptive feelings as an alternative to problematic emotional patterns	BHV-6. Improving skills through training and behavioral rehearsal
Generalizing and Consolidating	COG-7. Reinforcing functional thoughts and putting these beliefs into practice	EFT-7. Generalizing adaptive feelings and reflecting on emotional responses	BHV-7. Generalizing effective actions to new environments outside of psychotherapy
Assessing Change and Impact	COG-8. Assessing cognitive change and multidimensional impact	EFT-8. Assessing emotional change and multidimensional impact	BHV-8. Assessing behavioral change and multidimensional impact

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