



Key Strategies Training

Summarized from Chapter Twelve

Integrative Multitheoretical Psychotherapy

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www.multitheoretical.com

1. Theory Review

Review theoretical constructs that support intervention strategies. This may involve reading chapters from a traditional text.

2. Strategy Introduction

Introduce a specific strategy by having students read the strategy marker, suggestions for use, and expected consequences.

3. Demonstration

The instructor can demonstrate the strategy in role play or show a video demonstration. Key strategies videos are available from www.emicrotraining.com.

4. Discussion

Students may ask questions about the strategy or the way it was implemented in the demonstration. Trainees can discuss ways they might implement the skill in a different way, consistent with their own personal style.

5. Written Practice

After a demonstration, students can write down something they might say to enact a particular strategy with a client. Key strategies workbooks are available in the training resources section of www.multitheoretical.com.

6. Role-Play Practice

Key-strategies training can conclude by asking students to practice a specific skill or a group of interventions.

- (a) **In Class.** Role-plays can begin in class with feedback from the instructor and fellow students.
- (b) **After Class.** Afterward, trainees can practice role-plays outside of class. If students videotape their role-plays, they can reflect on their practice by reviewing the tape and identifying what they said and did to enact specific strategies. Role-play practice can focus on a single strategy or on a group of related skills.