

Client: _____

Date: _____

As clients describe their concerns and tell their stories, psychotherapists should listen for markers that indicate that it would be helpful to focus on particular dimensions. This checklist is designed to help counselors begin the process of integrative treatment planning described in Chapter Three of *Integrative Multitheoretical Psychotherapy* (Brooks-Harris, 2008, p. 94-104).

Directions: After one or two sessions, complete this checklist by indicating the markers you have observed. If you have checked markers focusing on several different dimensions, it may be helpful to go back and circle two or three markers that seem to be most closely related to the client's presenting concern and may indicate a useful focus.

Concurrent Dimensions

Markers for Focusing on Thoughts

- Inaccurate thoughts
- Pervasive worries
- Unrealistic expectations
- Distorted perceptions
- Distress related to misinformation

Markers for Focusing on Actions

- Ineffective behaviors
- Conditioned responses
- Compulsive behaviors
- Unproductive patterns
- Environmental barriers

Markers for Focusing on Feelings

- Unexpressed emotions
- Unrealized goals or dreams
- Lack of personal awareness
- Conflicted sense of self
- Existential issues

Contextual Dimensions

Markers for Biology Focus

- Physical illness
- Somatic complaints
- Substance abuse
- Lack of energy
- Lack of physical awareness

Markers for Social Systems Focus

- Family conflicts
- Multigenerational patterns
- Rigid family roles
- Conflictual social or work groups
- Distorted construction of meaning

Markers for Interpersonal Focus

- Repetitive interpersonal patterns
- Unresolved childhood experiences
- Insecure attachments
- Ineffective interpersonal relationships
- Interpersonal losses or disputes

Markers for Cultural Focus

- Confusion about cultural identity
- Experiences of discrimination
- Internalized oppression
- Hindered by stereotypes
- Relationships distorted by cultural factors