

Philadelphia?

SEPI VI CONFERENCE PROGRAM

Friday, April 27, 1990

7:30 - 8:30 AM Registration and Continental Breakfast (Ballroom Lobby)

8:30 AM Welcome (Ballroom)

Diana Adile Kirschner
Sam Kirschner
Program Co-Chairs
Institute for Comprehensive Family Therapy

8:45 - 9:45 AM Invited Address

Emotion in Psychotherapy: An Integrative View

Leslie S. Greenberg, York University
Jeremy D. Safran, Clarke Institute of Psychiatry

9:45 - 10:15 AM Coffee Break

10:15 AM - 12:15 PM

FRIDAY MORNING SYMPOSIUM

101 Psychotherapeutic Failures (West English)
George Stricker, Adelphi University
Douglas H. Powell, Harvard University Health Services
Paul L. Wachtel, City College of C.U.N.Y.

Each participant will present a case of a failure in psychotherapy. The participants will then comment on the cases of the other two presenters, perhaps suggesting alternative approaches that might have been taken from a different orientation. Finally, the audience will have the opportunity to ask questions and offer suggestions.

- a) The presentation is intended to demonstrate the possibility that varied orientations to psychotherapy offer the opportunity to view case material from new vantage points, thereby increasing the likelihood of adopting more successful therapeutic strategies.
- b) Presentation will take the form of a symposium with individual presentations followed by interaction among the panelists and then by audience participation.
- c) The audience will have the opportunity to ask questions of, and offer suggestions to, the panelists.

FRIDAY MORNING PAPER SESSIONS

- 102 Invited: Cognitive-Behavioral Treatment with Post-traumatic Stress Disorder Rape Victims (East English)
Edna Foa, Eastern Pennsylvania Psychiatric Institute, Medical College of Pennsylvania

The nature of PTSD will first be described and the relationship of this disorder to other anxiety disorders will be discussed. The implication of this relationship for choice of treatment will be considered. Two cognitive behavioral treatments for rape victims manifesting PTSD will be described: prolonged imaginal exposure (PE) and stress inoculation training (SIT). PE involves having the patient recount the memory of the trauma in detail while audiotaping the account for exposure homework. In vivo exposure homework is assigned. SIT is a package of anxiety management techniques and includes relaxation (controlled breathing and deep muscle), thought stopping, cognitive restructuring, preparing for a stressor, covert modelling, and role-playing. Results on the efficacy of these treatments in comparison to supportive counseling will be presented.

From Trauma to Mastery: Integrative Treatment Approaches to Post-traumatic Stress Disorder
Robert Schwarz, Institute for Advanced Clinical Training
Maurice F. Prout, Widener University

This presentation will focus on the common characteristics of therapy of PTSD. The goal is to provide clinicians with an integrated set of skills that can be used across a variety of treatment approaches. Five basic approaches to the treatment of PTSD will be delineated. Specific interventions and their rationales, as they are used in cognitive-behavioral therapy, family therapy and hypnotherapy, will be described.

- 103 Narratives About Self-Other Relationships Told During Psychotherapy - A New Contextual Unit (Regency I)
Lester Luborsky, Hospital of the University of Pennsylvania
Jacques Barber, Hospital of the University of Pennsylvania
Pamela Schaffler, Hospital of the University of Pennsylvania

Narratives about other people, although plentiful in psychotherapy sessions, have never been defined and examined. We have reliably catalogued their characteristics. For 33 patients in the Penn Psychotherapy study we found: high frequency per session, mostly about recent events and intimate relationships. The most frequent Core Conflictual Relationship Themes were: The wishes "to be close and to assert oneself," the responses from self, "rejecting and controlling" and the responses from other "disappointed and depressed." The same themes tend to appear in the patient's dreams. The majority of responses in these narratives were negative. The explanatory style, in Seligman's system, were heavily negative. Improvement, however, was associated with a shift to positive responses.

Communication in Optimal Growth-Promoting Relationships: An Integrative Approach

Janice Presser, Institute for Comprehensive Family Therapy

Through the presentation of a research study on optimal, growth-promoting relationships and factors which correlate with its presence, and the resultant coding schema for optimal communication, a forum will be provided within which seemingly contradictory schools of thought may discover shared underlying principles.

