

Berkeley  
CA

# SEPI V CONFERENCE PROGRAM

FRIDAY, APRIL 15, 1989

**8:15 - 8:30: OPENING REMARKS**

(EMPIRE ROOM)

Robert Rosenbaum, Conference Coordinator, University of California, San Francisco  
Hal Arkowitz, Program Chair, University of Arizona

**8:30 - 9:30: INVITED ADDRESS**

(EMPIRE ROOM)

**A New Theory for Psychotherapy Integration**  
Mardi Horowitz, University of California, San Francisco

**9:30 - 10:15: COFFEE BREAK**

**10:15 - 12:15: SESSIONS**

FRIDAY MORNING SYMPOSIA

**S-1: What is Support in Psychotherapy and is it Good or Bad?**

(NAPA 3 ROOM)

Paul Wachtel, City University of New York  
Marsha Linehan, University of Washington  
Dan Wile, Oakland, California

In the history of psychotherapy, to call a therapy "supportive" has usually meant either to damn it with faint praise or simply to damn it. The panelists on this symposium will each, from differing perspectives, be challenging this assumption. They will examine what true support really is and show why it is essential to effectively achieving therapeutic change.

**S-2: Symphony, Scene, & Synthesis: The Lively Arts as Metaphors for Psychotherapy Integration**

(NAPA 1 & 2 ROOM)

Frederick Heide, California School of Professional Psychology, Berkeley  
Mardi Horowitz, University of California, San Francisco  
Carol Ott, Department of Dance, Marin Community College  
Robert Rosenbaum, Permanente Medical Group  
Rollo May, Tiburon, California (Discussant)

This symposium will explore parallelisms between the formal attributes of various performing arts and the process of psychotherapy. Focusing on concepts used in the analysis of musical compositions, films, plays, and dance pieces, the symposium will suggest that all models of psychotherapy share "common ingredients" which are structurally similar to those employed in the creation of artistic works which occur across time.

**S-3: The Implications of Psychotherapy Outcome Research for Psychotherapy Integration**

(MENDOCINO ROOM)

Michael Lambert, Richard Bednar, & Gary Burlingame, Brigham Young University  
John Norcross, University of Scranton

Despite the claim by many eclectic practitioners that they base their choice of interventions on "what works" there is great diversity in the intervention strategies employed. Outcome research on psychotherapy is summarized and its implications for practice and research are discussed. It is suggested that eclectic approaches have a long way to go before they rest on a firm empirical base.

**P-1: FRIDAY MORNING PAPER SESSION (Jack C. Anchin, chair)**

(MONTEREY ROOM)

**Psychotherapy Integration and the Interpersonal Perspective**

Jack C. Anchin, Western New York Institute for the Psychotherapies

An emerging issue in psychotherapy integration is the disparity between the significance of interpersonal factors in adult psychopathology and psychotherapy, yet the underutilization of interpersonal principles and procedures in many integrative approaches. This issue is elaborated, followed by demonstrations of how the interpersonal perspective can facilitate (1) building the therapeutic relationship, (2) integrative psychotherapy of Personality Disorders, and (3) integration among multiple treatment modalities.

**The Idea of Balance and Integrative Psychotherapy**

Robert M. Schwartz & Gregory L. Garamoni, University of Pittsburgh School of Medicine

The idea of balance represents a key construct for integrative psychotherapy. We have developed a model of self-regulation which suggests that people maintain a theoretically optimal balance of positive and negative cognition. This presentation examines the role of cognitive balance in personality integration and in the process of therapeutic change.

**Teloresponsivity: An Integrative Concept for the Psychotherapies**

Joseph F. Rychlak, Loyola University of Chicago

This paper argues that a theoretical integration in psychotherapy will be facilitated if a genuinely teleological concept is adopted in the technical lexicon of psychology. Teloresponsivity is advanced as precisely the required conception. It is shown how many concepts in the therapeutic literature are subsumed by telosponsivity.

