

SEPI XI

**Society for the Exploration of
Psychotherapy Integration**

Eleventh Annual Conference:
*Innovations in
Psychotherapy Integration*

April 6-9, 1995

**Hyatt Regency Hotel
Bethesda, MD**

The Society for the Exploration of Psychotherapy Integration
announces its eleventh annual conference,

SEPI XI

to be held in Bethesda, Maryland
from Thursday, April 6 through Sunday, April 9 1995.

SEPI was formed in 1983 out of a growing interest in transcending the boundaries separating theories of psychotherapy, incorporating techniques and strategies from different approaches, and identifying underlying common factors. SEPI is for mental health professionals and scholars of all persuasions interested in exploring both similarities and differences among therapeutic modalities, in expanding traditional ways of practicing psychotherapy, and applying those techniques in a variety of settings with diverse populations.

The theme of this year's conference will be on what is newest in psychotherapy integration. The program includes papers and symposia which break new ground or extend present thinking in psychotherapy integration. The program consists of four pre-convention workshops for which continuing education credit is available, five plenary sessions and more than two dozen symposia, panels, individual paper presentations and small discussion groups.

Individuals making presentations at the SEPI XI conference are from all quadrants of the United States and ten from other countries. This year's program focuses on new ideas as well as new applications -- e.g. psychotherapy integration in inner city schools, in prison populations and in organizations. Applied research in psychotherapy integration also will be featured. A significant portion of the program will be devoted to outstanding student presentations from the United States and abroad. Simultaneous translation will be provided.

SEPI XI will be held at the Hyatt Regency Hotel, 1 Bethesda Metro Center, Bethesda, MD, 20814. The hotel is centrally located in the greater Washington area, easily reachable by public transportation or a short cab ride. The Washington area is beautiful this time of year.

Since registration is limited, we urge you to register early for the conference.

We look forward to seeing you in Bethesda this April.

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SEPI XI PROGRAM

Thursday, April 6, 1995

PRE-CONVENTION WORKSHOPS¹

9:00 AM - 1:00 PM

Personologic Therapy: An Integrative Approach to Axis II of DSM-IV.

Theodore Millon, Ph.D., University of Miami.

Description: Not only may personality disorders benefit from an integrative approach, but they require it. The logic of this model will be presented and applied to each DSM personality disorder. Vignettes will be employed to illustrate the strategic goals, tactical modalities, and integrative procedures of what has been termed "personologic therapy".

Professor Millon is the Editor-in-Chief of the Journal of Personality Disorders and past president of the International Society for the Study of Personality Disorders. Among his published books are Modern Psychopathology, Disorders of Personality, and Toward a New Personology. He is the developer of the MCM-III and MACI, among other assessment inventories. A professor for 40 years, he is currently Professor of Psychology at the University of Miami, and Professor in Psychiatry at Harvard Medical School.

Integrative Treatment of Children and Adolescents.

Mary FitzPatrick, Ph.D., New York Hospital, Cornell Medical Center.

Description: Children and adolescents provide a unique opportunity for the use of integrative methods. Individual therapy must be supplemented by family sessions as well as by the inclusion of other significant adults in the child's life such as school personnel and caregivers. This workshop will focus on the use of an integrative approach at all steps in the treatment process: diagnosis, formulation of a treatment approach for a particular child at a particular time, actual treatment, and follow-up. Clinical material will be presented to illustrate decisions made at therapeutic choice points.

Dr. FitzPatrick, who has trained as both a psychoanalyst and a behavior therapist, is currently Director of the Cognitive/Behavior Therapy Unit at The New York Hospital - Cornell Medical Center and Clinical Associate Professor, Department of Psychiatry, Cornell University Medical College. She has an extensive background working with children and adolescents presenting with a variety of diagnoses including autism, pervasive developmental disorders, learning disabilities, attention deficit disorder, anxiety disorders, and adjustment disorders. Dr. FitzPatrick has lectured and published widely in this area.

The New Multimodal Therapy: Are Eclecticism or Integration Really Necessary?

Arnold A. Lazarus, Ph.D., Rutgers University.

Description: To derive maximum benefits from any therapy, clients need someone who knows how to establish relationships of choice. The correct technique applied within the "wrong" relationship won't get too far, and the improper treatment employed even within a highly facilitative relationship is also likely to falter. Another issue to be addressed is that some clients require that we transcend certain ethical boundaries. This workshop will spell out these processes and also address the very topical issue of how to be brief and yet thorough.

Dr. Lazarus has held the rank of Distinguished Professor at Rutgers University since 1972 where he teaches in the Graduate School of Applied and Professional Psychology. The author of 14 books and almost 200 scientific articles, Dr. Lazarus has received numerous awards and honors including a Distinguished Service Award from ABPP, and the Distinguished Psychologist Award from Division 29 of the American Psychological Association. Dr. Lazarus has served as president of several associations, and has been a keynote speaker innumerable times here and abroad.

