## Integrative Theory of Therapy rbstuart88@gmail.com Outcome-----Personal **Elicitation** General well-being Health: physical, mental Coherent meaning/life 1st -order change via Social Relationships: Situation Management Intimate, family peers, work, community **Social Situational Mediators: Opportunity <-----**--→ Opportunity Neuroticism/Narcissism $\leftarrow \forall \rightarrow$ Good adjustment Emotionally **overreactive** Planned <u>responsiveness</u> <-----Radical Acceptance: need for change---**Potentiation** Emotional Regulation (ER) Cognitive Flexibility (CF) Social Intelligence (SI) >Meta-cognition >Meta-emotion >Meta-social awareness Aware of vulnerability Aware of rigidities Aware of IWMs 2<sup>nd</sup>-order Monitor reaction intensity Monitor biases Monitor assumptions change via Control—Respond vs. react Control--relabel Control--decenter by: \*Cognitive style: \*Ask other's perspective \*Mindfulness—aware/accept Strengthenemotion Concrete/abstract \* Clarify meaning ing self-\*Identify labels, triggers \* Identify shared goals Dualism/Relativism management \*Delay, scale reaction \*Coping style focus:: \*Request positive change \*Apply S-O-B-E-R Emotion vs solution. \*Negotiate two-winner outcome skills Stop, Observe. Breath. \*Cognitive complexity \*Retain what is learned Expand Options, Respond \* Problem-solving skills Neurophysiology Neurochemistry **Temperament Internal Working Models** Trauma **Predisposition** >Calm--Irritable >Attachment style 3<sup>rd</sup>-order >Proportionate—Excessive Secure >Optimistic—Pessimistic Anxious change via re->Empathic—Disconnected Anxious-Avoidant programming Avoidant-Hostile Hostile-avoidant

## For productive therapy: Use dimensional assessment vs categorical diagnosis

- 1 Evaluate ER, CF, SI.
- 2. Formulate case—assets, vulnerabilities, mediators, objectives and participants
- 3 Create Goal Attainment Scale to plan to strengthen or build & evaluate A-M-C skills

Type of Therapy	Initial Focus	Developed Focus
Supportive therapy	Elicitation	Potentiation, if needed
Incidental—Psychodynamic	Predisposition	None
therapies		
Intentional—skill-building	Potentiation	Elicitation→Predisposition
therapies		_