FRIDAY MORNING SMALL DISCUSSION GROUPS**SD-1: Do We Strike When the Iron is Hot Or Cold?****Considerations on the Timing and Appropriateness of Interpretation**

(CHARDONNAY ROOM)

Leigh McCullough &amp; Henry Pinsker (Discussion Leaders), Michael Laikin &amp; Richard Rosenthal (co-authors)

Beth Israel Medical Center, New York

Mary Fitzpatrick (Co-leader), New York Hospital

The Beth Israel Psychotherapy Program will discuss the pros and cons of interpretation as well as other interventions across the spectrum of anxiety reduction versus anxiety enhancement. Dr. Henry Pinsker, the Director of Beth Israel's Supportive Psychotherapy Group will discuss interpretation and other therapeutic interventions for patients needing supportive treatment wherein anxiety is actively reduced. Dr. Leigh McCullough, Research Director of Beth Israel's Psychotherapy Research Program will discuss interpretations and other therapeutic interventions for higher functioning patients when anxiety is enhanced through intentional challenge of resistance. Both presentations will be demonstrated with videotaped clinical examples. Dr. Mary Fitzpatrick of New York Hospital will discuss these issues from a behavioral perspective.

**SD-2: Constructivist Contributions to Psychotherapy Integration**

(CABERNET ROOM)

Robert A. Neimeyer (Discussion Leader) &amp; Guillem Feixas, Memphis State University

Greg J. Neimeyer, University of Florida

This discussion group will explore the contributions to psychotherapy integration that could be made by the growing set of individual and family therapies sharing a constructivist metatheory. Constructivist therapies emphasize the developmental, personal, and social foundations of our meaning systems, and strategies by which disordered meaning systems can be transformed in psychotherapy. Participants will become acquainted with this form of *theoretically progressive integrationism*, as well as some specific techniques compatible with it.

**SD-3: The Interface Between Therapy Research & Clinical Practice**

(GAMAY ROOM)

Marvin R. Goldfried (Discussion Leader), State University of New York at Stony Brook

Leslie S. Greenberg, York University

Although the field has given much lip-service to the important interplay between clinical practice and research in psychotherapy, in real life this interrelationship is more often the exception than the rule. The purpose of this discussion group - designed for both clinical researchers & practitioners -- is to explore ways in which there can be a meaningful integration of these two activities. This integration may occur within the same individual, or between researcher & practitioner. Among the vehicles to be considered is the study of the change process, especially in the context of the intensive case analysis.

**12:15-12:30 BREAK****12:30-2:15: LUNCHEON** (cost included in registration fee)

(EMPIRE ROOM)

Remarks by Lee Birk, Learning Therapies, Inc., Harvard Medical School

**2:15 - 5:15: SESSIONS**FRIDAY AFTERNOON SYMPOSIA**S-4: Gender Issues in Psychotherapy**

(NAPA 3 ROOM)

Carol R. Glass &amp; Diane B. Arnkoff (Moderators), Catholic University, Washington, D.C.

Iris E. Fodor, New York University

Marvin R. Goldfried, SUNY at Stony Brook

Ellyn Kaschak, San Jose State University

George Stricker, Adelphi University

The integration of feminist concerns with primary orientations, and gender issues to be considered in integrative practice, are examples of questions that will be posed to a panel representing a variety of therapy approaches. Following the panel presentation, a significant period of time will be devoted to audience discussion.

**S-5: Roadblocks to Change in Psychotherapy: Perspectives on Resistance and Non-Compliance**

(NAPA 1 &amp; 2 ROOM)

Hal Arkowitz (Moderator), Varda Shoham-Salomon, University of Arizona

Leonard Horowitz, Stanford University

Paul Karoly, Arizona State University

Gerald Davison (Discussant), University of Southern California

This symposium will examine some different perspectives on resistance and non-compliance. Salomon and Arkowitz will discuss resistance in terms of intrapersonal and interpersonal reactance. Horowitz will present an interpersonal perspective on the types of patients and problems who differ in responsiveness to treatment. Karoly will discuss non-compliance in health psychology, drawing from concepts of goal theory and goal structure.

