



LESSON TWO

Working Interactively with Thoughts, Actions, and Feelings

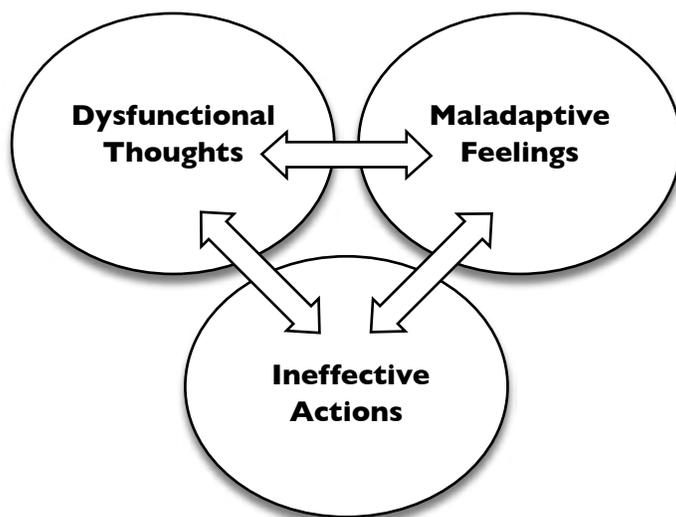
Summarized from Chapters Three through Six
Integrative Multitheoretical Psychotherapy
Jeff E. Brooks-Harris (2008) Boston: Houghton-Mifflin
www.multitheoretical.com

Multidimensional Adaptation (Brooks-Harris, 2008, Chapter Three, p. 80-83)

Multitheoretical Psychotherapy (MTP) suggests that the purpose of psychotherapy is to help clients respond to the environment with adaptive thoughts, actions, and feelings. Functional thoughts, effective actions, and adaptive feelings will help clients adjust to changing biological, interpersonal, social, and cultural environments. Individual psychotherapy involves working within the ongoing interaction between clients' thoughts, actions, and feelings. An integrative psychotherapist may use different types of strategies to encourage different forms of adaptation at different times.

Working Interactively (BH08, p. 84-86)

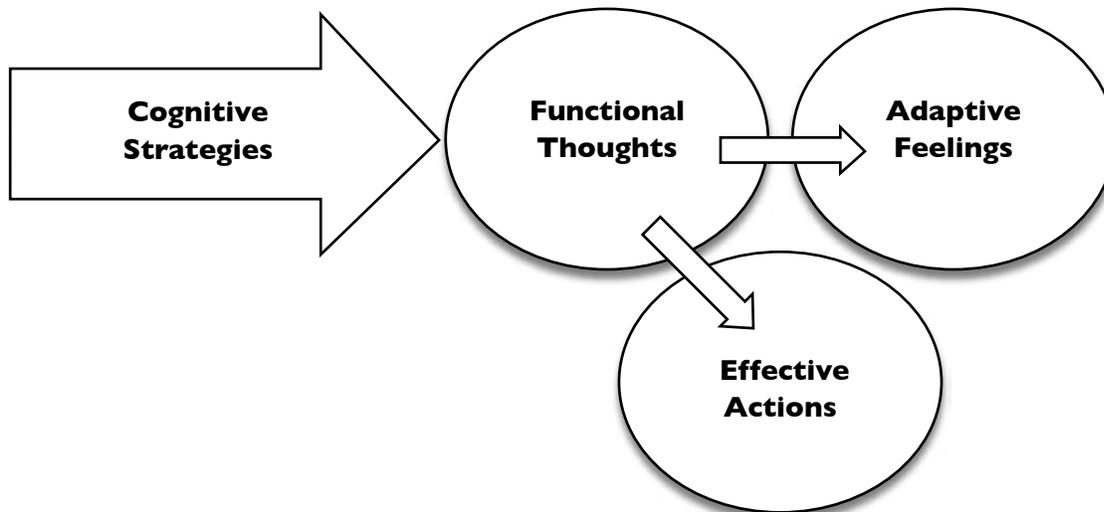
People come to psychotherapy because their thoughts, actions, and/or feelings are not helping them adapt to the environments they encounter. Maladaptive thoughts, actions, and feelings (TAF) are closely related and highly interactive. Maladaptive feelings like hopelessness are often associated with dysfunctional thoughts like "I'm a loser; no one would want to date me," and ineffective actions like social isolation. Conversely, adaptive feelings—like hope and a desire to overcome loneliness—are more likely to be associated with functional thoughts like "Maybe I'll meet someone nice at the party," and effective actions associated with overcoming fears and talking to new people in a social setting.