FRIDAY MORNING WORKSHOP

- 104 Approaches to Working with Internal Dialogue (Parisien I)
 Leslie S. Greenberg, York University
 Marvin R. Goldfried, State University of New York, Stony Brook

Two approaches to working with internal dialogue using the two chair method will be presented and discussed. One coming from the gestalt approach focuses on achieving a resolution by integration of opposing parts and involves the facilitation of emotional processing. The other, developed in the context of cognitive behavior therapy, leads to cognitive restructuring and involves the teaching of coping skills. Their similarities, differences and means of complementing each other will be discussed. Videotapes of each approach will be shown in order to allow a comparison of approaches.

In the more cognitive context the dialogue is viewed as making the internal dialogue explicit in order to get at affectively laden "hot" cognitions and fuller meaning structures. This allows for a clearer articulation of the conflict and an opportunity to deal with unrealistic thoughts. In the gestalt process the dialogue in addition is seen as accessing organismic want and needs through identifying the emotionally based action tendencies. In this context cognitive restructuring is seen as occurring through the combatting of negative cognitions by internal feelings and needs accessed in the session.

FRIDAY MORNING SMALL DISCUSSION GROUPS

- 105 Personal Reconstruction: A Possible Integrative Construct (Regency II)
 Michael D. Spiegler, Providence College

We will explore the proposition that personal reconstruction -- clients' coming to view life events differently resulting in therapeutic change -- is a common essential element in psychotherapies and, therefore, is a viable higher-order construct for integrating psychotherapies. Participants will share applications of personal reconstruction they use with clients.

- 106 Connectionism, Chaos and Metaphor: New Developments in
Cognitive Science and Implications for Psychotherapy
Theory and Practice (Parisien 11)
Ruth Ann Nelson-Abbott, Lawrence Berkeley Laboratory University of
California, Berkeley
Richard Pitts, Eastern State Psychiatric Institute

Presenters will outline key issues raised by (1) metaphor theory of conceptual structure and (2) connectionist models of memory and cognition and non-linear systems ("Chaos Theory"). Implications for theory of human change process and psychotherapeutic techniques will be discussed. Related research sampling patients' metaphoric accounts of their disorders will be presented.

12:15 - 2:15 PM Lunch (on your own)

2:15 - 5:15 PM

FRIDAY AFTERNOON WORKSHOPS

- 201 Integrative Psychotherapy: A six-part Videotape Series
and Panel Discussion (Parisien 1)
Everett L. Shostrom, Psychological and Educational Films
Perry London, Rutgers University
Gerald C. Davison, University of Southern California
Paul Wachtel, City College of C.U.N.Y.

Video-taped series produced by Psychological & Educational Films, 1989 Everett L. Shostrom, Ph.D., Executive Producer, featuring Perry London, Ph.D., Gerald Davison, Ph.D., Paul Wachtel, Ph.D., Leslie Greenberg, Ph.D. and Donald Meichenbaum, Ph.D.

A review of the recent literature in psychotherapy indicates two emerging trends: a growing appreciation of the limitations of the various systems and theories by their own proponents, and an increasing interest in integrative concepts across the spectrum of psychotherapies. Integrative Psychotherapy is an attempt to put the issues of these trends into a context by the commentaries of five noted psychotherapists in Tape 1, "Issues in Integrative Psychotherapy", and by their demonstrations with the same client in Tapes 2 through 6.

- 202 Creating an Integrative Curriculum: A Simulation Exercise (Regency I)
John D. W. Andrews, University of California, San Diego

Can we in SEPI deploy our integrative thinking to create a professional curriculum? How shall we handle issues of conflict resolution and decision making? This simulation exercise will convene the founding faculty of an integratively oriented graduate school, and examine both the curricular products that are generated and the group processes through which they are achieved.