**S-6: The Placebo as Treatment Component and Control Condition**

(MENDOCINO ROOM)

Peter Horvath, Acadia University

Joseph W. Critelli, North Texas State University

Irving Kirsch, University of Connecticut

George A. Clum, Virginia Polytechnic Institute and State University

The controversy concerning whether placebos are real or artificial stems, in part, from the lack of adequate differentiation between the placebo as psychological treatment and control condition in psychotherapy research. The use of the placebo as control condition in the investigation of therapeutic effectiveness and active treatment components is reviewed.

P-2:

**FRIDAY AFTERNOON PAPER SESSION (John Andrews, Chair)****(MONTEREY ROOM)****Building Therapeutic Alliances: The Basis for Integration**

Edward Bordin, University of Michigan

This paper addresses the usefulness of therapeutic working alliance theory for integration of therapeutic practice and research on it. Through case illustrations the development of a mutually understood and accepted change goal will be explicated and research designs for evaluating its therapeutic power will be described. Relations of information obtained during alliance building to selection of therapeutic tasks will be discussed.

**Impact And Integration of Cultural Variables in the Psychotherapeutic Process**

F. Theodore Reid, Scottsdale, Arizona

In recent years some attention has been paid to racial and ethnic differences between therapist and patient, however there are broader cultural issues that affect the psychotherapeutic processes which are rarely examined. This paper attempts to focus on a number of usually ignored variables.

**Integrative Psychotherapy For Depression: A Self-Confirmation Model**

John Andrews, University of California, San Diego

Psychotherapy integration is approached by applying self-confirmation theory to depression. Depressive characteristics stressed by various models are links in a feedback cycle that sustains a negative self-concept. Diverse therapeutic methods are integrated via their common effect in redirecting the self-confirmation feedback cycle in the therapeutic relationship and the client's outside life.

**Pre-therapy Assessment Of Client Readiness For Change**

Malcolm Robertson, Western Michigan University

To assist a therapist in anticipating and planning for client motivational difficulties, the author describes a procedure for obtaining a personal change history. Illustrations from the author's caseload are provided.

**FRIDAY AFTERNOON SMALL DISCUSSION GROUPS****SD-4: Exploring the Integration of Traditional Healing Approaches into Psychotherapy**

Robert Sollod (Discussion Leader), Cleveland State University

**(CHARDONNAY ROOM)**

Robert Rosenbaum, Permanente Medical Group

Eric Greenleaf, Berkeley, CA

Numerous commonalities exist among many shamanic, psychic and other traditional healing approaches. These include an alteration of the healer's state of consciousness, an emphasis upon intuitive understanding, reliance on visualization, induction of trance states and the use of protective rituals. There is also a lack of separation of the processes of the healer and those of the person seeking healing. The possibility of the practical and productive integration of these and related principles into the psychotherapeutic process will be explored.

**SD-5: The Buddha Meets the West: Integrating Eastern Psychology and Behavior Therapy**

G. Alan Marlatt (Discussion Leader), Marsha Linehan &amp; Judith Gordon, University of Washington

**(CABERNET ROOM)**

Eastern meditation practices aim at quieting the mind, deepening concentration, and developing an attitude of "choiceless awareness" or the power of observation and noting without judgment. This session will explore the applicability of these mindfulness practices to Western behavior therapy. The presenters will discuss their work with individuals presenting with addictive behaviors, AIDS-risk sexual behaviors, and borderline personality behaviors. The relationship of behavior therapy and mindfulness training to other forms of Western psychotherapy will be discussed.

**SD-6: Psychotherapy Research and Psychotherapy Integration****(GAMAY ROOM)**

Allan Bergin (Discussion Leader), Brigham Young University

Larry Beutler, University of Arizona

This discussion group will focus on the development of research paradigms & programs for the future, rather than summarizing past research. The question is, what kind of research should we be doing in order to better analyze and support the psychotherapy integration movement.

