

SOCIETY FOR THE EXPLORATION OF PSYCHOTHERAPY INTEGRATION

Second Annual Conference
Toronto, Ontario

INFORMATION REGARDING WORKSHOPS: The conference organizers decided that a number of sessions would be called "workshops" in order for registrants to be eligible for Continuing Education credits. These sessions will include material that attendees can apply to their teaching and clinical work. Not all sessions designated as workshops will have an "experiential" component, although, like all sessions, they will provide opportunities for audience discussion.

SESSION EVALUATIONS: We would appreciate your completing a form after each session.

Thursday, May 1

5:00 - 7:00 p.m. Registration (Second Floor)

Friday, May 2

8:00 - 9:00 a.m. Registration (outside Commonwealth Ballroom--Centre)

9:00 - 10:00 The Meaning of Psychotherapy Integration
(PLENARY SESSION)

Commonwealth Ballroom-Centre Barry Wolfe, National Institute of Mental Health
Hal Arkowitz, University of Arizona
Larry Beutler, University of Arizona College of Medicine

This session will explore the variety of ways in which psychotherapy integration has been interpreted. The panelists will respond to questions posed by the moderator. They will also briefly present their views. Ample time will be allowed for audience participation. Integration will be considered at a theoretical level and at the level of technical eclecticism.

10:00 - 10:30 Coffee Break (Second Floor)

10:30 - 12:00 1. Interpersonal Processes in Depression: A Message
For All Forms of Psychotherapy

St. Patrick North Leonard Horowitz, Stanford University
James Coyne, University of Michigan Medical School
Ian Gotlib, University of Western Ontario

Interpersonal processes that are relevant to depression need to be addressed in all forms of psychotherapy. Individuals suffering from depression are particularly susceptible to sequences that activate unflattering cognitions, induce negative affect, and elicit counter-therapeutic responses in others. Leonard Horowitz will describe how depressed people are predisposed to such sequences (with a therapist and with others). Ian Gotlib will describe the process in couples in which one partner has been hospitalized for depression. Marital interaction tasks exposed negative nonverbal sequences that discriminated these couples from comparison couples. James Coyne will describe how a depressed person's behavior places measurable burdens on other family members, inducing psychiatric distress.

2. Three Approaches to Clinical Integration (WORKSHOP)

Commonwealth
Ballroom-Centre

Iris Fodor, New York University
Susan Heitler, Rose Medical Center, Denver, Colorado
Mary Ann Richardson, The Credit Valley Hospital; Richard
Walsh and Raymond Cardey, Kitchener-Waterloo Hospital

The three approaches to integration that will be presented offer creative frameworks for unifying diverse psychotherapeutic methods. Fodor will discuss conceptual and therapeutic issues in the integration of gestalt and behavior therapy; therapy is construed here as an ongoing series of assessment experiments to enhance clients' awareness of core issues and patterns. Heitler will discuss conflict resolution theory as a unifying framework for analytic and family systems theory, focusing on the process of conflict resolution as the structure underlying both forms of therapy. Richardson, Walsh, and Cardey will present structured fantasy approaches to children's group therapy, which incorporate symbolic play and group dynamics with elements of social skills training.

3. Converging Evidence for Emotional Schemata in Language and Behavior

St. Patrick
South

Wilma Bucci, Adelphi University
Julia Davies, Adelphi University
Jeremy Leeds, Adelphi University
Adam Price, Adelphi University, & Marjorie Klein,
University of Wisconsin Medical School
Jeremy Safran, Clarke Institute of Psychiatry

This panel focuses on procedures for detection and verification of underlying emotional schemata as expressed in psychotherapy patients' speech, and in children's behavior, including: (1) a multi-judge, multi-stage categorization procedure for identifying repetitive event sequences in a patient's free association, applied to a transcript of a tape-recorded analytic treatment; (2) the same method of structure detection applied to the behavior of three-year-old children, where the emotional structures may be seen in nonverbal nascent form; (3) the use of language measures as independent indicators of emotional schemata, to validate the clinical assessment procedures; and (4) a comparison of these linguistic measures, which were developed in the context of psychoanalytic theories, to the Experiencing Scale, developed from Gendlin's Experiential and Rogers' Client-Centered theories.

3:00 - 3:30 Coffee Break (Second Floor)

1:00 - 3:00 Clinical Case Conference (PLENARY SESSION) (WORKSHOP)

Elizabeth
Suite
Marvin Goldfried, S.U.N.Y. Stony Brook
Gerard Egan, Loyola University
Brian Shaw, Clarke Institute of Psychiatry
Hans Strupp, Vanderbilt University

For purposes of conducting a comparison across theoretical orientations, a specific case will be discussed in the context of the various therapeutic tasks confronting both therapist and patient/client at different phases of therapy. For each task (e.g., establishing the therapeutic alliance), the panelists will indicate their general approach for accomplishing this therapeutic sub-goal, and also provide specific illustrations of how this might be implemented within the context of the case at hand. Every attempt will be made to discuss the case and relevant issues in the vernacular, avoiding jargon whenever possible.

3:00 - 3:30 Coffee Break (Second Floor)

3:30 - 5:00 1. Some Viable Suggestions for Integrating
Psychotherapies (WORKSHOP)

Commonwealth
Ballroom-West
Alvin Mahrer, University of Ottawa
Reiner Bastine, University of Heidelberg
Vincent Greenwood, Washington Center for
Cognitive Therapy
Donald Meichenbaum, University of Waterloo
George Stricker, Adelphi University

The emphasis will be on "viable suggestions" for integrating psychotherapies. The focus of the panel is to propose some concrete and pragmatic ways to further integration among the psychotherapies. Can it be furthered through research? How? Can it be furthered through clinical study? How? Through graduate education of our students? How? The focus will be on actual proposed methods which can be followed in the direction of integrating psychotherapies.

