

**SEPI IX**

**NEW YORK CITY**

**APRIL 23-25, 1993**

**THE ST. MORITZ  
HOTEL**

## **SEPI IX**

**The Society for the Exploration of Psychotherapy Integration**  
**The St. Moritz Hotel, New York City**  
**April 23 - 25, 1993**

### **Thursday, April 22**

**5:00-7:00 p.m. Pre-Conference Registration** (Lower Lobby)

**7:00-10:00 p.m. Pre-Conference Cocktail Party and Buffet**

Sponsored by Cognitive Psychotherapy Services and hosted by Richard Wessler and Sheenah Hankin, 18 East 93rd Street, New York (212-289-0123)

### **Friday, April 23**

**7:00-8:45 Conference Registration** (Lower Lobby)

**8:45-9:00 Opening Remarks and Announcements** (Quadrille Ballroom)

**9:00-10:30 Invited Addresses** (Quadrille Ballroom)

**Integrative Developments within Psychoanalysis.** Stephen A. Mitchell,  
William Alanson White Institute

**Integrative Developments within Behavior Therapy.** Neil S. Jacobson,  
University of Washington

Moderator and Discussant: Paul L. Wachtel, City University of New York

Abstract: Drs. Mitchell and Jacobson discuss integrative developments within their respective specialties. Dr. Wachtel will speak to points of convergence and highlight points of divergence between psychoanalytic and behavioral perspectives.

**10:30-11:00 Coffee Break and Collegial Interaction** (Quadrille Lounge)

**11:00-1:00 Concurrent Sessions**

**Symposium: Opening Gambits in Psychotherapy: Listen to Some Tapes and Join in the SEPI-esque Discussion** (Terrace Penthouse Main)

Alvin R. Mahrer, University of Ottawa; Stanley B. Messer, Rutgers University; Arnold A. Lazarus, Rutgers University; & Rebecca Curtis (discussant), Adelphi University

Abstract: The purpose is to listen to audio tapes of three sessions, the first ten minutes of sessions, not initial sessions, of three different approaches, in order to discuss opening gambits. Emphasis will be on maximal discussion of the integrative issues.

Friday, April 23

**Workshop: Constructivism and Psychotherapy Integration: Conceptual and Clinical Contributions** (Salon)

Robert A. Neimeyer, Memphis State University; Guillem Feixas, University of Barcelona; & Greg J. Neimeyer, University of Florida

Abstract: As an epistemological framework for conducting psychotherapy, constructivism emphasizes the proactive, self-organizing nature of human knowing, and the constraints these place upon human plasticity and change. This workshop explores the implications of constructivism for the practicing therapist using presentation, discussion, videotaped demonstration, and participant exercises to convey the way in which a therapist can consistently integrate themes and techniques often considered to arise within quite different schools of therapy.

**Workshop: Integrating Spouses and Partners into the Individual Therapy of Adult Incest Survivors** (Trianon)

Sam Kirschner & Diana Adile Kirschner, Gwynedd Valley, PA; & Richard Rappaport, Philadelphia, PA

Abstract: There are three foci in treating adult incest survivors in which including the partner is important. These are: treating the survivor's anxiety and depression; confronting the family of origin; and, dealing with sexual dysfunction in the couple. This didactic/experiential workshop will present strategies and techniques through which partners can become allies in all three aspects of the treatment process.

**Paper Presentations**

(Terrace Penthouse Lounge)

Moderator: Hal Arkowitz, University of Arizona

**Beyond Very Private Practice: How Demonstration Can Close the Theory-Practice Gap.** Richard L. Rappaport, Philadelphia, PA

Abstract: An unintended effect of the confidentiality principle has been a concealment of actual clinical practices. Much of the field's theory, research, and teaching is based upon adulterated and primarily, overintellectualized versions of what psychotherapy is. The relatively new and inexpensive technology of videotape offers an opportunity for everyday practitioners to show their work and for the dissemination of innovations. The presenter will discuss the significance and importance of routine use of videotape.