**5:15 - 6:00: BREAK****6:00 - 7:00: NO-HOST COCKTAILS****(EMPIRE ROOM)**

**SATURDAY, APRIL 29TH**

7:15 - 8:15:

**SATURDAY BREAKFAST DISCUSSION GROUPS**

(cost included in registration fee)

**BD-1: Visual Imagery: A Flexible Tool for Integrative Therapy**

(NAPA 1 ROOM)

Susan Heitler, Denver, Colorado (Discussion Leader)  
Robert Sollod, Cleveland State University

Visual imagery offers integration-minded clinicians many advantages as a flexible intervention useful for a wide variety of problems. Cases will be presented illustrating the uses of visual imagery to alleviate depression and characterological meekness. In each case Jungian, psychodynamic, behavioral, systemic and conflict-resolution theoretical considerations will be addressed.

**BD-2: Internship Training for Integrative Psychotherapy: Perspectives of Supervisors & Supervisees**

(NAPA 2 ROOM)

Ronald Lane, John Andrews, Tyler Gabriel, Paul Holt, Marla Schick University of California, San Diego

The Student Psychological and Counseling Service of the University of California at San Diego is an APA-approved training site for clinical psychologists. Since the program's inception in the mid-1970's, our staff has included representatives of many therapeutic orientations. Recently, somewhat like the individual who took a literature course and discovered that he had been speaking prose all his life, we have become aware that we operate an eclectic/integrative internship program. This awareness has been stimulated by the integration movement in psychotherapy and has led, in turn, to a more conscious effort to refine, systematize, and make explicit our purposes and methods. In this symposium, we would like to share what we have learned about the challenges and dilemmas of this enterprise, and to compare experiences with others who are engaged in related training activities.

**BD-3: An Integrative Approach to Dreamwork in Psychotherapy**

(NAPA 3 ROOM)

Jill Bresler, David Bricker, Denise Phillips, Elliott Seligman, Steven Stutman: New York, New York

In this symposium, Freudian, Jungian, Gestalt and cognitive-behavioral theories of dreams and approaches to working with clients' dreams in psychotherapy are reviewed. Guidelines for integrating these approaches and choosing different techniques for working with dreams within an integrative framework are presented, using case material to illustrate points.

**BD-4: Informal Breakfast Gathering**

(MONTEREY ROOM)

For those who wish to breakfast with colleagues but prefer not to attend a formal discussion group

8:30 - 9:30: INVITED ADDRESS

(CLAREMONT ROOM)

**How People Change: A Systems Perspective on Integrating Psychotherapies**

Gary E. Schwartz, University of Arizona

9:30 - 10:15: COFFEE BREAK

10:15 - 12:15: SESSIONS

**SATURDAY MORNING SYMPOSIA****S-7: Radical Behavioral & Psychoanalytic Interpretations of Vignettes from Psychotherapy Sessions**

(CLAREMONT ROOM)

Robert Kohlenberg, University of Washington  
Stanley Messer, Rutgers - The State University  
Michael Dougher, University of New Mexico  
George Silberschatz, Mt. Zion Medical Center

Recent developments in the application of Skinner's radical behaviorism to psychotherapy have set the scene for dialog and rapprochement with psychoanalysis. A radical behavioral analysis leads to a focus on aspects of the client-therapist interaction which often coincide with those of psychoanalysis. In this symposium, interpretations of therapy vignettes will be compared.

**S-8: Negative Outcome in Psychotherapy**

(NAPA 3 ROOM)

David Mohr (Moderator & Presenter), University of Arizona  
Leslie Greenberg, York University  
Frederick Heide, California School of Professional Psychology, Berkeley

This panel will discuss patient, therapist, and therapy variables which can interact to produce deterioration in psychotherapy. Methods of avoiding deterioration will also be explored. Expressive-experiential, cognitive and eclectic perspectives will be presented.

