



## LESSON ONE

### Five Principles for Psychotherapy Integration

Summarized from Chapter Two

#### **Integrative Multitheoretical Psychotherapy**

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

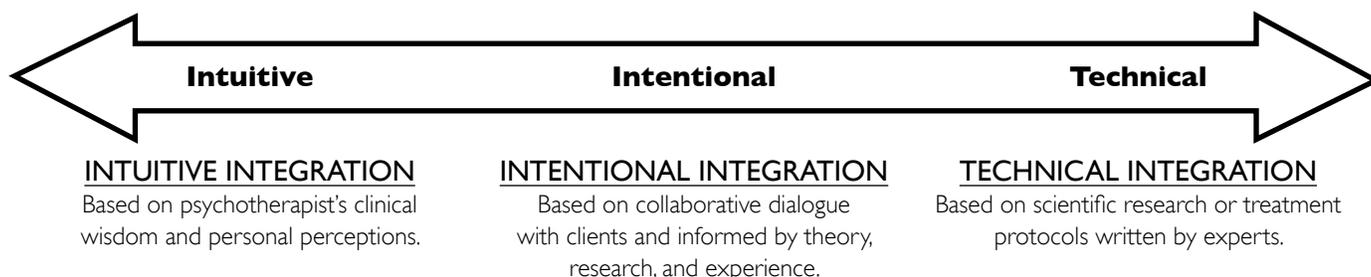
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**Psychotherapy should be intentional, multidimensional, multitheoretical, strategy-based, and relational.**

#### **Principle 1. Intentional Integration** (Brooks-Harris, 2008, p. 42-47)

**Psychotherapy should be based on intentional choices. Intentionality should guide a therapist's choice of focus, conceptualization, intervention strategies, and relational styles.**

As psychotherapists use ideas and strategies from different theoretical traditions, choices should be informed by theory, experience, and research. Integration should be *intentional* rather than haphazard. Counselors should know why they are making particular choices and be able to articulate a rationale for the skills they employ with an individual client.

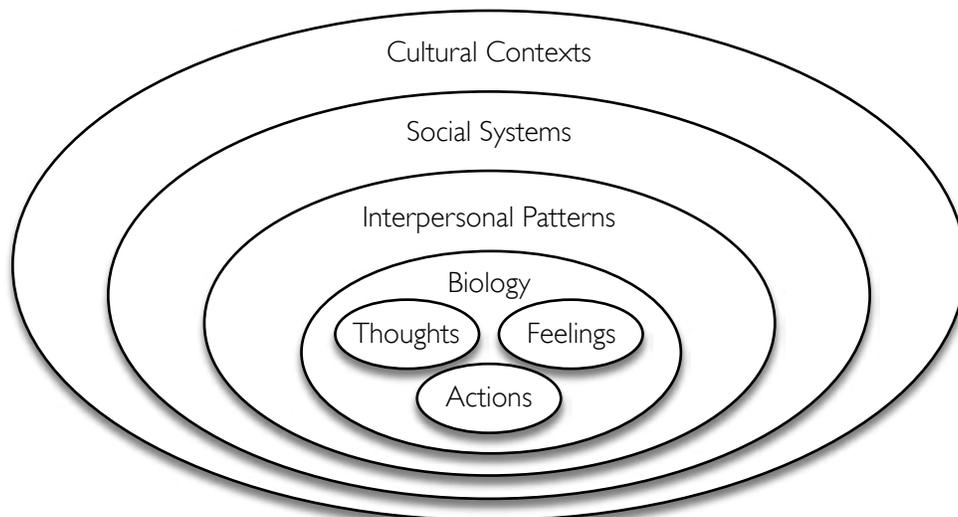


**FIGURE 2.1** INTENTIONAL INTEGRATION REPRESENTS A MIDDLE GROUND BETWEEN INTUITIVE AND TECHNICAL INTEGRATION. (BH08, P. 45)