**Short-Term Anxiety-Reducing Psychotherapy: A Melting Pot of Theoretical Approaches.** Leigh McCullough, University of Pennsylvania

Abstract: Although controversy and contradictions abound in the Short Term Dynamic Psychotherapy (STDP) research literature, the clear effectiveness noted in a few careful studies of STDP techniques warrants a closer look. Failure to make clear theoretical distinctions in short term therapies has been a major contributor to conflicting research results. This paper is an effort to clarify the conceptual distinctions, the treatment mechanisms, and the underlying theory that form the basis of STDP. In this review, a two-stage approach of the STDP model is elaborated that permits defense and affects restructuring. Some necessary technical interventions and the required behavioral changes are made explicit. The clinical similarities and differences between STDP and cognitive, behavioral, and interpersonal therapy are examined.

Friday, April 23

**Integrating Individual, Group, and Family Therapy with Gay Men and Lesbians.** Carol M. Sussal, Adelphi University

Abstract: Object relations family therapy, when combined with Bowenian assessment and systemic understanding, allows the therapist to work in an integrative fashion with gay and lesbian individuals, couples and families. A nonjudgemental therapeutic stance, understanding of social struggles, sexual needs, and permutations of the developmental life cycle must be incorporated. Case examples are provided.

**The Interplay of Affects, Cognitions, and Needs in a Model of Psychotherapeutic Change.** Augustine Meier & Micheline Boivin, St. Paul University

Abstract: This paper presents a model of therapeutic change which integrates the interplay of affect, cognition, and needs. This model is presented within the context of the client goals to be achieved, the client's social and physical milieu, and the process leading to the acquisition of these goals. The first part presents the theoretical aspects of this model and the second part illustrates, by the use of a videotape, the application of this model in clinical practice.

**1:00-2:30 Lunch Break (on your own)**

**2:30-4:00 Concurrent Sessions**

**Panel: My Analysis with Anna Freud: Integrative Dimensions**  
(Terrace Penthouse Main)

Presenter: Esther Menaker, New York University

Moderator: Rebecca Curtis, Adelphi University

Discussant: Mary M. FitzPatrick, Cornell University Medical College

Abstract: This presentation will be a description not only of a past experience in Vienna in the early days of psychoanalysis, but also of the influences and the evolution of an analyst's thinking regarding how to bring about changes. Mary FitzPatrick will relate the comments to issues about psychotherapy integration.

**Symposium: How All Good Therapy is Experiential: Films, Research, and (Nonexperiential) Talk** (Salon)

Arthur C. Bohart, Rachel Muscatine & Suzanne Browner, Michael Garcia & Sharon Shwitzer, California State University

Abstract: Bohart has hypothesized that all therapy when it works is experiential. In this symposium the nature of experiencing and its place in psychotherapy will be discussed. Results of a research project in which films of different therapists agree rated on how they incorporate experiential elements will be given, and examples shown. Results of another study in which university students were surveyed on how experiencing plays a role in their personal lives will also be given.

Friday, April 23

**Symposium: Changes in Self and Other Representations in the Resolution of Unfinished Business (Trianon)**

Participants: Sandra Paivio, Malini Singh, Shelley McMain, & Leslie Greenberg, York University

Moderator: Leslie Greenberg, York University

Abstract: In this symposium, we will present three studies involving a marker-guided approach to therapy. The empty chair dialogue intervention was used to modify negative internal representations of self and others associated with "unfinished business". We will examine conceptual issues and empirical data that emerged from this treatment program and review videotape segments of the treatment.

**Paper Presentations**

**(Terrace Penthouse Lounge)**

Moderator: Diane B. Arnkoff, Catholic University

**A Study of Therapist Response in "Change" Sessions of Psychodynamic-Interpersonal and Cognitive-Behavioral Therapies.** Susan Wisner & Marvin R. Goldfried, SUNY-Stony Brook

Abstract: Thirty-one "change" sessions of psychodynamic-interpersonal and cognitive-behavioral therapy were gathered from practicing clinicians in the field. Sessions were investigated to determine the types of therapist response modes that might be most closely linked to immediate client change experiences. Results of analyses and clinical implications will be presented.