Short-Term Anxiety-Regulating Therapy: An Integration of Techniques for Restructuring of Defenses and Affect

Leigh McCullough Vaillant, Ph.D. and George Vaillant, M.D., Harvard Medical School.

Description: This workshop will present an integrated model of time-conscious psychotherapy. This model has been developed by Dr. McCullough Vaillant from the integrated approaches of Sifneos, Malan, Mann, and Davenloo, as well as from many years of research on Short-Term Treatment. Although this treatment model follows the fundamental structure of psychodynamic psychotherapy (i.e., analysis of defenses and conflicted feelings), it employs the technology of behavior change to speed up the therapy process, and incorporates techniques from cognitive therapy, gestalt, interpersonal and self-psychology to achieve the specific treatment objectives while also providing a supportive environment for the patient. Specific active and focused interventions will be taught in a manner that can be easily understood and used by the workshop participants. Videotaped case examples will illustrate treatment techniques.

Dr. Vaillant will discuss his Hierarchy of Defenses, and present research from the Study of Adult Development that is applicable to issues in psychotherapy theory and research. Videotape vignettes will illustrate changes in treatment from immature to mature defenses.

Dr. Leigh McCullough Vaillant is an Assistant Clinical Professor at Harvard Medical School. She has specialized in both dynamic and behavior therapy and has published on theory, training and research in short-term approaches to treatment. In the past several years she has conducted training seminars in short-term psychotherapy throughout Europe and the United States. She is completing a book entitled, Short-Term Anxiety-Regulating Therapy to be published by Basic Books in 1995.

Dr. George Vaillant is Professor of Psychiatry at Harvard Medical School. He has spent 20 years at Harvard, and at Dartmouth as Director of the Study of Adult Development, a prospective follow-up of the lives of 600 men. His published works include Adaptation to Life: The Natural History of Alcoholism, and The Wisdom of the Ego.

Friday, April 7, 1995

8:45 AM - 9:00 AM
Opening Remarks and Announcements

9:00 AM - 10:15 AM
Plenary Session

Self-Pathology and Psychotherapy Integration.

Barry E. Wolfe, Ph.D., Virginia School of Professional Psychology, Rockville, MD. Leigh McCullough Valliant, Ph.D., Harvard Medical School, Cambridge, MA, Chair.

10:15 AM - 10:45 AM
Coffee Break and Collegial Interaction

10:45 AM - 12:15 PM
Concurrent Paper Sessions

An Integrative Approach to Working with Resistance.

Hal Arkowitz, Ph.D., University of Arizona, Tucson, AZ, David Engle, Ph.D., Tucson, AZ and Stanley Messer, Ph.D., Rutgers University, Piscataway, NJ.

Short-Term Integrative Therapy with Troubled Children and Their Families.

Ellen Wachtel, Ph.D., New York, NY.

Patterns of Change Emerging from an Analysis of Psychotherapeutic Themes.

Augustine Meier, Ph.D. and Micheline Bolvin, M.A., St. Paul University, Ottawa, Ontario, Canada.

A Proposal for Integrative Psychotherapy with Patients with Panic Attacks and Agoraphobia.

Daniel Boglazier, Ph.D., Buenos Aires, Argentina.

An Integrative Approach to the Treatment of Psychological Disorders Associated to Physical Illness: Cognitive Psychotherapy and Eutony.

Beatriz Gomez, Ph.D., and Maria Susana Rimoldi, L.C.P., Buenos Aires, Argentina.

12:15 PM - 1:45 PM
Lunch Break (on your own)

1:45 PM - 3:30 PM
Concurrent Symposia

Integrating "Relationship" Influences and "Technique" Influences on the Process of Psychotherapy.

Hector Fernandez Alvarez, Ph.D. and Paul Wachtel, Ph.D., City College of New York, and Jemery Safran, Ph.D., Adelphi University.

Accelerated Affect-Facilitating Dynamic Psychotherapy: Videotape Illustrations of a Model Reflecting Progressive Integration in Short-Term Dynamic Psychotherapy.

Diana Fosha, Ph.D., New York, NY.

Zen Meditations and Mental Images in Psychotherapy.

David Ghelman, M.D., Buenos Aires, Argentina.

Integrative Training: Programs and Challenges.

Jeffery R. Martin, Ph.D., University of California, San Francisco, CA; ; John M. Dyckman, Ph.D., Kaiser Medical Center, Vallejo, CA; Carlos Mirapex Costas, M.D., Santander, Spain; John C. Norcross, Ph.D., University of Scranton, Scranton, PA; and Gonzales Torres, M.D., Santander, Spain.