#### **Principle 2. Multidimensional Integration** (BH08, p. 47-50)

**Psychotherapy should recognize the rich interaction between multiple dimensions within individuals' lives. Integrative psychotherapy supports multidimensional adaptation in the form of functional thoughts, effective actions, and adaptive feelings that allow clients to adjust to biological, interpersonal, systemic, and cultural contexts.**

MTP is organized around a *multidimensional model of human functioning*. This model highlights the interactive role of seven dimensions that are often related to psychological concerns and represent the emphases of different theories of psychotherapy. (1) Thoughts, (2) Actions, and (3) Feelings (TAF) are identified as concurrent dimensions and form the foreground of this model. These aspects of life are seen as continually interacting with one another because humans are always thinking, acting, and feeling. Contextual dimensions form the background of the multidimensional model and often influence concurrent functioning: (4) Biology, (5) Interpersonal Patterns, (6) Social Systems, and (7) Cultural Contexts (BISC). Intentional choices in psychotherapy should involve deciding which dimensions are most relevant to a client's presenting concern and focusing on these dimensions in an interactive manner.



**FIGURE 2.2** A MULTIDIMENSIONAL MODEL OF HUMAN FUNCTIONING. (BH08, p. 48)

### **Principle 3. Multitheoretical Integration** (BH08, p. 51-56)

**Integrative psychotherapists utilize diverse theories to understand clients and guide interventions. Multitheoretical conceptualization allows therapists to view theories as complementary vantage points to create a comprehensive formulation. Multitheoretical practice involves combining strategies from different theoretical traditions.**

Psychotherapists should be able to benefit from the collective wisdom of diverse theories. Integrative psychotherapists should know how distinct theories can be used to understand different clients or can be used as complementary perspectives to understand different aspects of the same individual. MTP provides a framework for recognizing the relative utility of different theories for understanding different dimensions of human functioning.

**TABLE 2.2** MULTITHEORETICAL FRAMEWORK FOR PSYCHOTHERAPY (BH08, p. 51)

<b>Theoretical Approaches</b>	<b>Focal Dimensions</b>
Cognitive	Thoughts
Behavioral	Actions
Experiential	Feelings
Biopsychosocial	Biology
Psychodynamic	Interpersonal Patterns
Systemic	Social Systems
Multicultural	Cultural Contexts

### **Principle 4. Strategy-Based Integration** (BH08, p. 57-62)

**Integrative psychotherapists utilize a wide variety of specific strategies drawn from different theoretical traditions. Selection of strategies should be based on a multitheoretical conceptualization as well as knowledge of strategy markers and expected consequences.**

Integrative therapists acquire skills drawn from many different theoretical traditions within the broad field of psychotherapy. The acquisition of a diverse repertoire of strategies is seen as a life-long process of development. MTP uses a *catalog of key strategies* in order to display the wide range of options available to integrative psychotherapists as they consider how to intervene therapeutically with their clients. MTP describes *strategy markers* and *expected consequences* to help psychotherapists make intentional choices about using specific intervention strategies. Markers are client characteristics indicating the usefulness of certain strategies. Expected consequences are the anticipated results that are likely when particular strategies are utilized. The utilization and combination of specific psychotherapy strategies with particular clients should be based on intentional choices.

### **Principle 5. Relational Integration** (BH08, p. 62-67)

**Psychotherapy should be implemented within the context of an effective therapeutic relationship. Different styles of relationships can be developed with clients based on individual needs and preferences.** The development of a relationship and the choice of a particular style should be based on intentional choices. A multitheoretical approach to relational integration starts with the observation that different theoretical approaches have emphasized different types of relationships. All of these relationship styles are valid and may be useful under different circumstances.

**TABLE 2.4** RELATIONSHIP STYLES ENCOURAGED BY DIFFERENT THEORETICAL APPROACHES (BH08, p. 63)

<b>Theoretical Approaches</b>	<b>Relationship Styles</b>
Cognitive	Collaborative Empiricism
Behavioral	Social Reinforcement
Experiential	Empathic Attunement
Biopsychosocial	Health Promotion
Psychodynamic	Participant-Observation
Systemic	Social Choreography
Multicultural	Cultural Consultation