- 203 Object Relations Therapy: Integrating the Psychodynamic and
the Interpersonal (Regency II)
Sheldon Cashdan, University of Massachusetts

Participants in the workshop will learn to identify four pathological interaction patterns (projective identifications) and to view the way these patterns are expressed in the therapeutic relationship. Through the use of interactive videos, members will learn how to use their own countertransference reactions to respond to these patterns therapeutically.

- 204 Psychotherapy Integration in Argentina: Theoretical, Clinical and
Community Issues (East English)
Jeremy D. Safran, Moderator, Clarke Institute of Psychiatry
Hector Fernandez-Alvarez, Centro Asistencial AIGLE, Buenos Aires,
Argentina
Eduardo Niceboin, Centro Asistencial AIGLE, Buenos Aires, Argentina

Over the last fifteen years the Aigle Center in Buenos Aires, Argentina, has been developing an integrative therapeutic approach for dealing with problems at the individual and at the community level. Although the approach is technically eclectic in the sense that interventions from different therapeutic approaches are employed, it is theoretically integrative in that a systematically articulated theoretical model guides the application of different interventions. This model is essentially constructivist in nature, and views human beings as constructing unique meaning systems for themselves in the context of the specific social environment in which they live. Cognitive processes are viewed as being hierarchically organized from more peripheral cognitive processes to more central cognitive structures. Therapy can target changes at different levels of hierarchical depth, depending upon the factors maintaining the current cognitive organization and client's receptiveness to varying degrees of systemic reorganization.

The Aigle Center consists of a staff of 50 mental health professionals, each of whom specializes in a particular treatment modality (e.g., individual, family, group therapy, long term therapy, short term therapy). When clients first arrive at the Center, an assessment is conducted to determine the nature of their core cognitive structures as well as their overall cognitive organization. In addition, an assessment regarding the cognitive and environmental factors currently maintaining the client's dysfunctional cognitive organization is conducted. In light of this assessment a recommendation for a particular treatment modality is made (e.g., short term vs. long term, symptom relief vs. insight oriented, family vs. individual) and an initial treatment contract is established. This treatment contract is reviewed on an ongoing basis, and may be renegotiated as the client's receptiveness to dealing with more central issues increases.

FRIDAY AFTERNOON SYMPOSIUM

205 Common and Unique Processes Across Different Modes of Therapy:
Three Empirical Studies (Parisien II)

Leslie S. Greenberg, York University
 Marvin R. Goldfried, State University of New York, Stony Brook
 Louis G. Castonguay, State University of New York, Stony Brook
 Louise Gaston, Allan Memorial Institute
 Rhonda Goldman, York University
 Adele M. Hayes, State University of New York, Stony Brook
 Susan L. Wiser, State University of New York, Stony Brook
 Patrick J. Raue, State University of New York, Stony Brook
 Charles R. Marmar, University of California, San Francisco
 Dolores Gallagher, Stanford University
 Larry Thompson, Stanford University

The identification of factors that are common or unique to different treatments necessitates an empirical analysis of the therapeutic interaction across many modes of therapy. This symposium will present three studies that compared two or more treatments on important factors of the therapeutic process. The first study explored the aspects of the therapeutic focus which are related to outcome measures in cognitive-behavioral and psychodynamic therapy. The second study examined the relationship between the therapeutic alliance and outcome in behavioral, cognitive, and brief dynamic therapy. The third study compared different levels of therapist conduct in process-experiential and cognitive-behavioral therapy.

FRIDAY AFTERNOON SMALL DISCUSSION GROUP

206 Transference and Countertransference Dilemmas in Integrative
Psychotherapy (West English)

Richard P. Halgin, University of Massachusetts
 John C. Norcross, University of Scranton
 Mary M. Fitzpatrick, Private Practice

Three therapists who conduct integrative psychotherapy will discuss some of the phenomena encountered as therapists shift among various therapeutic modalities and techniques. The first presenter will discuss possible confusion that might arise in clients when shifts are made in therapeutic techniques. The second presenter will discuss the emotional impact on the clinician when shifts are made in therapeutic technique when moving from client to client. The third presenter will discuss how evoked client reactions can be used to provide important feedback to clients and thereby change the course of treatment.

