



## ***MTP Supervision: Single Session Sequence***

Summarized from Chapter Twelve

### ***Integrative Multitheoretical Psychotherapy***

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

[www.multitheoretical.com](http://www.multitheoretical.com)

#### **1. Identifying the Current Focus**

An integrative supervisor can help a trainee identify the dimension(s) that have been focused on so far in psychotherapy.

#### **2. Conducting a Multidimensional Survey**

A multidimensional survey provides a structured way for a supervisor and trainee to discuss a particular client.

#### **3. Identifying Focal Dimensions**

A supervisor can help a trainee identify two or three dimensions that are most relevant to the client's presenting concerns.

#### **4. Formulating a Focused Conceptualization**

Conceptualizing a client using a model that corresponds to a focal dimension can help a supervisor and trainee understand the client using theoretical concepts.

#### **5. Identifying Key Strategies**

After conceptualizing a client, a supervisor can encourage a trainee to identify interventions from MTP's catalog of key strategies that have been used with this client and others that might be helpful in the future.

#### **6. Customizing Key Strategies**

After identifying specific strategies, a supervisor and trainee can discuss how these interventions can be adapted to this individual client in a way that is consistent with the trainee's personal style of counseling.