



## LESSON FOUR

### *Integrative Treatment Planning*

Summarized from Chapter Three

#### ***Integrative Multitheoretical Psychotherapy***

Jeff E. Brooks-Harris (2008) Boston: Houghton-Mifflin

[www.multitheoretical.com](http://www.multitheoretical.com)

***Integrative treatment planning*** (Brooks-Harris, 2008, p. 94-102) provides a step-by-step method for applying MTP to clinical work with an individual client. Five steps will be described here that allow psychotherapists to understand clients in a multidimensional manner and to make intentional choices about the use of multitheoretical strategies. The first three steps make use of the multidimensional model and often occur at the beginning of treatment. The last two steps utilize the multitheoretical framework and the catalog of key strategies and occur throughout the psychotherapy process to guide ongoing choices.

#### **1. Watching for Multidimensional Focus Markers**

As clients tell their stories and describe their concerns, psychotherapists should listen for markers that indicate that it would be helpful to focus on particular dimensions. After meeting with the client for the first time, it might be helpful for a counselor to review focus markers and note the ones observed. Multidimensional focus markers are listed in Table 3.3 of the MTP text (Brooks-Harris, 2008, p. 96). A copy of a ***Focus Marker Checklist*** is available on the web in the treatment resources section of [www.multitheoretical.com](http://www.multitheoretical.com).

#### **2. Conducting a Multidimensional Survey**

After clients have had a chance to describe their concerns, it is often helpful to explore seven dimensions in a more structured manner: (a) thoughts, (b) actions, (c) feelings, (d) biology, (e) interpersonal patterns, (f) social systems, and (g) cultural contexts. A multidimensional survey is often conducted during the second or third session of psychotherapy. Questions that can be used during a multidimensional survey are listed in Table 3.4 of the MTP text (Brooks-Harris, 2008, p. 97). A copy of a ***Multidimensional Survey*** that can be shared with clients is available on the web in the treatment resources section of [www.multitheoretical.com](http://www.multitheoretical.com).

#### **3. Establishing an Interactive Focus on 2 or 3 Dimensions**

After surveying all seven dimensions, therapists and clients can collaboratively identify two or three salient dimensions that will form the initial focus of psychotherapy. This choice of focus will be related to the goals for psychotherapy and will provide a place to start exploring and intervening. Once an interactive focus has been agreed upon, it may be helpful to monitor the interaction between focal dimensions.

#### **4. Formulating a Multitheoretical Conceptualization**

As counselors get to know clients better, they will want to use psychotherapy theories to formulate a conceptualization of what is going on. Counselors can use psychotherapy theories that correspond to focal dimensions to formulate complementary conceptual descriptions of what is going on. Conceptualization models focusing on each dimension are described in Chapters 4-10 of ***Integrative Multitheoretical Psychotherapy*** (Brooks-Harris, 2008). A summary of ***Multitheoretical Conceptualization*** models can be found on the web in the treatment resources section of [www.multitheoretical.com](http://www.multitheoretical.com).

## 5. Choosing Interventions from a Catalog of Key Strategies

Ongoing treatment involves choosing intervention strategies that correspond to focal dimensions and are based on a multitheoretical conceptualization. The catalog of key strategies provides practical examples of interventions that encourage psychotherapists to translate theory into practice. Key strategies from seven theoretical approaches to psychotherapy are described in Chapters 4-10 of the MTP text (Brooks-Harris, 2008). Almost 100 different strategies are described using the following tools: theoretical contexts, strategy markers, suggestions for use, expected consequences, and case examples. A summary of the **Catalog of Key Strategies** can be found on the web in the treatment resources section of [www.multitheoretical.com](http://www.multitheoretical.com).