

# Unified Psychotherapy: A New Framework for Clinical Practice

Most psychotherapists would like to draw from different theoretical sources in order to serve the individual needs of each client. However, this is a difficult goal to accomplish without training and structure. Unified Psychotherapy (UP) is a comprehensive approach to integration that enhances a therapist's capacity to draw from diverse approaches by providing a holistic framework. This structure can be used to guide both conceptualization and intervention.

This seminar will introduce a three-tiered model of psychological functioning that distinguishes between immediate psychological functioning, external influences, and internal influences. (A) Psychological functioning focuses on the dynamic interaction between (1) cognition, (2) emotion, and (3) behavior. (B) External influences include (4) development across life experiences, (5) interpersonal patterns, (6) families and other microsystems, as well as (7) sociocultural macrosystems. (C) Internal influences include (8) intrapsychic processes and (9) biological health.

This seminar will include a video demonstration of a multidimensional survey of cognition, emotion, and behavior. This survey is the foundation for the process of unified treatment planning which will be elaborated upon in a later seminar (TUP 1-6). This seminar will encourage active learning by including activities and worksheets related to reflection and application. This is the first webinar in Level One of Training in Unified Psychotherapy (TUP), focusing on working interactively with cognition, emotion, and behavior.

## 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 unified psychotherapy differs from other routes to integration.
  2. Describe the relationship between immediate psychological experience, external influences, and internal influences.
  3. Identify strengths and area for growth related to professional training and experience.
  4. Analyze clients' concerns and plan for treatment using a unified framework.
  5. Apply this unified framework by conducting a multidimensional survey.

## Seminar Schedule

The webinar outline is attached. See the Live Webinar page for the start and end times.

## Outline

Begin 10:00 AM ET

Overview of Psychotherapy Integration  
Unified Psychotherapy  
Definition  
Holistic Framework  
Three-Tiered Model of Functioning  
Immediate Psychological Experience  
External Influences  
Internal Influences  
Unified Framework  
Cognitive, Experiential, & Behavioral  
Developmental, Interpersonal, Systemic, & Cultural  
Psychodynamic & Biological

Break 11:30 (15min)

Simple Foundation  
Adaptive or Maladaptive  
Exploration, Change, & Acceptance  
Unified Treatment Planning  
Multidimensional Survey  
Interactive Focus  
Multitheoretical Conceptualization  
Choosing Intervention Strategies  
Video Demonstration  
Multidimensional Survey

Ends 1:15 PM ET

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## Continuing Education Credit

To earn CE's, you must attend the entire webinar. No partial credit is available. For both the webinar and the home study version, you will have to pass a post-test with 80% correct and complete a seminar evaluation to earn the certificate. You can take the test up to three times. Participants will earn 3 CE's for attending once they have completed these requirements.

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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.

## General Information

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Laura Davie, LICSW, Tina Jenkins, Psy.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2028.

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tzkseminars, LLC  
168 West Lake Drive  
Annapolis, Md. 21403