



Using MTP to Organize a Practicum or Intern Seminar

Summarized from Chapter Twelve

Integrative Multitheoretical Psychotherapy

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

www.multitheoretical.com

1. Introduction to Psychotherapy Integration (Week One)

Four different routes to psychotherapy integration are described: (a) common factors, (b) technical eclecticism, (c) theoretical integration, and (d) assimilative integration.

2. Multitheoretical Psychotherapy (Week Two)

- MTP is described as a combination of technical eclecticism and theoretical integration.
- Multidimensional Model guides thinking about clients.
- Multitheoretical Framework guides implementation.
- Trainees identify their preferences, background knowledge, and learning goals.

3. Integrative Treatment Planning (Week Three)

- Integrative Treatment Planning is presented as a practical method to prepare for multitheoretical practice with an individual client.
- Multidimensional Survey is demonstrated and practiced in role play.
- Focal Dimensions are chosen for the purpose of concentrating on interactions between dimensions and guiding the choice of conceptual models and intervention strategies.

4. Skills Training for Seven Theoretical Approaches (Fourteen Weeks Total)

- Skills training can be provided during a 2-semester seminar that meets 2 hours per week
- 2 weeks for each theoretical approach
- a. **Week 1:**
 - Review of theoretical concepts
 - Conceptualization applied to current clients
 - Introduction of key strategies
- b. **Between Seminars:**
 - Conceptualize current clients
 - Self-reflection for use of strategies with current clients
 - Read written descriptions of skills
 - View demonstration videos
- c. **Week 2:**
 - Rate skills as strengths or areas for growth
 - Role-play practice focusing on growth areas
 - Treatment planning for specific clients:
 - With whom would you like to use this approach?
 - Which particular strategies would be helpful for this client?