5:15 - 6:00 PM

MEETING OF LOCAL NETWORK COORDINATORS

(Regency II)

SEPI encourages the formation of local groups of professionals interested in psychotherapy integration who meet for symposia, case conferences, panel discussions, etc. There are currently about a

dozen such groups nationally and internationally. Current local SEPI network coordinators, as well as anyone interested in forming or being a member of a local network in their area, are invited to a meeting chaired by Diane Arnkoff and Carol Glass of the Steering Committee. The purpose of the meeting is to review the status of existing local groups and to exchange ideas for group organization and programs.

5:30 - 6:30 PM Cash Bar (Mirage Room)

7:00 - 9:00 PM Dinner (meal ticket needed) (Ballroom)

What Family Therapy Does and Does Not Have to Offer Psychotherapy
Integration
Howard A. Liddle, Temple University

Saturday, April 28, 1990

7:30 - 8:30 AM Registration (Mirage Foyer)

7:15 - 8:15 AM Topical Breakfast Discussions (ticket needed)

- 301 The Challenges of Teaching Integrative Psychotherapy (Parisien I)
James P. Delpino, Institute for Comprehensive Family Therapy
Richard L. Rappaport, Institute for Comprehensive Family Therapy

This discussion has two foci:

1. Cultivating the capacity to think in integrated terms, utilizing both left and right brain activities and synthesizing, in the dialectical sense, divergent theories of human behavior and development.
2. Cultivating the capacity to teach in an integrated fashion, cultivating knowledge in a number of different ways simultaneously, i.e., experientially, didactically, visually, etc.

- 302 Integrating Psychotherapeutic Concepts into Corporate Culture (West English)
Iris Martin, Creative Dimensions in Management

The management consulting field continues to grow, and there is an opportunity for business-oriented psychotherapists to contribute to the well-being of corporations. Yet, many clinicians are unskilled at speaking corporate language and presenting psychotherapeutic concepts to senior executives. Therefore, the purpose of the presentation is: 1) to review the corporate life cycle and its needs for transformation at various stages; 2) to demonstrate how to utilize, integrate and present strategies and approaches derived from psychotherapeutic practice within the organizational context; and 3) to provide practical advice for therapists who wish to broaden their expertise to include corporate consulting work.

- 303 Combining Interpersonal Psychotherapy for Depression and
Cognitive-Behavioral Treatment for Anxiety (East English)
Leslie A. Telfer, Phobia and Anxiety Disorders Clinic
Karla Moras, Phobia and Anxiety Disorders Clinic

The paper presents a case study that examined the efficacy of combining Interpersonal Psychotherapy of Depression (Klerman et al., 1984) and Panic Control Treatment (Barlow & Craske, 1989) to treat a client who had both a DSM-III-R anxiety disorder and a mood disorder. Exploring ways to combine the two treatments is important because of the frequent co-presence of DSM-III-R anxiety and depressive disorders, and because combining the treatments may be more effective than using either standard treatment alone for people with anxious and depressive features, when the depression is not secondary to the anxiety.

- 304 Using Hypnosis to Improve Outcomes in Sex Therapy (Parisien II)
Ellen L. Hollander, New York Hospital-Cornell Medical Center
Saul D. Raw, New York Hospital-Cornell Medical Center

Hypnosis can be a valuable adjunctive tool in the treatment of sexual disorders. Its integration with other forms of sex therapy can lead to significantly improved outcomes in a number of areas. This presentation will summarize important concepts of modern sex therapy and illustrate the use of hypnosis in the treatment of disorders where distractibility is an important immediate cause.

8:30 - 10:15 AM

SATURDAY MORNING WORKSHOPS

- 401 Contrasting Views of Theoretical Integration and Technical
Eclecticism (Parisien I)
Arnold A. Lazarus, Rutgers University
Stanley B. Messer, Rutgers University

In a presentation entitled "Integration May Be Hazardous to Mental Health," Lazarus asserts that instead of fostering a spirit of open inquiry, integrationism has provided more contention than convergence, and has led to the proliferation of disparate ideas. He advances technical eclecticism as a viable alternative and cites examples wherein techniques are employed in line with clinical observations rather than speculative theories. Messer's presentation entitled "Reflections on Integration and Technical Eclecticism," will offer a different perspective on themes introduced by Lazarus, including a philosophically based explanation for the proliferation of theories of integration, and a critique of technical eclecticism. He will present his preferred option, evolutionary or assimilative integration, and underscore the hermeneutic alternative to Lazarus's view that observations can be entirely separated from theory.