**Interpersonal Issues in Cognitive-Behavioral and Psychodynamic Interpersonal Therapies.** Douglas A. Vakoch & Marvin R. Goldfried, SUNY-Stony Brook

Abstract: Sessions of psychodynamic-interpersonal and cognitive-behavioral therapy that focused on interpersonal issues were provided by clinicians working in naturalistic settings. Interpersonal issues were identified, and a method was developed for describing the unique issues of each session while also comparing issues across sessions. Clinical significance of the findings will be discussed.

**The Working Alliance in Two Therapies: A Replication Using Psychodynamic Coders.** Jill Putterman, Patrick J. Raue, & Marvin R. Goldfried, SUNY-Stony Brook

Abstract: Thirteen significant psychodynamic-interpersonal sessions and eighteen significant cognitive-behavioral sessions were coded by psychodynamic raters using the observer form of the working alliance inventory. Results will be compared with previous cognitive-behavioral ratings to see whether the two sets conform. The issue of orientation bias and the validity of process research using outside observers will be discussed.

**4:00-4:30 Coffee Break and Collegial Interaction**

**(Quadrille Lounge)**

Friday, April 23

**4:30-6:30 Concurrent Sessions**

**Workshop: Integrating Cognitive, Behavioral, and Systems Therapies in the Treatment of Childhood Disorders (Salon)**

Raymond DiGuiseppe, St. John's University

Abstract: These three approaches are considered complimentary rather than competing paradigms for the treatment of childhood disorders. Strategies from all three therapies will be presented to secure a therapeutic alliance with both parent and child. A sequential model of integration will be presented. The strengths of each paradigm are stressed at different times in treatment. A set of decision rules to indicate when to engage the different paradigms will be presented.

**Symposium: Seeking Integration of Phobia Therapies Through Studies of Changes in Phobic Behavior (Trianon)**

Manual D. Zane, Fredric Neuman, John Gregory, & Doreen Powell, White Plains Hospital Center Phobia Clinic

Abstract: Studies of sequential changes in phobic behavior in their contexts provide observable bases for understanding complex interrelationships of psychological, physiological, environmental, and social factors and a possible model for studying other forms of disturbed behavior and for understanding both the beneficial and the limiting aspects of drug and behavioral treatments.

**Symposium: Radical Behavioral, Psychodynamic, and Experiential Interpretations of Vignettes From Psychotherapy Sessions**

(Quadrille Ballroom)

Robert J. Kohlenberg, University of Washington; Stanley B. Messer, Rutgers University; & Jeremy D. Safran, Adelphi University

Abstract: Recent developments in the application of Skinner's radical behaviorism to psychotherapy (Kohlenberg & Tsai, 1991) have set the scene for dialog and rapprochement with psychoanalysis and experiential psychotherapy. A radical behavioral analysis leads to a focus on aspect of the client-therapist interaction which often coincides with those of psychoanalysis and experiential psychotherapy. In this symposium, interpretations of therapy vignettes will be compared.

**Paper Presentations**

(Terrace Penthouse Lounge)

Moderator: Saul D. Raw, Cornell University Medical College

**A Cognitive-Affective Model of Change: Developing a Common Language for Psychotherapy Integration.** Jeanne C. Watson, York University

Abstract: This paper presents a cognitive-affective model of the processes in which clients engage during a specific change-event in client-centered therapy. The model identifies generic psychological processes which provide the basis for a common language to describe and explicate change across different therapeutic modalities.

Friday, April 23

**"Commitment-to-Engage": A Common Change Event in Family Therapy.**

Myrna L. Friedlander, SUNY-Albany; Laurie Heatherington, Williams College;  
Benjamin Johnson, Yale University; & Elizabeth Skowron, SUNY-Albany

Abstract: In response to the call for identifying important components of treatments that are common to many approaches, we undertook a task analysis of a specific change event in family treatment -- "commitment to engage" (CE). We defined CE events as therapeutic episodes in which family members move from disengagement to sustained engagement on a specified in-session therapeutic task (e.g., working out a plan for assigning household chores). We contrasted 4 clearly successful with 4 clearly unsuccessful change events. Observations were quantitative (the coding of family members' verbal exchanges in terms of relational control patterns and interpersonal conflict tactics) as well as qualitative. A conceptual model of the process of family members becoming "committed to engage" with each other in problem solving is described along with suggestions for future research.