2. New Directions in Research on Psychotherapy Integration:
A Report on the NIMH Workshop

St. David
North
Barry Wolfe, National Institute of Mental Health
Hal Arkowitz, University of Arizona
William Pinsof, Family Institute of Chicago/
Northwestern University

This panel will report on the deliberations of the NIMH workshop on research on psychotherapy integration that was held on March 13 and 14, 1986. The workshop covered such topics as conceptual issues in research on psychotherapy integration, the development and assessment of examples of integrated psychotherapies applied to specific classes of psychiatric disorders, and the role of traditional psychotherapy process research in the development of integrated psychotherapy. The panelists will try and convey the flavor, tone, and process of the group's deliberations. In addition, they will present some of the group's recommendations to NIMH for stimulating research grant applications in the area of psychotherapy integration.

3. Integrating Individual and Family Therapy (WORKSHOP)

Elizabeth
Suite

Larry Feldman, Loyola University Medical Center
Ellen Wachtel, St. Lukes--Roosevelt Medical Center
Paul Wachtel, City College of C.U.N.Y.

In this workshop, two models for integrating individual and family therapy will be presented and discussed. Larry Feldman will describe his integrative multi-level model, in which individual and conjoint interview and intrapsychically-oriented and interpersonally-oriented concepts and techniques are combined within a systems theory framework. Symmetrical and asymmetrical forms of multi-level integration will be discussed. Ellen and Paul Wachtel will describe their model for utilizing the concepts and methods of family therapy in intensive psychotherapy with individuals. They will present both a theoretical framework (cyclical psychodynamics) designed to permit the two levels to be integrated, and a variety of integrative methods to accomplish this task. Following the presentation of the two models, there will be discussion and dialogue among the panel members and the audience.

Sunday, May 4

9:00 - 10:30 1. Paradigms for Integration

St. George Paul Wachtel, City College of C.U.N.Y.
Marsha Linehan, University of Washington
David Ricks, University of Cincinnati

This panel will be concerned with the variety of ways in which theorists and clinicians have attempted to achieve an effective integration. The three panelists have different emphases in their clinical and theoretical efforts, and differ even with regard to whether they think of what they are doing as explicitly integrationist, but all three have employed a particular point of view in considering a wider range of data and/or intervention possibilities than is typical. To be discussed as possible integrative frameworks will be lifespan developmental psychology (Ricks), behavior therapy (Linehan), and an interpersonal perspective (Wachtel).

2. When Worlds Collide: Emotional Issues in
Approaching Psychotherapy Integration (WORKSHOP)

St. David Robert Rosenbaum, Langley Porter Psychiatric Institute
Frederick Heide, C.S.P.P. Berkeley
Wes Lamb, Kaiser-Permanente, Hayward, CA
Pamela Rudd, Kaiser-Permanente, Hayward, CA

This workshop will explore the emotional issues that arise when therapists of different schools talk to each other, as well as the feelings that come up when therapists interested in integrating psychotherapies struggle within themselves. Therapeutic disciplines and theories tend to embody differing world-views, so emotional reactions often arise when different therapeutic belief systems confront one another or combine. Essentially, such emotions signal a discrepancy between an attempt to maintain stable identity and an attempt to institute change; these emotions help illuminate the processes of "resistance," change, and communication. The workshop will address theoretical, clinical, and research perspectives as well as elicit participants' personal experiences with the emotions that occur when therapeutic worlds collide.

3. Integrative Techniques in Child and Adolescent Therapy (WORKSHOP)

Commonwealth Mary FitzPatrick, New York Hospital/
Ballroom-East Cornell Medical School
Carol Weber, York College of C.U.N.Y.

There is a growing interest in utilizing both psychodynamic and behavioral approaches in therapy. An integration of the two models can lead to a rich variety of treatment approaches. The literature primarily describes clinical work with adults. In this workshop, the focus will be on the use of integrative techniques in child and adolescent therapy. Cases will be presented to illustrate the continuum of approaches, ranging from primarily behavioral to primarily psychodynamic. Among the factors that will be considered are: type or mix of interventions, degree of familial and school involvement, and evaluation and modification of treatment plans. Participants in the workshop will be encouraged to raise questions about their work.

10:30 - 11:00 Coffee Break (Second Floor)

11:00 - 12:30 The Therapist-Client Relationship:
Four Current Views (PLENARY SESSION)

Commonwealth Stanley Messer, Rutgers University
Ballroom-East Marsha Linehan, University of Washington
William Pinsof, Family Institute of Chicago/
Northwestern University
Laura Rice, York University

Every psychotherapist and system of psychotherapy must conceptualize the nature of the relationship between therapist and client. Four psychotherapists representing the client-centered, behavioral, systems, and psychoanalytic perspectives will address the following issues: The uniqueness of their theoretical viewpoint, the extent to which it overlaps other perspectives, recent changes in the conceptualization of the relationship within that approach, and the relevance of the client's psychopathology for the relationship. The implications of these factors for the effort to integrate the psychotherapies will be discussed.

Program and Conference Committee

Carol Glass and Diane Arnkoff (Co-Chairs)
Vince Greenwood
Alice Lowery
Barry Wolfe

Local Arrangements Committee

Barney Gilmore (Chair)
Laura Rice
Jeremy Safran