Concepts of Motivation and Motivational Change in Psychotherapy.

Drew Westen, Ph.D., Cambridge Hospital, Cambridge, MA; Joel Weinberger, Ph.D., Adelphi University, Garden City, NY; and Clive Robins, Ph.D., Duke University, Durham, NC.

3:30 PM - 4:00 PM
Coffee Break and Collegial Interaction

4:00 PM - 5:00 PM
Plenary Session

Latin American Contributions to Innovations in Psychotherapy Integration.

Eduardo Nicenboim, Ph.D., Buenos Aires, Argentina; Ana Marla Manchetti Del Fierro, Ph.D., Santiago, Chile; Amaryllis Schvinger, Rio de Janeiro, Brazil; and Mario Zumaya, M.D., Mexico City, Mexico. Discussant: Beatriz Gomez, Ph.D., Buenos Aires, Argentina.

5:30 PM - 7:00
Cocktails and Collegial Interaction

Saturday, April 8, 1995

7:30 AM - 8:45 AM
Concurrent Paper and Discussion Groups

Do Cognitive-Behavioral Therapists and Psychoanalytic Therapists Pursue the Same Therapeutic Goals?

Bruce Arnow, Ph.D., Stanford University Medical Center, Stanford, CA and Louis Castonguay, Ph.D., Pennsylvania State University, University Park, PA.

Exploring Psychotherapy Integration Across Cultures.

Sjoerd Colljn, Ph.D., Psychiatric Center Bloemendaal, The Hague, The Netherlands.

Mindfulness: A Common Factor?

Jeffery R. Martin, Ph.D., University of California, San Francisco, CA.

Role Dynamics: An Integrative Theory of Psychology.

Adam Blatner, M.D., Austin, TX.

Innovations in Relational Eclecticism: Comprehensive Therapy.

Richard L. Rappaport, Ph.D., Philadelphia, PA.

Cost-Effectiveness vs. Cost-Cutting: An Integrationist's Response to the Challenge of Managed Care.

Hal Arkowitz, Ph.D., University of Arizona, Tucson, AZ.

9:00 AM - 10:15 AM
Plenary Session

Integrating Pharmacotherapy and Psychotherapy: Prozac and Beyond. Bernard D. Beitman, M.D., University of Missouri, Columbia, MO and Larry B. Feldman, M.D., Oak Park, IL.

10:15 AM - 10:45 AM
Coffee Break and Collegial Interaction

10:45 AM - 12:30 PM
Concurrent Paper Sessions

From Encapsulation to Paradigmatic Complementarity: Psychotherapists' Epistemic and Therapeutic Styles.

Antonlo Branco Vasco, Ph.D., Unlversity of Lisbon, Lisbon, Portugal.

Office Diagnosis and Treatment of the Hyperventilation Disorders.

Herbert Fensterhelm, Ph.D. and Barbara Wlegand Fensterhelm, MSW, New York, NY.

The Use of the Two-Chair Technique in Experiential and Cognitive-Behavior Therapy.

Marvin R. Goldfried, Ph.D., State University of New York at Stony Brook, NY and Lesle S. Greenberg, Ph.D., York University, Toronto, Ontario, Canada.

A Cognitive Appraisal Approach to Parent Training With Affect-Driven Parents.

Jonathan Stern, Ph.D., Cognitive Psychotherapy Services, New York, NY.

Crisis Intervention and Brief Treatment with Suicidal Adolescents.

James K. Zimmerman, Ph.D., Pleasantville, NY.

An Integrative Treatment for Problems Shared by Children and Their Parents: A "Win-Win" Approach.

Ellyn Altman, Ph.D., Great Neck, NY. ***Matching the Treatment to the Client - With Special Reference to Youth.*** Charles D. Laufer, Ed.D., Grand Rapids, MI and Cornelia Green, Ph.D., Beloit, WI.

When is Integration or Eclecticism Contraindicated and When is it Necessary?

Arnold A. Lazarus, Ph.D., Rutgers University, Piscataway, NJ.

12:30 PM - 1:45 PM
Lunch Break (on your own)

1:45 PM - 3:30 PM
Symposia

The Red Herring of Epistemological Incompatibility: A Pragmatic Interpretation of Theory, Philosophy and Model in Psychotherapy.

Gordon Medlock, Ph.D. and Robert Wright, MSW, Human Effectiveness, Inc., Chicago, IL.

Innovative Applications of Psychotherapy Integration: Psychotherapy Integration in Organizational Development. Thomas LeCompte, M.A., Indiana University of Pennsylvania, Reading, PA. ***Brief Psychological Treatment in a Prison Mental Health Service.*** J. Tyler Carpenter, Ph.D., Milton, MA.

