

## Multimodal Therapy

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- ❖ The best technical eclectic approach to Psychotherapy developed by Lazarus grounded in Behaviorism, Cognitive therapy and Social Learning theory. It also has a humanistic component.
- ❖ Lazarus- We all are basically biological experiencing emotions, think, feel, relate to others and act.
- ❖ The acronym of modalities is BASIC ID –
  - B- Behavior (Observable actions, responses, habits)
  - A- Affect (Emotions, mood)
  - S- Sensations (Touch, smell, sight etc.)
  - I- Imagery (Fantasies, dreams, memories, mental pictures, etc.)
  - C- Cognition (Belief, thoughts, philosophies)
  - I- Interpersonal Relations
  - D- Drugs and Biology (Medications, substances, diet, exercise, general health, sleep, self-care etc.)

### Based on the Assumption

Most psychological problems are multifaceted, multidetermined and multilayered hence comprehensive therapy and assessment of 7 dimensions on modalities in which the individual operates.

Lazarus 89, 97, 2005 follow up's have revealed more durable treatment outcomes when BASIC ID is assessed and significant problems in each modality is addressed.

**Social Learning Theory Base-** All behaviors are created maintained and modified through environmental events Association important role in all learning.

CBT- main focus- constant reciprocity between personal actions and environmental consequences.

- ❖ **Technical Eclecticism-** Most therapists are aware that no one theory can possibly provide all the answers.
- ❖ 3 principle routes to eclecticism- (i) Technical eclecticism, (ii) Theoretical Integration and (iii) Common factors

Those who remain theoretically consistent but use diverse techniques are **technical integrationists**.

- ❖ At base we are all biological organisms who behave, emote, sense, imagine, think and interact.
- ❖ MMT provides clinicians with a comprehensive assessment method. By separating sensations from emotions, distinguishing between images and cognitions, emphasizing both interindividual and interpersonal behaviors and underscoring the biological aspect, MMT is most far reaching.

- ❖ Lazarus conceive that all seven modalities are important but **biological and interpersonal** are most significant. Biological modality base of a pyramid that contains each modality with interpersonal modality at apex.
- ❖ All seven modalities are not **static/ linear** but exist in a state of **reciprocal transaction**.
- ❖ The initial BASIC ID translates vague, general/ diffuse problems into specific, discrete and interactive difficulties. Second order BASIC ID assessments saved when therapy falters.
- ❖ Bridging, Tracking, Multimodal Life History Inventory (Lazarus and Lazarus, 91, 98) can be used judiciously by the therapist along with Structural Profile Inventory.
- ❖ **Treatment** with MMT begins with comprehensive assessment of 7 areas  
Use Structural Profile Inventory to identify a person's preferred modalities.
- ❖ In **Bridging**, therapist relates to client through the clients dominant modality to build connection and rapport, then branch off to other dimensions likely to promote new skills.
- ❖ **Tracking**- Using intervention in same sequence as the person's preferred order.
- ❖ MMT is appropriate for treatment of anxiety and mood disorder, sexual dysfunction, bipolar disorder, eating disorder, PTSD, substance abuse and schizophrenic patients.
- ❖ Used with children, couples, families and therapy groups.