**Do World Views Doom Integration? Metatheoretical Beliefs and Therapeutic Styles of Therapists of Different Theoretical Persuasions.**

Antonio Branco Vasco, University of Lisbon

Abstract: Incommensurability of the metatheoretical assertions underlying different therapeutic frameworks has been stressed as a major obstacle to psychotherapy integration. However, the claim that knowledge of similarities and differences among the various theoretical persuasions, at different levels of abstraction, is essential for the integrative project, has also been made. Data are reported on the metatheoretical beliefs and therapeutic styles of therapists of six distinctive different schools (n=161). Results suggest not only that the metatheoretical differences between therapists of different theoretical persuasions may be less accentuated than has been found in previous research, but also that therapist's therapeutic styles reflect both points of convergence and divergence. It is also suggested that even if different visions of reality may constitute possible obstacles to therapeutic integration, they should less be seen as constituting absolute cognitive barriers than as reflecting relative preferences bound to be overcome by means of paradigmatic complementarity.

**Shifting Perspectives: An Integrative Model of Personal and Interpersonal Psychotherapy.** George J. Steinfeld, Trumbull, CT

Abstract: This paper will have several purposes. The main focus will be a description of an integrative model of therapy. The model has been spelled out elsewhere (Steinfeld, 1980), and has been applied to working with violent men and couples (1989). In this paper, another focus will be on discussing some philosophical and theoretical underpinnings for the clinical model, namely, constructivism, as a metatheory and underlying framework, personal construct theory (Kelly, 1955) and its relation to cognitive theory in general, and Piagetian theory, specifically. The clinical approach will also integrate western cognitive-constructivism with Eastern models, such as Yoga and Zen.

Friday, April 23 - Saturday, April 24

**6:15-7:30 Cocktail Hour (cash bar) and Discussion Groups**  
(Terrace Penthouse Main)

**Discussion Group: Integrating Personal Psychotherapy and Social Change**

Leader: Sharon Berlin, University of Chicago

Abstract: In the midst of increasing poverty and social disruption, psychotherapists are asked to serve individuals whose mental health problems are partly a function of the oppressive circumstances of their lives. This paper provides a rationale, theoretical perspective, and research agenda for integrating strategies to alter both the psychological and social roots of personal problems. Examples of social-psychological interventions are also offered.

**Discussion Group: Integrating Expressive Methods into Clinical Practice**

Leader: Nolan Saltzman, The Bio Psychotherapy Institute

Abstract: Dr. Saltzman demonstrates eliciting and validating the range of feelings from honest and socially appropriate to climactic expressions that repair the damage of early trauma and deprivation. The methods are integrated with psychodynamic, cognitive, and behavioral approaches, allowing direct access to emotions underlying maladaptive beliefs and behaviors.

**Discussion Group: Directions and Priorities of the Journal of Psychotherapy Integration**

Leaders: Hal Arkowitz, editor, & John C. Norcross, associate editor

Abstract: This small discussion group will examine the current directions and future priorities of SEPI's official journal. The Editor and Associate Editor invite subscribers and authors to offer critical analysis on editorial procedures, content areas, and recommended changes as the Journal of Psychotherapy Integration enters its third year of operation.

