SECTION – A
Answer the following questions in 1000 words each. 3 x 15 = 45 marks
1. Explain the different ways to psychotherapy integration.

**Ans:** Different ways to psychotherapy integration are -

1. **Eclecticism**

Eclecticism may be defined as an approach to thought that does not hold rigidly to any single paradigm or any single set of assumptions, but rather draws upon multiple theories to gain insight into phenomena. Eclectics are sometimes criticized for lack of consistency in their thinking. For instance, many psychologists accept some features of behaviourism, yet they do not attempt to use the theory to explain all aspects of client behaviour. Eclecticism in psychology has been caused by the belief that many factors influence human behaviour; therefore, it is important to examine a client from a number of theoretical perspectives.

2. **Theoretical Integration**

Theoretical integration is perhaps the most difficult and sophisticated of the three types of psychotherapy integration because it involves bringing together theoretical concepts from disparate theoretical approaches, some of which may present contrasting worldviews. The goal is to integrate not just therapy techniques but also the psychotherapeutic theories involved as Dollard and Miller (1950) did with psychoanalysis and behaviour therapy. Proponents of theoretical integration maintain that it offers new perspectives at the levels of theory and practice because it entails a synthesis of different models of personality functioning, psychopathology, and psychological change.

3. **Assimilative Integration**

The assimilative integration approach to psychotherapy involves grounding oneself in one system of psychotherapy but with a view toward selectively incorporating (assimilating) practices and views from other systems. Assimilative integrationists use a single, coherent theoretical system as its core, but they borrow from a broad range of technical interventions from multiple systems. Practitioners who have labelled themselves as assimilative integrationists are: (1) Gold (1996), who proposed assimilative psychodynamic therapy; (2) Castonguay et al. (2004), who have advocated cognitive-behavioural assimilative therapy; and (3) Safran, who has proposed interpersonal and cognitive assimilative therapy. Assimilative integrationists believe integration should take place at the practice level rather than at the theory level. Most therapists have been trained in a single theoretical approach, and over time many gradually incorporate techniques and methods of other approaches. Typically, therapists do not totally eliminate the theoretical framework in which they were trained. Instead, they tend to add techniques and different ways of viewing individuals.

5. **The Common Factor Approach**

The common factors approach has been influenced by the research and scholarships of such renowned leaders in psychotherapy as Jerome Frank. Clearly, Rogers's contributions to common factors research have become so accepted by clinicians throughout the world that his core conditions (or necessary and sufficient conditions to effect change in clients) have become part of the early training of most helping professionals. Researchers and theorists have transformed Rogers's necessary and sufficient conditions into a broader concept that has become known as “therapeutic alliance.” The therapeutic alliance is important across the various counselling theory schools; it is the glue that keeps the person coming to therapy week after week. Currently, more than 1,000 studies have been reported on the therapeutic alliance.

The common factors approach seeks to determine the core ingredients that different therapies share in common, with the eventual goal of creating more parsimonious and efficacious treatments based on their commonalities. This search is predicated on the belief that commonalities are more important in accounting for therapy outcome than the unique factors that differentiate among them.

6. **Multi Theoretical Approaches**

Recently, therapists have developed multi theoretical approaches to therapy. Multitheoretical frameworks do not attempt to synthesise two or more theories at the theoretical level. Instead, there is an effort to “bring some order to the chaotic diversity in the field of psychotherapy and “preserve the valuable insights of major systems of psychotherapy.” The goal of multi theoretical approaches is to provide a framework that one can use for using two or more theories. Two examples of multi theoretical frameworks are (1) the trans theoretical approach by Prochaska and DiClemente, and (2) multi theoretical therapy by Brooks-Harris.

7. **The Trans Theoretical Model**

The most widely recognised model using a multi theoretical framework has been the trans theoretical model developed by Prochaska and DiClemente (1984, 2005). The trans theoretical model is a model of behavioural change, which has been the basis for developing effective interventions to promote healthy behaviour change. Key constructs are integrated from other counselling theories. The model describes how clients modify problem behaviour or how they develop a positive behaviour. The central organising construct of the model is the stages of change. The theorists maintain that change takes place through five basic stages: (1) pre contemplation, (2) contemplation, (3) preparation, (4) action, and (5) maintenance.

In the pre contemplation stage, people are not intending to take action in the foreseeable future, usually measured as the next 6 months. During the contemplation stage, people are intending to change within the next 6 months. In the preparation stage, clients are intending to take action in the immediate future, usually measured as the next month. Clients in the action stage have made...