



Psychotherapy Essentials: Core Science for Lucid Practice

A Course for Clinical Therapists and Trainees

Jeffery Smith MD DLFAPA
Clinical Professor of Psychiatry
New York Medical College

With

Joseph Vinson, Emory University
Fauzia Arain, Rutgers University



Knowing How Therapy Works:

The roots underlying all psychotherapies

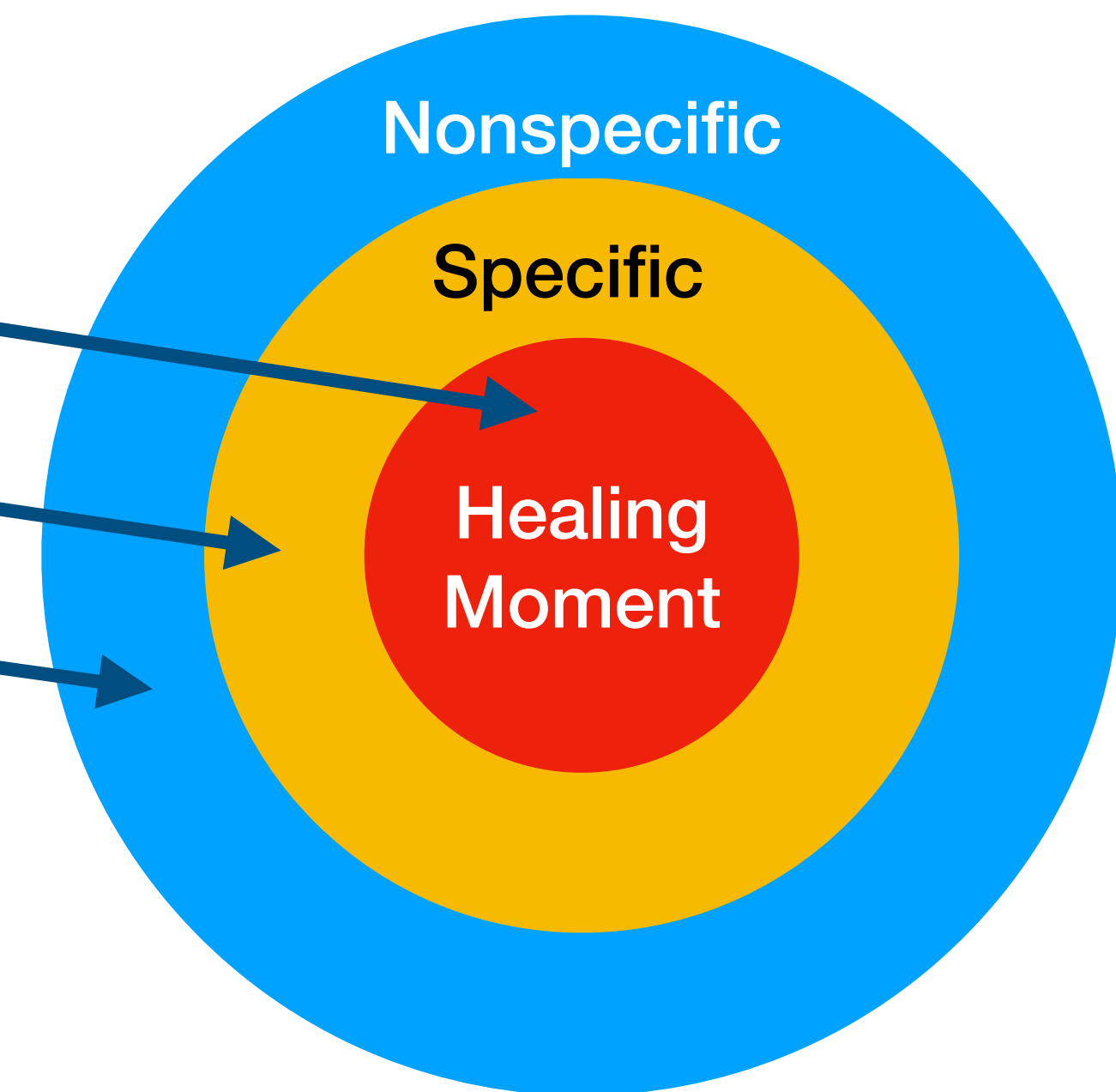
- Facilitates learning because all therapies really do the same few things.
- Helps focus on making change happen.
- Allows intelligent mixing of techniques in the same therapy
- Leads to Matching therapy to client instead of client to therapy