**S-9: The Individual and the Family: On the Horns of a Dilemma**

(NAPA 1 &amp; 2 ROOM)

Sam Kirschner, Institute for Comprehensive Family Therapy  
George Stricker, Adelphi University  
Howard Liddle, University of California, San Francisco  
Leigh McCullough, Beth Israel Medical Center

We are often asked to help clients make decisions in which the satisfaction of individual needs seemingly clashes with familial constraints. This presentation uses videotaped sessions with a couple to highlight an approach which integrates individual and family therapies and which has been useful in resolving the dilemma. Three discussants follow the presentation.

P-3

**SATURDAY MORNING PAPER SESSION, (Drew Westen, Chair)****(MONTEREY ROOM)****Social Cognition and Object Relations**

Drew Westen, University of Michigan

Despite their very different approaches, researchers & theorists studying object relations in psychoanalysis and those examining social cognition have a common area of study, namely the cognitive & affective processes mediating interpersonal functioning. Each approach has considerable strengths & considerable weaknesses, many of which can be remedied by careful attention to the data & conceptualizations of the other. Attempts at integration have led to research on pathological processes in personality disorders, and to potential clinical applications such as cognitive-dynamic reformulations of concepts such as transference, splitting, & narcissism.

**The Common Factors in Psychotherapy: What Is Known and What Should Be Known?**

Louis Castonguay, SUNY at Stony Brook

Conrad Lecomte (Discussant), Université de Montreal

One major impetus for the movement of integration in psychotherapy has been the identification of factors shared by different therapeutic approaches. This paper proposes an overview of such common factors, which need to be distinguished from nonspecific variables. It is argued that when nonspecific variables and common factors are used as synonyms, the latter becomes restricted to interpersonal variables for which the exact nature and impact are unknown. As opposed to this predominant view, it is suggested that well-defined common factors can be identified within four important characteristics of the therapeutic interaction: (a) It's framework, (b) basic processes, (c) dimensions or concrete forms, and (d) in it's functions. A trans-theoretical model of psychotherapy is proposed to integrate these characteristics and the common factors they include. The heuristic value of this model should point to some of the clinical implications of the common factors, as well as to the future research concerning these factors.

**An Integrated Model of Psychological Change**

Rebecca Curtis, Adelphi University

Jim Maddux (Discussant), George Mason University

An integrated model of psychological change is articulated drawing from experimental psychology, psychoanalytic theory, social-learning theory, and behavior theory. The model attempts to provide a framework for areas of agreement and disagreement of different theories. It will be critiqued by discussants with experiential and cognitive/behavioral perspectives.

**SATURDAY MORNING SMALL DISCUSSION GROUPS****SD-7: Resistance in Psychotherapy****(CABERNET ROOM)**

Hal Arkowitz, University of Arizona (Discussion Leader)

Paul Wachtel, City University of New York

This session will open with brief presentations of two somewhat different perspectives on resistance in psychotherapy. Arkowitz will discuss a model that examines both intrapersonal and interpersonal sources of resistance, drawing from Gestalt, systemic, and attributional views of change. Wachtel will discuss an integrative model of resistance which rests primarily on a psychodynamic base. It involves conflict and anxiety, and a view of resistance as something to be worked with rather than as simply an obstacle to overcome. Clinical case material will be presented to serve as a further catalyst to discussion.

**SD-8: What Therapists Tell Clients: Implications for Psychotherapy Integration and Ethical Practice****(CHARDONNAY ROOM)**

Michael Spiegler, Providence College (Discussion Leader)

Gerald Davison, University of Southern California

Psychotherapies vary in the extent to which therapists share with their clients information about the therapy procedures being used and clinical information relevant to the client's case. The amount and nature of what is revealed to clients have important implications for both psychotherapy integration and ethical practice.