- 402 Independent Behavioral and Psychodynamic Treatments of a
Panic Disorder (Regency I)
Herbert Fensterheim, Cornell University Medical College
Edwin Robbins, New York University Medical Center

A woman with panic disorder was treated separately and independantly by a behavioral and by a psychodynamic therapist. Each therapist presents a case report. The presentations dramatically illustrate how each approach elicits different information, faces different problems and leads to differences in the attribution of the causes of change.

SATURDAY MORNING SYMPOSIUM

- 403 A Common Factors Model of Psychotherapy (East English)
Joel Weinberger, Adelphi University
Leigh McCullough, Beth Israel Medical Center
Jill Bressler, Private Practice
George Stricker, Adelphi University

An empirically testable common factors model of psychotherapy will be presented. It involves four major sequential stages of psychotherapy that must be completed if the treatment is to be successful. The model's fit with psychodynamic, behavioral, and cognitive style treatments will be discussed. George Stricker will then serve as discussant. This will be presented as a symposium with the audience invited to participate at the end with questions, comments, etc. It is expected that this presentation will help participants learn about what different treatments have to offer as well as how they are similar to and different from one another.

SATURDAY MORNING PAPER SESSION

- 404 Interpersonal Challenge: The Second Integrative
Relationship Factor (West English)
John D. W. Andrews, University of California, San Diego

Interpersonal challenge provides beneficial self-disconfirmation that fulfills the client's readiness to take growth-producing risks. This integrative concept corresponds to change factors noted in many therapeutic models, including corrective emotional experience, reinforcement of new behavior, reshaping of dyadic communication systems, self-schema restructuring, and greater acceptance of formerly suppressed identity elements.

Psychotherapy, Hypnosis and Change: Towards an Ericksonian Language for Psychotherapy Integration
Robert Schwarz, Institute for Advanced Clinical Training

This workshop will view psychotherapy from an hypnotic perspective, based on the work of Milton Erickson. Using the principles of psychotherapy as well as hypnosis that Milton Erickson espoused, a

final common pathway of change will be delineated that has the potential for providing an integrated understanding of how therapy helps clients to change, yet respects the different manners in which this can occur.

SATURDAY MORNING SMALL DISCUSSION GROUPS

- 405 How Therapists Help Friends and Family Members (Regency II)
 Rebecca Curtis, Adelphi University
 Douglas Powell, Harvard University Health Services
 Mary M. Fitzpatrick, Private Practice
 Elliot Seligman, Private Practice

These presentations will examine the similarities and differences in the ways therapists help intimate others as opposed to their clients. Theoretical frameworks, practical problems, and concrete "clinical" vignettes will be presented. The group participants will be invited to discuss their own styles of intervention in the situations described.

- 406 Convergent Themes in Psychotherapy from a Cognitive and a Self Psychological Perspective (Parisien II)
 Daniel Mahoney, Private Practice
 Debra A. Noumair, Teachers College

This presentation will examine the convergent influences of cognitive and self psychologies in psychotherapy. Kohut's reformulated psychoanalytic theory and Mahoney/Guidano's evolutionary epistemology will serve as the basis for the presentation and discussion of integrative approaches to psychotherapy.

