

What is eclecticism & integration

- ▶ Can mean anything that is not adherence to a specific school (schoolism)
- ▶ Plenty of variation within different approaches anyway
 - ▶ Creative response to individual client
 - ▶ Therapist applying own version of theory
- ▶ Different levels:
 - ▶ Formal eclecticism – menu choice
 - ▶ Integrated model of therapy or training
- ▶ Tension between the empirical and the theoretical
- ▶ Focus can be on client, or theory, or condition treated or combinations

Approaches to eclecticism & integration

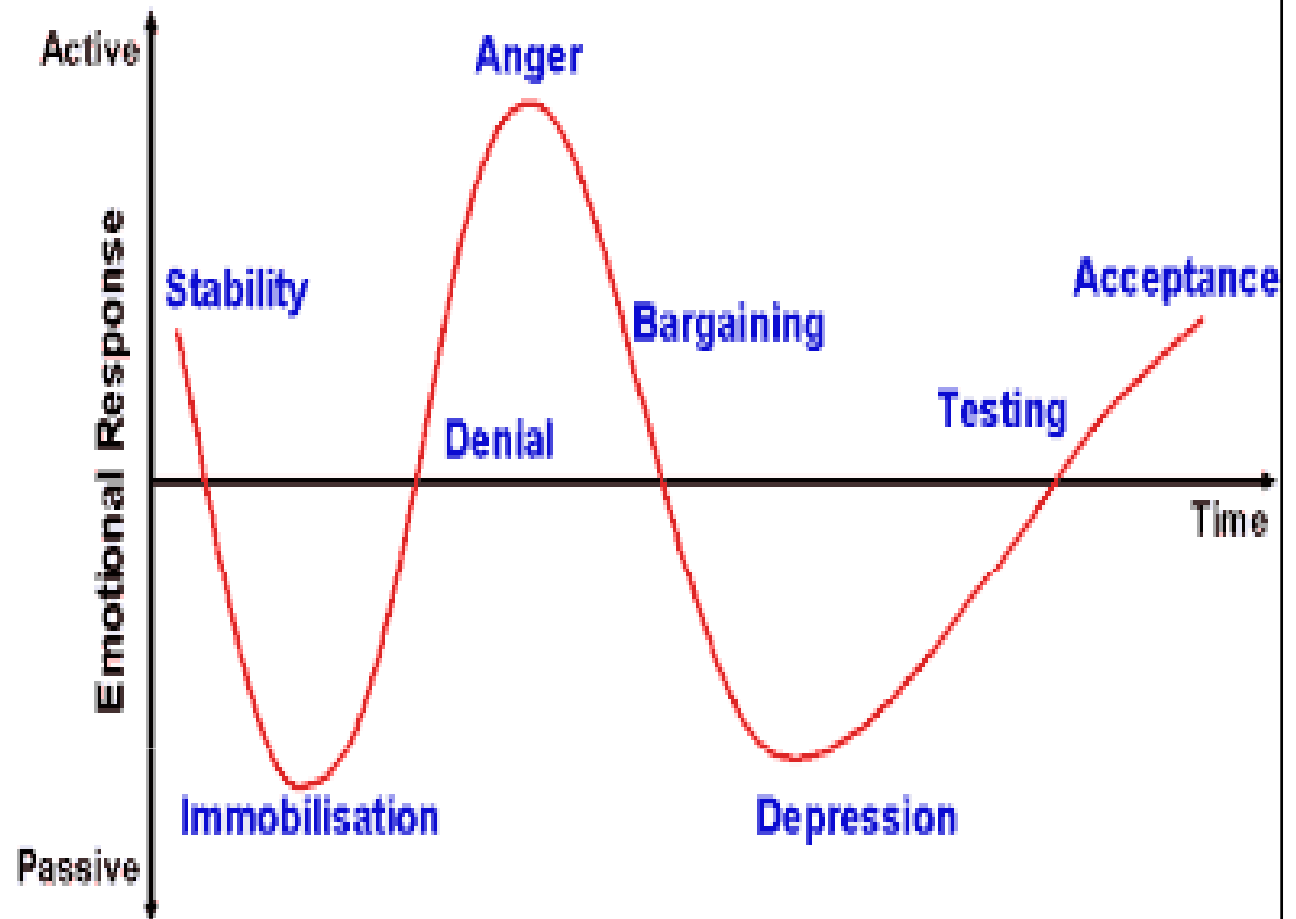
- ▶ **Forms of eclecticism**
 - ▶ technical integration
 - ▶ common factors - necessary & sufficient?
 - ▶ theoretical integration
 - ▶ Manualisation
 - ▶ stages of change – more of a rationale for integration than a form of integration
- ▶ **Specificity of treatments**
 - ▶ Creating a pharmacy style matrix of treatment of choice on an evidence-based model
- ▶ **Pragmatic client focus**
 - ▶ focus on a specific condition / client group

Integrated models and stages of change

- ▶ Stages of change well recognised in some conditions, implies integrated model?
- ▶ eg.
- ▶ Grief and loss, multi-stage models by Kubler-Ross and others
 - ▶ Denial, anger, bargaining, depression, acceptance
- ▶ Prochaska & DiClemente, stages of change, eg. in smoking
 - ▶ Pre-contemplation, Contemplation, Action, Maintenance, relapse

