



Catalog of Key Strategies

Summarized from Chapters Four through Ten
Integrative Multitheoretical Psychotherapy
Jeff E. Brooks-Harris (2008) Boston: Houghton-Mifflin
www.multitheoretical.com

Cognitive Psychotherapy Strategies

- COG-1. Identifying Thoughts
- COG-2. Clarifying the Impact of Thoughts
- COG-3. Challenging Irrational Thoughts
- COG-4. Illuminating Core Beliefs
- COG-5. Evaluating Evidence
- COG-6. Testing Hypotheses
- COG-7. Modifying Beliefs
- COG-8. Reinforcing Adaptive Cognitions
- COG-9. Encouraging Accurate Perceptions
- COG-10. Supporting Dialectical Thinking
- COG-11. Fostering Mindful Awareness
- COG-12. Working with Imagery
- COG-13. Brainstorming Solutions
- COG-14. Providing Psychoeducation
- COG-15. Supporting Bibliotherapy

Behavioral Psychotherapy Strategies

- BHV-1. Clarifying Impact of Actions
- BHV-2. Reinforcement & Conditioning
- BHV-3. Identifying Target Actions
- BHV-4. Determining Baselines
- BHV-5. Encouraging Active Choices
- BHV-6. Assessing Stages of Change
- BHV-7. Schedules of Reinforcement
- BHV-8. Assigning Homework
- BHV-9. Constructing a Hierarchy
- BHV-10. Exposing to Images or Experiences
- BHV-11. Fostering Acceptance
- BHV-12. Encouraging Commitments
- BHV-13. Providing Training & Rehearsal
- BHV-14. Coaching & Shaping

Experiential-Humanistic Psychotherapy Strategies

- EXP-1. Identifying Feelings
- EXP-2. Clarifying Impact of Feelings
- EXP-3. Expression of Feelings
- EXP-4. Fostering Self-Actualization
- EXP-5. Empathy & Positive Regard
- EXP-6. Supporting Authenticity
- EXP-7. Integrating Parts of Self
- EXP-8. Focusing Attention
- EXP-9. Fostering Here-and-Now Awareness
- EXP-10. Creating Experiments
- EXP-11. Accepting Freedom & Responsibility
- EXP-12. Recognizing Existential Limitations

Biopsychosocial Psychotherapy Strategies

- BIO-1. Biology ⇌ Psychological Functioning
- BIO-2. Psychological Functioning ⇌ Health
- BIO-3. Interaction btwn Health & Rel.s
- BIO-4. Health w/in Sociocultural Context
- BIO-5. Encouraging Physical Wellness
- BIO-6. Reducing Substance Use
- BIO-7. Teaching Relaxation
- BIO-8. Fostering Physiological Awareness
- BIO-9. Working Interactively w/ Body & Brain
- BIO-10. Facilitating Acceptance of Illness
- BIO-11. Active Role in Health Care
- BIO-12. Considering Psychotropic Medication
- BIO-13. Considering Alternative Interventions

Psychodynamic-Interpersonal Psychotherapy Strategies

- PSY-1. Listening to Narratives
- PSY-2. Encouraging Free Association
- PSY-3. Identifying Relationship Themes
- PSY-4. Making Interpersonal Interpretations
- PSY-5. Honoring Resistance
- PSY-6. Exploring Childhood Experiences
- PSY-7. Working Through Past Conflicts
- PSY-8. Identifying Attachment Styles
- PSY-9. Observing the Therapeutic Relationship
- PSY-10. Attending to Subjective Responses
- PSY-11. Resolving Conflicts in Therapeutic Rel.
- PSY-12. Modifying Relational Interactions
- PSY-13. Interpreting Dreams
- PSY-14. Interpersonal Losses or Disputes
- PSY-15. Encouraging New Relationships
- PSY-16. Learning from Termination

Systemic-Constructivist Psychotherapy Strategies

- SYS-1. Problems w/in Social Context
- SYS-2. Viewing Families as Systems
- SYS-3. Repetitive Interaction Patterns
- SYS-4. Structure of the Family
- SYS-5. Identifying Family Roles
- SYS-6. Multigenerational Patterns
- SYS-7. Clarifying Family Belief Systems
- SYS-8. Directives for Strategic Change
- SYS-9. Social Construction of Meaning
- SYS-10. Externalizing Problems
- SYS-11. Encouraging Adaptive Narratives
- SYS-12. Utilizing Clients' Resources
- SYS-13. Constructing Solutions
- SYS-14. Orienting Toward the Future

Multicultural-Feminist Psychotherapy Strategies

- MCUL-1. Viewing Clients Culturally
- MCUL-2. Clarifying Impact of Culture
- MCUL-3. Culturally-Appropriate Ther. Rel.
- MCUL-4. Celebrating Diversity
- MCUL-5. Similarities & Differences
- MCUL-6. Recognizing Impact of Identity
- MCUL-7. Facilitating Identity Development
- MCUL-8. Appreciating Multiple Identities
- MCUL-9. Highlighting Oppression & Privilege
- MCUL-10. Exploring Societal Expectations
- MCUL-11. Supporting Social Action
- MCUL-12. Integrating Spiritual Awareness
- MCUL-13. Awareness of Therapist's Worldview
- MCUL-14. Reducing Cultural Biases