

Interpersonal Conceptualization and Intervention in Psychotherapy

Psychological functioning is always embedded within the context of interpersonal relationships. Maladaptive patterns that bring clients to psychotherapy are often learned in early attachment relationships. The interpersonal context of psychotherapy can help clients explore and understand relational patterns. Clients can practice new ways of relating in therapy and, hopefully, these more effective ways of being can be generalized to new contexts.

This seminar will teach both interpersonal conceptualization and intervention methods. Interpersonal conceptualization will be described as way to understand interpersonal patterns in the present. In order to promote a unified approach to treatment, the seminar will highlight how relational patterns shape cognition, emotion, and behavior. Diversity is addressed in this seminar by describing the way cultural contexts shape relationships.

Foundational interpersonal skills will be described and demonstrated with role-play videos. These skills will address three general processes: (1) Exploration and functional analysis of current patterns, (2) Guided discovery to uncover more adaptive functioning, and (3) Enacting adaptation outside of psychotherapy.

At a more advanced level, this seminar will explore the source of interpersonal patterns. This section will use attachment theory to understand the roots of internalized relational models. A video demonstration of exploring deeper patterns will be used to illustrate how this idea can be enacted with clients. Both transference and countertransference will be explored as they are practiced within a contemporary interpersonal approach.

This seminar is part of Level Two of Training in Unified Psychotherapy (TUP), focusing on working contextually with external contexts and internal influences. An essential part of a unified approach to treatment is understanding the impact of interpersonal patterns on dysfunctional thoughts, feelings, and actions and fostering more adaptive responses.

Target Audience		
Psychologists	Social Workers	Counselors
Therapists	Psychiatrists	Nurses
Course level: Intermediate		

Learning Objectives

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

1. Apply interpersonal conceptualization methods to understanding psychotherapy clients.
2. Define psychotherapy goals in interpersonal terms.
3. Identify ways that relationship patterns are related to dysfunctional cognitions, emotions, and behaviors.
4. Explain how interpersonal interventions can help clients embrace more adaptive ways of thinking, feeling, and acting in the context of relationships.
5. Describe how an understanding of the attachment-based roots of current relationship conflicts can aid psychotherapy.

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 10:00 AM ET

A. Introduction to Interpersonal Psychotherapy
Interpersonal Themes
Historical Context
Interpersonal Focus in Psychotherapy
Focusing on Interpersonal Patterns

B. Interpersonal Conceptualization
Describing Interpersonal Patterns in the Present

C. Foundational Skills for an Interpersonal Focus
Exploration and functional analysis of current patterns
Guided discovery to uncover more adaptive functioning
Enacting adaptation outside of psychotherapy
Video demonstrations of foundational skills

Break 11:30 AM (15 min)

D. Links between Past and Present Relationships
Attachment-Based Roots
Video Demonstration of Exploring the Origin of Interpersonal Patterns

E. Countertransference

F. Diversity

G. Interpersonal Key Strategies

Ends 1:15 PM

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Continuing Education Credit

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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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