**Saturday, April 24**

**8:00-8:50 & 9:00-9:45 Demonstrating Integrative Therapies**

(45 minute videotaped demonstrations; participants will have the opportunity to view 2 of the 4 videotapes in their entirety)

**Videotaped Demonstration of an Integration of Gestalt and Cognitive Therapy.** Iris G. Fodor, New York University (Terrace Penthouse Lounge)

**Videotaped Demonstration of Process Experiential Therapy: Integrating Client-Centered, Gestalt, and Cognitive Perspectives.** Leslie S. Greenberg, York University (Salon)

**Videotaped Demonstration of Multimodal Therapy.** Arnold A. Lazarus, Rutgers University (Terrace Penthouse Main)

**Videotaped Demonstration of Psychotherapy from a Cyclical Psychodynamic Perspective.** Paul L. Wachtel, City University of New York (Trianon)



Saturday, April 24

**9:45-10:30 Discussing Integrative Therapies**  
(45 minute discussions with one of the psychotherapists)

**Integrated Gestalt and Cognitive Therapy.** Iris G. Fodor, New York University  
(Terrace Penthouse Lounge)

**Process Experiential Therapy.** Leslie S. Greenberg, York University (Salon)

**Multimodal Therapy.** Arnold A. Lazarus, Rutgers University  
(Terrace Penthouse Main)

**Cyclical Psychodynamic Psychotherapy.** Paul L. Wachtel, City University of New York  
(Trianon)

Description: From 8:00 a.m. to 8:50 a.m., we will show each of the 40-50 minute videotapes in separate rooms. From 9:00 a.m. to 9:45 a.m., we will show the same tapes in the same rooms, thus allowing interested conference participants to observe at least two of the four complete tapes. From 9:45 a.m. to 10:30 a.m., the clinicians will take part in an open discussion of the tapes with conference participants. The focus of the discussion will be on the practitioner's approach, with an emphasis on issues of psychotherapy integration.

**10:30-11:00 Coffee Break and Collegial Interaction** (Quadrille Lounge)

### Plenary Session

**11:00-1:00 What Can the Field of Psychopathology Offer Psychotherapy Integration?** (Quadrille Ballroom)

Moderator: Hal Arkowitz, University of Arizona

Participants: Clive J. Robins, Duke University; Patricia A. Marten & David H. Barlow, SUNY-Albany; & George Everly & Theodore Millon, University of Miami

Discussant: Marvin R. Goldfried, SUNY-Stony Brook

Abstract: Psychotherapy integration has, for the most part, focused on general principles of therapy and change, as illustrated by the interest in common factors and theoretical integration. What seems missing from the field is an appreciation of the nature of the psychopathologies that we strive to change. This symposium will underline the need to pay more attention to findings from basic psychopathology. A theme of the three papers will be that knowledge of psychopathology can help us to understand what it is we are trying to change and that such understanding is crucial to the development of integrative strategies that focus on how to affect those changes.

**1:00-2:30 Lunch Break (on your own)**

Saturday, April 24

**2:30-4:00 Concurrent Sessions**

**Symposium: Stages of Self-Change as an Outcome Predictor for Pharmacotherapy, Psychotherapy, and Behavior Therapy (Salon)**

Bernard D. Beitman, University of Missouri; & James O. Prochaska, University of Rhode Island

Abstract: Patients entering treatment are differentially motivated to change. The Stages of Change questionnaire quantifies these varying dispositions using 4 stages. Data will be presented showing that this instrument successfully predicts outcome among three different treatment forms. These results strongly suggest that change agents must utilize patient stages of change in designing their treatments.

**Workshop: Psychotherapy Supervision -- An Opportunity for Integration (Trianon)**

Richard L. Wessler & Sheenah Hankin-Wessler, Cognitive Psychotherapy Services

Abstract: After a very short description of cognitive appraisal therapy, the presenters' integrative approach to psychotherapy, one will show a brief videotape of a therapy session or conduct a live demonstration with a patient. The session will focus on the interplay among self-pity, shame, and anger in the patient's problems, and how the therapist deals with these emotions. Following the session, the other presenter will lead participants in the supervision of the session they witnessed. They can offer comments and feedback to the therapist, question the patient, and suggest how aspects of their own psychotherapy orientation can be integrated into the presenters' work.

**Workshop: Single Session Psychotherapy: Two Taped Sessions and a New Integrative Challenge (Terrace Penthouse Main)**

Alvin R. Mahrer, University of Ottawa; & Robert Rosenbaum, California Institute of Integral Studies

Abstract: Single session psychotherapy is a new format for therapy, and provides a stimulating challenge for discussion of integrative issues. Two of the proponents will present tapes of single session psychotherapy, and will invite audience participation-discussion.