Student Perspectives on Clinical Training: A Search for Orientation and Identity. Richard P. Halgin, Ph.D., Christopher Christian, M.S., Susan Flood, M.S., Richard Ginsburg and Robert A. Murphy, M.S., University of Massachusetts, Amherst, MA; Derek J. McEntee, M.S., Duke University Medical Center, Durham, NC; Rafael San Andres, Bizkala, Spain; and Jeanine M. Vivona, M.S., Princeton University, Princeton, NJ.

Short and Long-Term Treatment of Adult Incest Survivors.
Sam Kirschner, Ph.D. and Diana Kirschner, Ph.D., Gwynedd Valley, PA.

Self System and Principles of Influence: Dialectical Frontiers of Experience Within an Integrative Psychotherapy.
Roberto Opazo, Ph.D., Ana Maria Marchetti, Eugenio Suarez and Veronica Badladi, Santiago, Chile.

What a Difference a Brain Makes.
J. Lawrence Thomas, Ph.D., New York, NY; Mary FitzPatrick, Ph.D., The New York Hospital, New York, NY, and Frank R. Ferrise, Psy.D., East Hanover, NJ.

Existential-Humanistic Contributions to Psychotherapy Integration.
Arthur C. Bohart, Ph.D., California State University, Dominguez Hills, CA, Robert N. Sollod, Ph.D., Cleveland State University, Cleveland, OH, Kirk Schneider, Ph.D., Center for Existential Therapy, San Francisco, CA, and Leslie Greenberg, Ph.D., York University, Toronto, Ontario, Canada.

Principles of Therapeutic Change: What Do We Know So Far and Where Do We Go From Here?
Adele M. Hayes, Ph.D., Coral Gables, FL.

Attitudinal Healing as Cognitive Psychotherapy in a Group Setting.
Walter Todd Davison, M.D., Milwaukee, WI.

**3:30 PM - 4:00 PM
Coffee Break and Collegial Interaction**

**4:00 PM - 5:15 PM
Plenary Session**

New Directions for Religion and Spirituality - Can They Be Integrated into Psychotherapy?

Robert J. Lovinger, Ph.D., Central Michigan University, Mt. Pleasant, MI; Nancy Kehoe, Ph.D., Cambridge Hospital, Cambridge, MA; David B. Larson, M.D., National Institute for Healthcare Research, Rockville, MD; Robert N. Sollod, Ph.D., Cleveland State University, Cleveland, OH; and Nancy Stiehler Thurston, Psy.D., Fuller Theological Seminary, Pasadena, CA.

**5:30 PM - 7:00 PM
Cocktail Hour and Collegial Interaction**

**7:30 PM
Optional Dinner at Fes, a restaurant.**

Sunday, April 9, 1995

**8:30 AM - 10:00 AM
Concurrent Paper and Discussions Groups**

Psychotherapy Integration in China.

Bernard Beltman, M.D., University of Missouri, Columbia, MO and Dong Mel Yue, M.M., China Medical University, Shenyang, Peoples Republic of China.

Training Psychologists for the Schools: On Integrating Gestalt and Cognitive Behavior Therapies into Graduate Practicum Training for Work with Children and Adolescents.

Iris Fodor, Ph.D., Fred Daniele, M.A. and Therese Nowlan, M.A., New York University, New York, NY.

Working with Dreams in Psychotherapy: Theory, Demonstration, and Research.

Clara E. Hill, Ph.D., University of Maryland, College Park, MD.

Challenging Client's View: Similarities and Differences between Cognitive-Behavioral and Psychodynamic-Interpersonal Therapies.

Louis G. Castonguay, Ph.D., Pennsylvania State University, University Park, PA and Patrick J. Raue, M.A.; Susan Wiser, M.A. and Marvin R. Goldfried, Ph.D., State University of New York at Stony Brook, NY.

Clients' Views of Helpful Aspects of a Significant Change Session.

John F. Drozd, B.A. and Marvin R. Goldfried, Ph.D., State University of New York at Stony Brook, Stony Brook, NY.

Introduction to Internal Family Systems Therapy.

Ann J. Womack, Ph.D., American School of Professional Psychology, Virginia Campus,
Arlington, VA.

10:00 AM - 10:30 AM
Coffee Break and Collegial Interaction

10:30 AM - 12:00 AM
Plenary Session

Psychotherapy Integration in the 21st Century: New Cultures, New Models, New Applications.

Robert L. Rosenbaum, Ph.D., Kaiser-Permanente, Hayward, CA, Chair; George Vaillant, M.D.,
Harvard Medical School, Cambridge, MA; John C. Norcross, Ph.D., University of Scranton,
Scranton, PA; and Christopher Christian, M.S., University of Massachusetts, Amherst, MA.