



Using MTP to Organize Case Consultation or Case Presentations

Summarized from Chapter Twelve

Integrative Multitheoretical Psychotherapy

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

www.multitheoretical.com

1. Client Description, Presenting Concern, and Relevant History

- Describe the client and his or her presenting concern.
- What background information is most important for understanding the current situation and the client's current goals for psychotherapy?

2. Multidimensional Survey

- How is the presenting concern related to the client's thoughts, actions, and feelings (TAF)?
- How is the presenting concern shaped by the contexts of biology, interpersonal patterns, social systems, and cultural contexts (BISC)?

3. Focal Dimensions

- Which two or three dimensions are most salient and have formed the focus of psychotherapy so far?
- Are these dimensions still relevant and helpful in guiding treatment?
- Should other focal dimensions be considered?

4. Formulating a Multitheoretical Conceptualization

- Using two or three psychotherapy theories that correspond to focal dimensions, what is your current understanding of this client?
- What hypotheses have you formulated?
- What questions remain regarding conceptualization?

5. Intervention Strategies

- Using MTP's catalog of key strategies as a reference point, what interventions have you used so far?
- Which skills have been most helpful?
- Are there other strategies that should be considered?
- How would these strategies be used with this particular individual?