**Paper Presentations (Terrace Penthouse Lounge)**

Moderator: Richard P. Halgin, University of Massachusetts

**Sincerity, Appropriateness, and Truth in the Gloria Tapes: Tracking the Pulse of Therapeutic Interaction.** James T. Collins, Rodney J. Day, Dietmar Czogalik, & Robert L. Russell, Loyola University

Abstract: A new instrument was developed to assess therapeutic techniques in terms of Habermas' communication theory. The 5-item scales were constructed to assess Habermas' validity claims in speech (sincerity, appropriateness and truth). Factor analysis of Rogers', Perls', and Ellis' therapies indicated significant commonalities. Quantitative and qualitative analyses (chronographic depiction) revealed theoretically meaningful differences as well.

Saturday, April 24

**Emotion Episodes: A Possible Measure of Self-Schemes.** Lorne M. Korman & Leslie S. Greenberg, York University

**Abstract:** This paper concerns the development of an instrument measuring emotional responses as reported by clients in therapy. The instrument utilizes instances where emotion already has been invoked in order to tap into individual's appraisals of self and world, and their core concerns. The instrument holds promise as a measure of clients self-schemes, and thus will be tested as a measure of change across therapeutic modalities. Recently there has been increasing awareness that emotional processing is an important element of human functioning and a key therapeutic target for restructuring.

**Recommended Methodological Changes for Psychotherapy Integration.**

E. Lakin Phillips, George Washington University

**Abstract:** Methodological changes are recommended for integrating psychotherapy. Method changes require data analysis changes based on attrition. Attrition study leads to how the whole Service Delivery System (S.D.S.) operates; an approach different from analyzing extant theories based on traits, experiential and standard measurement factors. Sociometrics largely replaces psychometrics.

**400-4:30 Coffee Break and Collegial Interaction** (Quadrille Lounge)

**4:30-6:30 Concurrent Sessions**

**Workshop: Treating Adult Survivors of Childhood Sexual Abuse: Reactivating and Recovering Traumatic Memories Using Implosive Techniques** (Quadrille Ballroom)

Participants: Donald Levis, SUNY-Binghamton; Sue Shapiro, Manhattan Institute for Psychoanalysis Center for the Study and Treatment of Abuse and Incest; & Martha Davis, New York State Psychiatric Institute

Moderator: Mary M. FitzPatrick, Cornell University Medical College

**Abstract:** The focus of the panel will be a presentation of taped sessions demonstrating the use of implosive techniques to reactivate, recover, and work through memories of childhood abuse and incest. Dr. Levis will present a brief summary of the approach he developed in working with adult survivors of abuse and incest. Dr. Shapiro, a psychoanalyst, will discuss transference and countertransference implications of this work while Dr. Davis, an expert in non-verbal communication and behavior, will react to the tapes from her perspective.

**Symposium: Anxiety Disorders: How do We Choose an Individual Therapy or a Couples Therapy?** (Terrace Penthouse Lounge)

Chair: Hector Fernandez-Alvarez, Buenos Aires, Argentina

Participants: Beatriz Gomez & Elena Scherb, Buenos Aires, Argentina

**Abstract:** The main purpose of this symposium is to demonstrate the application of an integrative model of psychotherapy. Choosing a specific disorder, different approaches to psychotherapy will be shown and the criteria for the selection of each will be discussed.