- **Dysfunctional Thoughts** are inaccurate or irrational, are not based on evidence, or do not serve a useful function.
- **Ineffective Actions** do not result in desired results or they expend energy without meeting needs or attaining goals.
- **Maladaptive Feelings** do not match the situation, are disproportional responses, or interfere with effective actions.

Cognitive Psychotherapy Strategies (BH08, Chapter Four, p. 106-150)

- Cognitive psychotherapy focuses on thoughts and uses these cognitions as a point of clinical leverage to encourage multidimensional change.
- Cognitive strategies encourage functional thoughts that are rational, evidence-based, and promote effective adaptation to the environment.
- Cognitive interventions are designed to have a primary impact on thoughts and a secondary impact on actions and feelings.

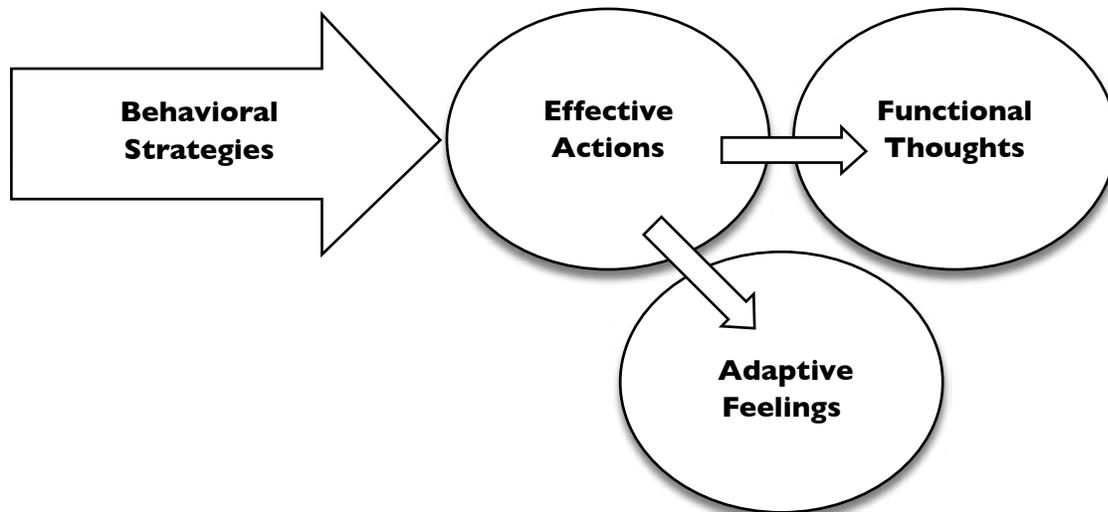


MTP's Catalog of Key Strategies describes 15 Cognitive Interventions:

- COG-1 Identifying Thoughts
- COG-2 Clarifying the Impact of Thoughts
- COG-3 Challenging Irrational Thoughts
- COG-4 Illuminating Core Beliefs
- COG-5 Evaluating Evidence
- COG-6 Testing Hypotheses
- COG-7 Modifying Beliefs
- COG-8 Reinforcing Adaptive Cognitions
- COG-9 Encouraging Accurate Perceptions
- COG-10 Supporting Dialectical Thinking
- COG-11 Fostering Mindful Awareness
- COG-12 Working with Imagery
- COG-13 Brainstorming Solutions
- COG-14 Providing Psychoeducation
- COG-15 Supporting Bibliotherapy

Behavioral Psychotherapy Strategies (BH08, Chapter Five, p. 151-194)

- Behavioral psychotherapy focuses on actions and uses these behaviors as a point of clinical leverage to encourage multidimensional change.
- Behavioral strategies support effective actions or reduce maladaptive conditioned responses.
- Effective actions help people meet their needs, attain their goals, or avoid undesirable consequences.
- Behavioral interventions are designed to have a primary impact on actions and a secondary impact on thoughts and feelings.

