

# Methods of Unified Psychotherapy: Introduction to Integrative Treatment Planning

Most psychotherapists combine ideas and strategies from different theoretical sources in order to meet the needs of each individual client. However, most therapists do so in an informal or intuitive manner. The purpose of this seminar is to teach a practical method of unified treatment planning that allows psychotherapists and clients to make intentional choices together.

Unified treatment planning includes four distinct steps. The first step involves conducting a multidimensional survey of cognitions, emotions, and behaviors that contribute to distress. This survey includes the exploration of sources of this pattern. The source of a maladaptive patterns may include external influences (like family systems or cultural contexts) or internal influences (like intrapsychic conflicts or biological health). Second, a psychotherapist can work with clients to establish an interactive focus on two or three dimensions of functioning. Third, a multitheoretical conceptualization can be formulated using constructs from theories that correspond to focal dimensions. Fourth, based on this case conceptualization, intervention strategies can be chosen that promote change within the focal dimensions chosen.

The outcome of unified treatment planning is a comprehensive description of a client's problem as well as a defined place to initiate change. This unified approach to treatment assumes that working interactively with cognition, emotion, and behavior is ideal for most clients. Understanding the contextual influences of current functioning will support the process of multidimensional change. This seminar is the final part of Level One of Training in Unified Psychotherapy (TUP) and will prepare participants to put this integrative model into practice.

## Target Audience

Psychologists  
Therapists

Social Workers  
Psychiatrists

Counselors  
Nurses

Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Explain how working interactively with cognitions, emotions, and behaviors differs from relying on a single point of clinical leverage.
2. Describe how a multidimensional survey helps psychotherapists describe problems in a comprehensive manner.
3. Explain how external and internal influences impact clients' cognitions, emotions, and behaviors and may shape the way psychological distress is experienced.
4. Describe how the identification of focal dimensions supports the process of conceptualization and intervention selection.
5. Explain how concepts from different theories can be seen as complementary perspectives.

## Seminar Schedule

Typically begins at 10 AM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar schedule.

## Outline

Begin 10 AM ET

Review of TUP Level One  
Holistic Model of Psychological Functioning  
Unified Framework for Individual Psychotherapy

Unified Treatment Planning  
Multidimensional Survey  
Interactive Focus  
Multitheoretical Conceptualization  
Intervention Strategies

Video Demonstration  
Multidimensional Survey  
Interactive Focus

Break 11:30 (15min)

Participant Practice  
Multidimensional Survey  
Interactive Focus

Case Study  
Multidimensional Survey  
Interactive Focus  
Multitheoretical Conceptualization  
Intervention Strategies

Ends 1:15 PM ET

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## The Presenter

Jeff E. Harris received his Ph.D. in Counseling Psychology from The Ohio State University in 1990. In 2004, he was awarded board certification as a Specialist in Counseling Psychology by the American Board of Professional Psychology. Dr. Harris has worked as a psychologist, training director, and director of counseling at student counseling centers at Southern Illinois University, the University of Hawaii at Manoa, and New Mexico State University. He also worked as an associate professor of Counseling Psychology at Texas Woman's University. Dr. Harris is a licensed psychology, currently providing telehealth psychotherapy for Amwell Medical Group and BetterHelp. Dr. Harris is the author or co-author of two books: *Workshops: Designing and Facilitating Experiential Learning* (Brooks-Harris & Stock-Ward, 1999) and *Integrative Multitheoretical Psychotherapy* (Brooks-Harris, 2008). In 2015, Dr. Harris started collaborating with other scholars to define Unified Psychotherapy as a distinct route to integration. Dr. Harris has developed Training in Unified Psychotherapy (TUP) as a webinar series and certification program to teach therapists to think about clients in a holistic manner and to utilize diverse interventions based on the individual needs of each client.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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tzkseminars, LLC  
2110 South Eagle Road  
P.O. Box 310  
Newtown, Pa. 18940