Saturday, April 24

**Symposium: Client Perceptions of Therapy**

(Trianon)

Chairs: Carol R. Glass and Diane B. Arnkoff, Catholic University

*Clients' Perceptions of Helpful Aspects of Treatment for Depression: Common and Specific Factors.* John J. Gershefski, Diane B. Arnkoff, & Carol R. Glass, Catholic University & Irene Elkin, University of Chicago

*Clients' Perceptions of Harmful Aspects of Treatment for Depression: Common and Specific Factors.* James A. Levy, Carol R. Glass, Diane B. Arnkoff, & John J. Gershefski, Catholic University; & Irene Elkin, University of Chicago

*Helpful Aspects of Process-Experiential Therapy.* Robert Elliot & Beverly Mancinelli, University of Toledo; Claudia Clark, Bowling Green University; & Vivian Kémeny, University of Toledo

*Patients' Reasons for Dropping Out of Therapy.* Karla Moras, University of Pennsylvania

Abstract: Four presentations will summarize current research on clients' views of psychotherapy. Both helpful and harmful aspects of CBT, IPT, and psychopharmacological treatments for depression in the NIMH Collaborative study will be presented, as well as client accounts of helpful and hindering factors in process-experiential therapy. Finally, clients' reasons for dropping out of therapy will be examined.

**Symposium: Developing an Integrative Worldview: The Experiences of the Adelphi Psychotherapy Research Project**

(Salon)

Jeremy Safran, Jonathan Jackson, Casey Everett, Nancy Legow, & Neil Spivach, Adelphi University

Abstract: This symposium explores the difficulties and rewards associated with being trained in more than one therapeutic modality at the same time. The panel members consist of the clinical supervisors and therapists who participated in the Adelphi Psychotherapy Research Project. Because the demands of the research project required the therapists to learn two different approaches at the same time and to adhere to treatment protocols in both conditions, it provided an excellent opportunity to develop a better understanding of the trials, tribulations, and learning experiences emerging from attempting to reconcile two different sets of therapeutic techniques and associated worldviews. Therapists and supervisors will discuss their reactions and learning experiences during the training phase, the actual execution of the study, and approximately one year following the study.

**Paper Presentations**

(Suite 414)

Moderator: Leigh McCullough, University of Pennsylvania

**Heresy in the Service of More Effective Therapy: Nonbehavioral Contributions to Cognitive-Behavior Therapy.** Louis G. Castonguay, Stanford University School of Medicine

Abstract: This paper will show that the major clinical strengths of cognitive-behavior therapy have also paradoxically served to limit its therapeutic effectiveness. Using clinical material (i.e., case descriptions, audio and/or videotapes), we will demonstrate how the contributions of other orientations can counteract the identified limitations of behavior therapy.

Saturday, April 24

**Towards an Integrative Approach to Psychotherapy with Anxiety and Panic Disorders.** Douglas J. Scaturro, Syracuse VA Medical Center

Abstract: This presentation will address two aspects of integration in the psychotherapeutic treatment of anxiety and panic disorders: (1) integration of the major theoretical systems of behavioral and psychodynamic conceptualizations, as well as (2) integration of the treatment systems involving individual, couples, and family intervention.

**Eating Disorders: An Integrative and Multimodal Treatment.** Maria del Carmen Salgueiro & Diana Kirszman, Buenos Aires, Argentina

Abstract: This paper focuses on the presentation of a model for the treatment of eating disorders from an integrative and multidisciplinary perspective.

**Group Therapy with Adolescents from an Integrative Model.** Alejandra Coppo & Diana Kirszman, Buenos Aires, Argentina

Abstract: The purpose of this paper is to present our method of integrative group therapy with adolescents. We will make use of fragments of videotaped sessions and will discuss theoretical and technical issues.

**6:30-7:30 Meeting of Regional Network Coordinators (Trianon)**

SEPI encourages the formation of local or regional groups of professionals interested in psychotherapy integration who meet for symposia, case conferences, panel discussions, etc. There are currently about 18 such groups around the world. Current Regional SEPI Network coordinators, as well as anyone interested in forming or being a member of a regional network in their area, are invited to a meeting chaired by Carol Glass and Diane Arnkoff. The purpose of the meeting is to review the status of existing regional groups and to exchange ideas for group organization and programs.