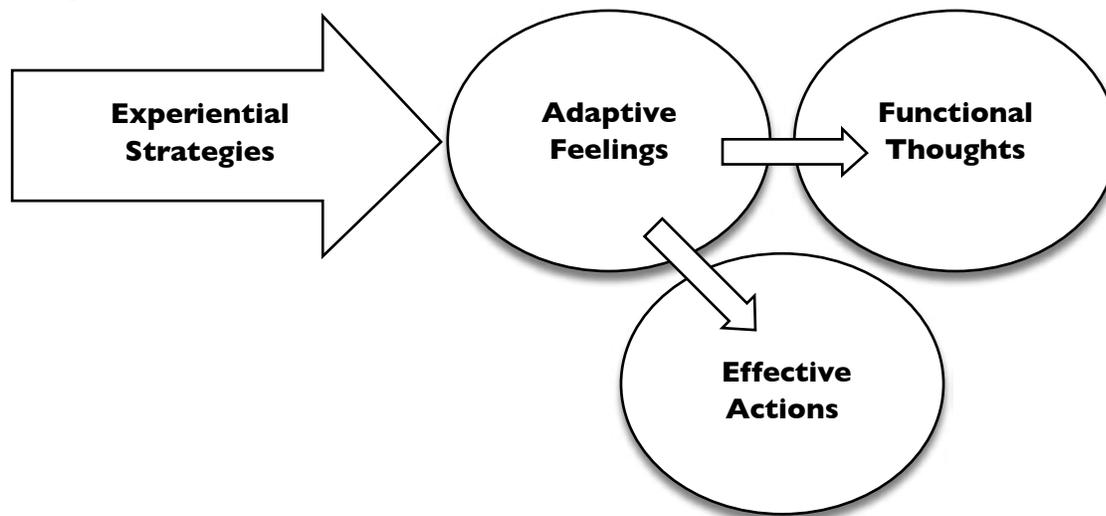


MTP's Catalog of Key Strategies describes 14 Behavioral Interventions:

- BHV-1 Clarifying Impact of Actions
- BHV-2 Reinforcement & Conditioning
- BHV-3 Identifying Target Actions
- BHV-4 Determining Baselines
- BHV-5 Encouraging Active Choices
- BHV-6 Assessing Stages of Change
- BHV-7 Schedules of Reinforcement
- BHV-8 Assigning Homework
- BHV-9 Constructing a Hierarchy
- BHV-10 Exposing Clients to Images or Experiences
- BHV-11 Fostering Acceptance
- BHV-12 Encouraging Commitments
- BHV-13 Providing Training & Rehearsal
- BHV-14 Coaching & Shaping

Experiential-Humanistic Psychotherapy Strategies (BH08, Chapter Six, p. 195-231)

- Experiential psychotherapy focuses on feelings and uses these emotions as a point of clinical leverage to encourage multidimensional change.
- Experiential-Humanistic strategies encourage adaptive feelings, explore other personal experiences, and result in awareness and growth.
- Adaptive feelings help people evaluate situations, organize them for effective action, and match the situation in a proportional manner.
- Experiential interventions are designed to have a primary impact on feelings and a secondary impact on thoughts and actions.



MTP's Catalog of Key Strategies describes 12 Experiential-Humanistic Interventions:

- EXP-1 Identifying Feelings
- EXP-2 Clarifying the Impact of Feelings
- EXP-3 Encouraging Expression of Feelings
- EXP-4 Fostering Self-Actualization
- EXP-5 Empathy & Positive Regard
- EXP-6 Supporting Authenticity
- EXP-7 Integrating Parts of Self
- EXP-8 Focusing Attention
- EXP-9 Fostering Here-and-Now Awareness
- EXP-10 Creating Experiments
- EXP-11 Accepting Freedom & Responsibility
- EXP-12 Recognizing Existential Limitations

The MTP textbook, *Integrative Multitheoretical Psychotherapy* (Brooks-Harris, 2008) describes each of the key strategies listed earlier using the following tools:

- **Theoretical Context**—Where did this strategy originate?
- **Strategy Marker**—When would this skill be most useful?
- **Suggestions for Use**—How can this intervention be implemented?
- **Expected Consequence**—What is the likely outcome of using this strategy?
- **Case Example**—What does this skill look like in dialogue between a counselor and client?