Multimodal Therapy

Technical eclecticism across multiple therapies

Structured and systematic method

Therapy was introduced in a book by Lazarus published in 1973

Lazarus drew on many approaches to form this therapy, including:

- Humanistic
- Psychodynamic
- Behavioural
- Cognitive

Multimodal Life Inventory provides information for the BASIC ID

Initial assessment is crucial for developing the therapeutic relationship

Basics of Psychological Problems

Development

Everyone has their own way of ‘doing’ their problem

Can be explored in the specific modality sequence (or order) in which the problem occurs

Tracking the firing order of the modalities allows the treatment to focus on the original problem rather than later symptoms

Bridging uses other modalities to move the client from the preferred modality to the least preferred modality by using the other modalities

Modality profile is a chart drawn up to outline the presenting problems and proposed intervention in the seven modalities

Second order profile involves profiling the seven modalities within one of the original modalities

Structural profile is how the client perceives him/herself in relation to each of the seven modalities

Therapeutic interventions directed at specific parts of the BASIC ID

All problems stem from...

Misinformation
Missing information
Defensive reactions
Lack of self-acceptance

Assessment Process

Modality profile

Tracking
Profiling

BASIC ID

Behaviour, affect, sensation, images, cognition, interpersonal, drugs/biology

Behaviour
Affect
Sensation
Imagery
Cognition
Interpersonal
Communication training

Drugs/biology

Health programmes

Tracking

Drugs/biology

Behaviour, affect, sensation, images, cognition, interpersonal, drugs/biology

Modelling
Rehearsal
Exposure
Recording and monitoring
Positive reinforcement
Raising awareness of feelings
Anxiety management
Relaxation training
Focusing on felt sense
Mindfulness
Coping imagery
Rational emotive imagery
Changing structure of image
Challenge negative automatic thoughts
Dispute irrational beliefs
Positive self-statements
Correcting misinformation

Modality profile

First order profile

Some clients will have most preferred (often cognition) and least preferred (often feelings) modalities

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Highlights importance of therapeutic relationship

But also adds empirically supported techniques tailored to the individual

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