**SD-9: Suicide: A Cry for Integration****(GAMAY ROOM)**

Marsha Linehan, University of Washington (Discussion Leader)

**12:15 - 2:15: FREE TIME****(Steering Committee Meeting: Horizon Room)**

## 2:15 - 5:15: SESSIONS

SATURDAY AFTERNOON SYMPOSIA**S-10: Integrated Clinical Approaches to a Borderline Personality**  
CANCELLED**S-11: Putting Insight to Work: Integrating Insight-Oriented Interventions with Active Change Strategies** (NAPA 3 ROOM)

Michael Westerman (Moderator & Presenter), New York University  
 Hal Arkowitz, University of Arizona  
 Jeremy Safran, Clark Institute of Psychiatry  
 Paul Wachtel, City University of New York  
 Stanley Messer, Rutgers-The State University

A great deal remains to be discovered about how to integrate insight-oriented work with active change strategies. In order to make progress on this issue, it will be necessary to proceed along two fronts. We need to consider basic questions about how insight works -- which involves nothing less than breaking new ground on difficult questions about the relationship between thought and action. We also need to develop detailed, concrete guidelines to specify how to fill in the general watchword that calls for integrating insight and action. In this symposium, Michael Westerman will respond to the general theoretical issues by presenting a "naturalized view" of the role played by insight. Hal Arkowitz and Jeremy Safran will present papers that include consideration of basic issues but focus primarily on clinical practice. Arkowitz will focus on how to employ behavioral experiments in therapeutic work guided by a behavioral-psychodynamic framework. Safran will examine the insight-action connection in terms of current developments in emotion theory. Paul Wachtel and Stanley Messer will serve as discussants.

**S-12: Constructivism, Systems Theory, and Psychotherapy Integration** (NAPA 1 & 2 ROOM)

Robert Rosenbaum (Moderator & Presenter) California School of Professional Psychology, Berkeley  
 Robert-Jay Green, California School of Professional Psychology, Berkeley  
 E.G. Auerswald, Center for Applied Epistemology, San Francisco  
 William Pinsof, Family Institute of Chicago  
 Rodney Shapiro, Pacific Presbyterian Medical Center & University of California, San Francisco

Systems theory suggests that the boundaries of personal and therapeutic systems are essentially arbitrary, their meanings constructed by their participants; thus, there is no core essence or "correct" way of defining self or therapy. This symposium will explore the implications this holds for conceptions of the self, interpersonal relationships, and therapeutic systems. Theoretical presentations will be followed by videotaped case examples exploring how shifting between different ways of delineating the therapeutic system can help resolve impasses in therapy and potentiate flexible responses to clinical situations.

**P-4: SATURDAY AFTERNOON RESEARCH PAPER SESSION (Augustine Meier, Chair) (CLAREMONT ROOM)****The Process of Conflict Resolution Assessed by the Client Verbal Response System**

Augustine Meier & Micheline Boivin. St. Paul University, Ottawa, Ontario

Eight Resolvers and eight Non-Resolvers of intrapsychic conflicts were assessed for performance patterns on The Client Verbal Response Category System. The latter permits the coding of client affective, cognitive and need statements. The clients were matched for age, sex, education and degree of psychopathology. The Resolvers alone produced significantly more Positive Affect and Need statements as the conflict was resolved.

**Interpersonal and Intrapersonal Issues in Psychotherapy: A Comparison of Two Orientations**

Sandra Kerr (Presenter) Marvin Goldfried, Adelle Hayes, Lloyd Goldsamt (co-authors), SUNY at Stony Brook

A measure of common and unique therapeutic features was used to compare in-session therapy excerpts from a psychodynamic-interpersonal and a cognitive-behavioral intervention, especially their focus on interpersonal and intrapersonal issues. Contrary to predictions, cognitive-behavioral therapy emphasized interpersonal, rather than intrapersonal issues, and both orientations placed an equivalent emphasis on interpersonal issues.

**A Comparison of Three Psychotherapies on the Dimension of Therapist Feedback**

Lloyd Goldsamt (Presenter); Marvin Goldfried, Adelle Hayes, & Sandra Kerr (co-authors) SUNY at Stony Brook

Transcripts of videotaped demonstration sessions of psychodynamic therapy (Hans Strupp), cognitive-behavior modification (Donald Meichenbaum) and cognitive therapy (Aaron Beck) were analyzed using the Process Code of Therapist Feedback. Both the coding system and results of the study are discussed, as well as implications for psychotherapy integration.

