

Stan's integrated therapy



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The benefits of using an integrated treatment approach will benefit Stan in a number of ways. With an integrated approach, the therapist can use therapeutic skills and approaches that benefit various issues and problems in Stan's life. Rather than fitting Stan into a school of therapy, the therapist uses the therapeutic approaches to meet Stan's needs. In order to get to know Stan better and understand his reference and perspective, a Family therapy model can be used. This approach will include a genogram, to diagram Stan's family of origin and help him to identify persistent patterns, problems, and strengths in his family.

This method helps to point out to Stan that he is part of a family context and not responsible for all of the problems or difficulties in his family. As a trained auto mechanic, Stan may find the diagramming of his family a comfortable and understandable visual of the problems. This method of diagnosis may be familiar for Stan and thus beneficial. An historical perspective of his family can help Stan identify issues with his family as well as personal issues on which he would like to work.

This approach can take some of the ownness and guilt of Stan, as he begins to understand that his surroundings, including his family and home, have helped to shape his behavior. This method will be particularly helpful in terms of the substance abuse history and other learned patterns of coping and problem solving. From the backdrop gained in the family therapy model, Behavioral Therapy can be used to make some tangible changes in the most problematic behaviors identified by Stan. The learned behavior can be specifically addressed, and changed.

More positive coping mechanisms and strategies can be practiced and learned. While he may not be completely responsible for the development of his behaviors, he can take responsibility for changing. Behavior therapy can focus on the alcohol use, sleep problems and anxiety. Behavioral therapy can also identify and address the negative thinking and self-defeating behavior. A behavioral approach can help Stan to identify triggers and situations which lead to symptoms of anxiety, substance abuse and result in poor sleep patterns.

Once again, this approach may suit Stan's strengths as he has now identified and diagnosed the problem, so the therapist can help him to identify and develop the tools he needs to relieve the symptoms. By charting and noting, he can track the changes and improvements and learn what techniques work, and which techniques aren't helpful. Putting Stan in charge and helping him to take credit for positive behavioral changes can help him move towards insight and the visualization of a positive future.

Person-Centered therapy can be used to work with Stan and assist him becoming the person he wants to become. While he was able to make specific positive behavior changes, he can now take a more comprehensive view of his life. Building on his ability to make changes, demonstrated in his success with behavioral techniques, the therapist will encourage Stan to talk about the person he was, is and the person he wants to become. In therapy, Stan can have the freedom to drop the tough exterior and talk freely about his personal goals and dreams for the future.

He can learn to express his feelings in a safe environment and identify what he wants in life, and how he can plan to move forward. The therapist could utilize some tenants of Gestalt Therapy in order to more specifically address the old baggage and role-play some of the past events in his life, perhaps related to his family or marriage. This may be helpful in terms of preventing the repeat of old relationship issues. With the help of the various therapeutic theories, Stan can learn to understand his past, build his future and plan for the inevitable stressors and problems that he will come across in life.