Course Milestones

You will be able to:

- **Master the healing moment: (3 Classes)**
- **Formulate specific steps: (3 Classes)**
- **Navigate the relationship: (2 Classes)**
- **Relate the framework to major therapies (2 Classes)**



Class #1: The Healing Moment

Agenda: Today we'll talk about the final common pathway to enduring change of **Entrenched Maladaptive Patterns (EMPs)**, the subunits of pathology targeted by psychotherapy.

You will be able to:

1. Identify & describe **Entrenched Maladaptive Patterns**
2. Understand the key roles of affect.
3. Know the two requirements for the Healing Moment



Class #2 Clinical Memory Reconsolidation

Digging Deep Into EMPs

And How to Change Them

With this session, you will be able to:

1. Ask **5 key questions** about any EMP (Entrenched Maladaptive Pattern).
2. Help **activate** the old pattern with affect
3. Find an **antidote** that counters the avoidance and solves the insoluble problem



Adam Burkett, Unsplash

Class 3 Objectives

Working With EMP Layers

- **Learn how EMPS are layered.**
- **Know where to go first.**
- **Understand Conscience-based EMPs.**
- **Review - Formulating Layers of EMPs**



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Class 4 Objectives

Developmental Challenges and Traits

- 1. Learn how psychological development clarifies clinical pathology.***
- 2. Begin familiarity with 10 developmental challenges of greatest significance for psychotherapy.***
- 3. See the value of a working hypothesis even if you aren't sure.***



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Class 5 Objectives:

The Big Picture–Being a Lucid Therapist

Principle 1: Natural “Clevage Planes”

- **Trauma**
- **Personality disorders**
- **Arousal regulation–Polyvagal theory**

Principle 2: Logic by Elimination: The value of a matrix and hypotheses

Example: Multiple change mechanisms

- **Extinction**
- **Values, attitudes, ideals, & prohibitions**
- **Attachments**
- **Arousal Regulation**
- **Habits**



Subhash Nusetti, Unsplash

Class 6 Objectives

Beyond the Mind and the Individual

Where Biology Intersects with Psychotherapy

- *Medication & Therapy*
- *Anxiety Related EMPs*
- *Depression*

The “Unification Movement” and psychotherapy integration

- *Interpersonal (next session)*
- *Family Dynamics & Systems Theory*
- *Culture and Cult*
- *Spirituality*



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Class 7 Objectives

Building the Relationship for Success

A Practical Framework

- ***Roles: “Therapists are like...”***
- ***Overall principles***
- ***How it Facilitates Processes***
- ***Initial Instructions***
- ***Safety: An often neglected aspect***
- ***Taboos: CBT and Psychodynamic***
- ***Summary***



Christina @ wocintechchat.com, Unsplash

Class 8 Objectives

Maintaining the Relationship: What can go wrong and how to fix it

Potential Problems to be Resolved

- *Ruptures*
- *Transference: The Inner Child*
- *Support & Balance*
- *Boundaries*
- *Informed Consent*
- *Termination*

Big 3 Take-homes:

- *Transference is not delicate*
- *Be real, natural, and doing your job*
- *Keep promises, implied & explicit*



Chuttersnap, Unsplash

Class 9 Objectives

Integrating C-B Therapies with Affect Avoidance

Mapping classical CBT

- *Source of automatic thoughts?*
- *Behaviorism & Learning Theory*
- *Core Beliefs*

Exposure Therapy

- *Multiple exposures*
- *“Processing” vs. MR*

Third Wave & Experiential Therapies

- *ACT, DBT, Emotion Focused*



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Class 10 Objectives

Making Psychodynamics Lucid

Change by Memory Reconsolidation:

- *Activation*
- *Affect*
- *Antidote*

Additional Areas of Focus:

- *Formulation*
- *Countertransference*
- *Working through*



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