**The Meaning of Eclecticism: A New Survey and Analysis of Components**

Jay Jensen, Allen Bergin (Presenter) & David Greaves. Brigham Young University

Much of our paper consists of detailed analyses of the components of eclecticism based on a new national survey of four professional groups: clinical psychologists, social workers, marriage & family therapists, & psychiatrists. Dynamic approaches still dominate within eclectic combinations, although among clinical psychologists, the cognitive & behavioral dimensions are very strong. We compare our results with 20 other previous surveys.

SATURDAY AFTERNOON SMALL DISCUSSION GROUPS**SD-10: Toward Operationalizing Psychotherapy Integration**  
CANCELLED**SD-11: Integrative Therapy for Anxiety**

(GAMAY ROOM)

Barry Wolfe, National Institute of Mental Health (Leader)

A two hour discussion group is planned on the topic of psychotherapy integration for the anxiety disorders. The format of the discussion group will include a 15 minute presentation by the group leader after which the floor will be open for discussion. In the group leader's opening presentation, he will identify four extant perspectives on the etiology and treatment of the various anxiety disorders, psychoanalytic, behavioral, cognitive, and biological, briefly characterize their major points of departure, and identify several questions about both the etiology and treatment of these disorders that the clinical research literature has ignored, underemphasized, or thus far left unresolved. The discussion will address any of these issues with an eye toward determining what needs to be integrated and how that integration can be systematically approached.

**SD-12: Toward a Single Science of Psychological Treatment: Does a Theoretical Scaffold Already Exist?**

(CABERNET ROOM)

J. Tyler Carpenter, Mailman Research Center, Harvard University (Discussion Leader)

Joel Weinberger, Adelphi University

Leigh McCullough, Beth Israel Medical Center

In order to progress and gain acceptance, the movement toward psychotherapy integration needs a generally accepted and scientifically sound theory. General Living Systems Theory provides an empirically oriented scaffold on which the particulars of such a theory could be erected. This discussion group will focus on the basics of GLST, the criteria for evaluating theories, and what research findings this theory will have to subsume.

**5:15 - 6:00: LOCAL AREA SEPI COORDINATORS MEETING**

(CHARDONNAY ROOM)

**6:00 - 8:00: DINNER (cost included in registration fee)**

(EMPIRE ROOM)

Remarks by Irene Elkin, National Institute of Mental Health

SUNDAY, APRIL 30th**9:00 - 11:45:**SYMPOSIA**S-13: Potentiating Combinations in Integrative Therapy: Clinical and Research Perspectives**

(CLAREMONT ROOM)

Douglas Powell, Harvard University Health Services (Moderator)

Lee Birk, Harvard Medical School

Leslie Greenberg, York University

Iris Fodor, New York University

Theodore Millon, University of Miami

This symposium explores the positive impact of particular combinations of therapeutic modalities. The extent to which the pairing or order of therapies had a beneficial effect beyond the probable results of other combinations will be examined from research and clinical viewpoints.

**S-14: Prescriptive Matching in Psychotherapy: Psychoanalysis for Simple Phobias?**

(EMPIRE ROOM)

John Norcross, University of Scranton (Moderator)

Barry Wolfe, National Institute of Mental Health

Edna Foa, Medical College of Pennsylvania at EPPI

Mardi Horowitz, University of California, San Francisco

Larry Beutler, University of Arizona

A principal objective of psychotherapy integration is to enhance the optimal match between patient and treatment. This symposium will explore the process of determining prescriptive psychotherapies through a single clinical exemplar. Proponents of various therapeutic traditions will address the treatments of choice for simple phobias, focusing on the primary sources of evidence and salient client variables used to reach their decisions as well as future directions for arriving at consensual prescriptions.

**11:45 - 12:00: CONCLUDING REMARKS**

(CLAREMONT ROOM)

Marvin Goldfried, SUNY at Stony Brook