**6:15-7:30 Cocktail Hour (cash bar) and Discussion Groups (Terrace Penthouse Main)**

**Discussion Group: Integrating Spiritual and Standard Psychotherapy Techniques -- Possibilities and Limitations**

Leaders: I. Reed Payne & Allen E. Bergin, Brigham Young University

Abstract: This Discussion Group is our second SEPI session concerning spiritual theory, technique, and research. Participants will discuss integrating specific spiritual methods with their standard approaches. This will include cognitive-behavioral, object relations, humanistic-experiential, and health psychology techniques in association with religious imagery, forgiveness, prayer, meditation, and values-guided processes.

**Discussion Group: Integrative Approach to Couples Therapy**

Leader: Maria Teresa Nieto, Buenos Aires, Argentina

Abstract: We present and explain the core concepts of our integrative model including the way in which we delimit the problem, set therapeutic goals shared with the patients, design a particular therapeutic strategy, and implement different therapeutic techniques.

Saturday, April 24

**Discussion Group: Thinking During Psychotherapy -- Should a Therapist Refrain?**

Leaders: Robert Rosenbaum, California Institute of Integral Studies, & Art Bohart, California State University

Abstract: Thinking has been lauded as the progenitor of insight, the provider of perspective, and a prerequisite for achieving understanding. Thinking has also been vilified as inimical to direct experience, interfering with empathy, and as a distancing maneuver which yields thin, bodiless abstractions. Given these contrasting vantages, experienced therapists both within and across theoretical schools vary widely in the extent to which they advocate thinking during therapy. However, most supervisors would be reluctant to urge trainees to stop thinking about what they are doing. This discussion group will focus on the nature and various modalities of thinking, and what the therapist's activity of thinking has to contribute, for good and for ill, to the process of psychotherapy.

**Discussion Group: Approaching Insight from an Action Perspective**

Leader: Michael A. Westerman, New York University

Abstract: I will begin this Discussion Group with a brief presentation of a three-point model about how to integrate insight-oriented work with active change efforts. Participants will consider three points of the model in connection with clinical examples drawn from my work and their own clinical experience, and discuss alternative approaches to this important issue.

**8:30 Chinese Banquet (\$35 per person by preregistration) in Chinatown at:**

**Triple Eight Palace  
88 East Broadway  
New York, NY 10002  
(212) 941-8886**

**Please see the menu included in the packet of registration materials.**

## Sunday, April 25

### Plenary Sessions

#### **9:00-10:30 How Can Psychotherapy Integration Improve Treatment? A Roundtable (Quadrille Ballroom)**

Participants: Bernard D. Beitman, University of Missouri; Larry E. Beutler (on videotape), University of California; Sjoerd Colijn, Psychiatric Center Bloemendaal, The Netherlands; Windy Dryden, University of London; Marvin R. Goldfried, SUNY at Stony Brook; Carol R. Glass & Diane B. Arnkoff, Catholic University; M. Katherine Shear, University of Pittsburgh; George Stricker, Adelphi University  
Moderator: John C. Norcross, University of Scranton

Abstract: In this roundtable, emphasis will be placed on moving from the "exploration" of psychotherapy integration to the ways that clinicians can be directed to enhance treatment through the use of integrative methods. The panelists will focus on answering, beyond the obvious generalities, questions about the value of integration in improving therapeutic outcomes.

#### **10:30-11:00 Coffee Break and Collegial Interaction (Quadrille Lounge)**

#### **11:00-1:00 Setting the Therapeutic Contract with Borderline Patients: Dialectical-Behavioral and Psychodynamic Approaches**

(Quadrille Ballroom)

Moderator: Mary M. FitzPatrick, Cornell University Medical College  
Presenters: Marsha M. Linehan (on videotape), University of Washington; Edward Shearin, Cornell University Medical College; & Frank Yeomans, Cornell University Medical College  
Discussant: John F. Clarkin, Cornell University Medical College

Abstract: The focus of the panel will be a comparison of the dialectical-behavioral and psychodynamic models of Marsha Linehan and Otto Kernberg in the treatment of borderline patients. We have chosen one particular area, setting up the therapeutic contract with patients, as a way to highlight similarities and differences in the two models. Both models are currently in use in borderline treatment units at The New York Hospital, so that the speakers will have had the opportunity to experience both models in practice. The speakers will react to Linehan videotapes and add their own comments.