



## **Multitheoretical Training Infused Throughout the Graduate Curriculum**

Summarized from Chapter Twelve

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

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

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

#### **1. Pre-Practicum Skills Training**

MTP's catalog of key strategies provides advanced strategies to complement basic skills. Skills classes often emphasize training in intentional, strategy-based, and relational integration.

#### **2. Theory Survey Class**

MTP's multitheoretical framework demonstrates how theories can be used in combination based on complementary emphases. Theory survey classes can be used to encourage multitheoretical integration.

#### **3. Seminars on Individual Approaches**

Key-strategies training provides a way to translate theory into practice. When key strategies training occurs in different seminars describing distinct theories, students can prepare for strategy-based integration.

#### **4. Practicum or Internship**

MTP provides a framework for reflecting on practice, expanding knowledge and skills, and integrating theories in practice. Practicum or internship provides an ideal context for multidimensional and multitheoretical integration.

#### **5. Psychotherapy Integration Class**

*Integrative Multitheoretical Psychotherapy* (Brooks-Harris, 2008) provides content to complement integrative processes described in Norcross and Goldfried's (2005) *Handbook of Psychotherapy Integration*. A psychotherapy integration class supports multitheoretical integration.