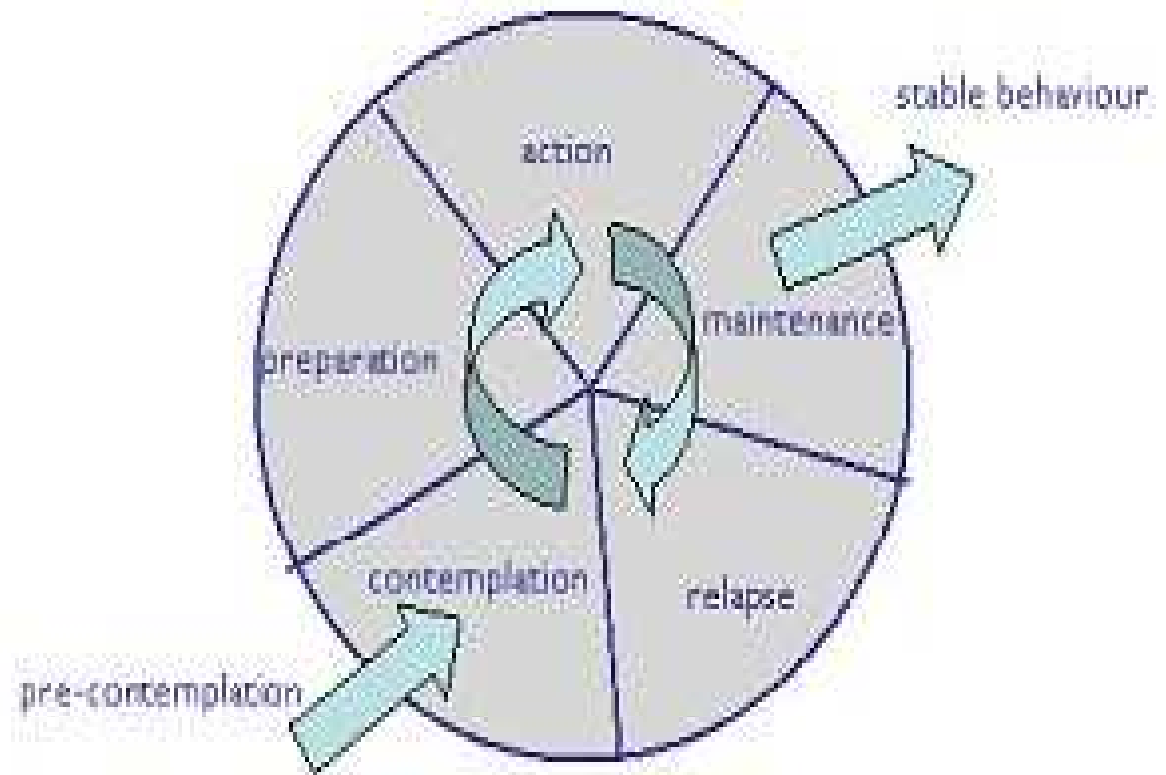
The Kübler-Ross grief cycle

- ▶ Shock stage: Initial paralysis at hearing the bad news.
- ▶ Denial stage: Trying to avoid the inevitable.
- ▶ Anger stage: Frustrated outpouring of bottled-up emotion.
- ▶ Bargaining stage: Seeking in vain for a way out.
- ▶ Depression stage: Final realization of the inevitable.
- ▶ Testing stage: Seeking realistic solutions.
- ▶ Acceptance stage: Finally finding a way forward.



Prochaska & DiClemente: Stages of change model

- ▶ Precontemplation: Has no intention to take action within the next 6 months
- ▶ Contemplation: Intends to take action within the next 6 months.
- ▶ Preparation: Intends to take action within the next 30 days and has taken some behavioral steps in this direction.
- ▶ Action: Has changed overt behavior for less than 6 months
- ▶ Maintenance: Has changed overt behavior for more than 6 months.
- ▶ Termination: Overt behavior will never return, and there is complete confidence that you can cope without fear of relapse.



Stages of change model

The stages of change model evaluated

- ▶ A highly influential idea
- ▶ But is there evidence that the model relates to experience?

Technical eclecticism

- ▶ Meta-theoretical attempts to offer systematic routes through the maze of approaches. Eg Lazarus, multi-modal therapy.
- ▶ Frameworks not entirely a-theoretical (sometimes behavioural as with Lazarus)
- ▶ Standard assessment leads to guided selection from menu
- ▶ Version of matrix response?

Manualised training: Egan model

- ▶ Egan model very influential
- ▶ An a-theoretical model widely used in general counselling training
- ▶ Emphasis on practical helping skills, no grounding in theory or psychology required
- ▶ Can be seen as beginning with behavioural interpretation of humanistic core qualities moving towards cognitive and behavioural focus in a multi-stage process

Egan model continued

- ▶ Empathy translated as skilled behaviour, as a reflection response
- ▶ Skills developed through micro-skills training, very detailed 'Exercises in helping skills' manual accompanies textbook
- ▶ Humanistic emphasis on relationship first and then specifying goals and tasks
- ▶ Fits well with therapeutic alliance

Common Factors

- ▶ Based on the idea that outcomes are equivalent because common factors in therapy are the real agents of change
- ▶ Broadly 2 groups
 - ▶ Warm involvement
 - ▶ Communication of new perspective
- ▶ Frank (1973) all change is brought about by social influence
- ▶ Frank & Frank (1991) re-formulated as re-moralisation
- ▶ Rogerian core factors
 - ▶ Warmth, empathy, genuineness
- ▶ Therapeutic alliance
 - ▶ Bonds, goals, tasks

Theoretical integration

- ▶ Attempts to combine the insights of psychoanalysis with behavioural theory date back 60 years
- ▶ Feather & Rhoads (1972) *psychodynamic behaviour therapy* aims to use insights of one to target the other – case 1 is interesting.
 - ▶ Feather; B. W. and Rhoads. J. M. (1972). Psychodynamic behaviour therapy. *Arch Gen Psychiatry*. 26: 496-511.
 - ▶ But probably now unavailable