10:15 - 10:45 AM Coffee Break (Mirage)

11:00 AM - 1:00 PM Invited Address (Ballroom)

An Exploration of Relationships as the Context for Self-Actualization: The Example of Poet Anne Sexton
 Diane Middlebrook, Watkins Professor of English and Feminist Studies, Stanford University
 Martin T. Orne, Institute of Pennsylvania Hospital and the University of Pennsylvania

1:15 - 2:45 PM Lunch (meal ticket needed) (Mirage)

Myths and Realities of Successful Therapy
 David D. Burns, Presbyterian Medical Center of Philadelphia

3:00 - 5:15 PM

SATURDAY AFTERNOON WORKSHOPS

- 501 Gestalt Therapy and Cognitive Therapy: An Experiential Integrative Workshop (Regency I)
Iris G. Fodor, New York University

This didactic-experiential workshop will focus on conceptual and therapeutic issues in the integration of gestalt and cognitive therapy. By lecture and experiential demonstrations of Gestalt methodology, the study of therapist/client process and its relation to cognitions, the presenter will demonstrate how this method enables clients to become more aware of how they process and deal with emotions and cognitions.

- 502 Multiple Personality Disorder: The Use and Misuse of Therapeutic Metaphors (Parisien I)
Martin T. Orne, Institute of Pennsylvania Hospital and the University of Pennsylvania

In all psychotherapeutic approaches, the therapist helps the patient to redefine his/her perception of self by working through past memories of significant life events. Metaphors and demand characteristics of treatment can create the phenomenology that is observed in, for example, multiple personality disorder, and profoundly affect treatment and post-treatment consequences.

SATURDAY AFTERNOON SYMPOSIUM

- 503 Using Experiential Processes to Facilitate Change: A Therapeutic Commonality? (West English)
Arthur C. Bohart, California State University, Dominguez Hills
Alvin R. Mahrer, University of Ottawa
Jeremy D. Safran, Clarke Institute of Psychiatry

It has been suggested that the use of experiential processes is a common factor in psychotherapy. However, how behaviorists utilize experiential change is different than the role of experiencing in experiential psychotherapies. Similarities and differences and possibilities for convergence in practice are discussed. The discussion will also deal with the general issue of the value of the "common factors" approach to psychotherapy integration.

SATURDAY AFTERNOON SMALL DISCUSSION GROUPS

- 504 New Perspectives on Resistance to Change (Regency II)
Hal Arkowitz, University of Arizona
Leslie S. Greenberg, York University

The co-leaders will briefly present an integrative conflict model of resistance, drawing from experiential and systemic views, as well as from recent work on reactance and self-schemas. Implications of this model for research and practice will be considered, and an illustrative case example will be presented to further stimulate discussion.

- 505 The Process of Change in Psychotherapy from Object-Relations
and Cognitive-Constructivist Perspectives (Parisien II)
Timothy J. Belliveau, Catholic University
David A. Jobes, Catholic University
Diane B. Arnkoff, Catholic University
Regina T. Dolan, Catholic University
John J. Gershefski, Catholic University
Carol R. Glass, Catholic University
Brian J. Victor, Catholic University

Conceptual and clinical similarities and differences between cognitive-constructivist and object-relations perspectives will be considered, with an emphasis on the process of change in psychotherapy. This discussion group will also generate ideas regarding possible integration of these approaches, as well as directions for future research.

- 506 The Relevance of Traditional Healing for Psychotherapy:
Content and/or Context? (East English)
Sjoerd Colijn, Psychiatric Centre Bloemendaal, the Hague, Netherlands
Robert N. Sollod, Cleveland State University

Following J. D. Frank's analogy of western and non-western psychological healing structural aspects of the healing process will be highlighted, regardless of the contents of the healing procedure or the theoretical explanation for illness and cure. An anthropological view on psychological healing will be presented, suggestions relevant to therapeutic practice will be given.

6:00 - 7:00 PM Cash Bar (Mirage)

8:30 - 9:00 AM Coffee (Ballroom Lobby)

Sunday, April 29, 1990

9:00 - 11:30 AM Invited Address (Ballroom)

Common and Specific Factors in Psychotherapy
Sol L. Garfield, Washington University
Allen E. Bergin, Brigham Young University

Discussants:

David D. Burns, Presbyterian Medical Center of Philadelphia
Susan M. Heitler, Private Practice
Sam Kirschner, Institute for Comprehensive Family Therapy

11:30 - 11:45 AM Closing Remarks

Harold Lief
Conference Coordinator
University of Pennsylvania

The Book Display is located in the Wales Bar.