

Structured Therapeutic Method (A Roadmap of Directive Therapy), Mark Morris, LCSW

SUMMARY

Preparation: *You decide to seek help, obtain advice and research. You visit www.MarkMorrisLCSW.com. You talk with Mark and make an appointment. You complete “for new clients” paperwork.*

Initial Visit(s): *Diagnostic interview (1-3 sessions), also includes Addiction Assessment, Coping Skills, and setting Smart Goals.*

BEGIN THERAPY

Option One, CBT Track: *Feelings. Cognitive (CBT) Model. Thought Records training and practice. Living Yes Self Study.*

Option Two, Trauma Track: *EMDR Resourcing and Processing. IFS Parts Work. Completion.*

DETAILED VERSION

PREPARATION

- *You decide to seek help. You obtain advice from friends and family. You do a web search, or you obtain a referral. You visit Mark’s website, www.MarkMorrisLCSW.com.*
- *You call Mark at 504-388-7463 and leave a voicemail*
- *Mark replies by the next business day, and you have a phone conversation with Mark. Summarize your situation and establish rapport with Mark. Discuss fees and logistics, mutually determine next steps.*
 - *Move forward by making an appointment with Mark.*
 - *Or obtain a referral, or decide to contact Mark again in the future.*
 - *Revisit Mark’s website, www.MarkMorrisLCSW.com*
 - *Before your appointment with Mark, complete “For New Clients” paperwork (Please allow 30-40 minutes.)*
 - *Review the office policies.*
 - *Review other pages from website as needed.*

INITIAL VISIT(S)

- *Diagnostic Interview (Intake) (1-3 sessions), presenting problem and personal history*
- *Addiction assessment / intervention*
- *Solidify short term coping skills*
- *Set “SMART GOALS” [Later: Review and update SMART GOALS]*

BEGIN THERAPY

(please turn over)

OPTION ONE: COGNITIVE (CBT) TRACK

- *Feelings Exercise, (Website: Client Forms, (Part 2))*
 - *Plus fun handout and website visit*
- *EMR (CBT Model)*
- *Basic Thought Record, (Part 3)*
 - *ACT animations*
- *Challenged Thought Record (T/F/DK), (Part 4)*
 - *Plus fun handout and website visit*
- *Cognitive Distortions Thought Record, (Part 5)*
 - *Self Critical Words List (from LY)*
 - *Dr. Melemis article*
- *Thinking Traps Thought Record, (Part 6)*
- *Outcomes, Final Thought record, (Part 7)*

- *Concurrently: Living Yes*
 - *Living Yes Self Study (Client Forms, Part 1)*
 - *Living Yes, a Handbook for Being Human, Book*
 - *Living Yes, a Handbook for Being Human, Workbook*
 - *Living Yes community (optional)*
 - *Living Yes questions and conversations*
 - *Living Yes tools reinforced*
 - *Living Yes Purpose Work, Fate and Destiny*
 - *Support*
 - *Living Yes group (by invitation)*
 - *Maintenance processing*
 - *Support system*

OPTION TWO: DISSOCIATIVE / TRAUMA TRACK

- *EMDR Assessment*
- *EMDR Resourcing, including CBT skills*
- *EMDR Processing*
 - *Early memory*
 - *Future Template*
 - *Use IFS tools to deepen and improve efficacy*
 - *Built to intense memory as tolerated*

- *Concurrently: IFS (Internal Family Systems Therapy) Parts Work*
 - *Manager and other parts in IFS Model*
 - *Develop internal structure*
 - *Direct Intervention; In-sight Intervention*
 - *Depolarization of Parts; Differentiating self*
 - *EMDR processing as tolerated*

COMPLETION

Final Goals Review, Maintenance Processing, Ongoing Support, Final Celebration!

Further CBT Resources (from Client Forms page)

Ten Ways to Heal Anxiety Daily (Bourne) (Behavioral and Mindfulness)

DBT (CBT, Mindfulness)

Spiritual Marriage (Grayson) (Couples)

Activity Monitor (Behavioral)

Activity Schedule (Behavioral)

Sleep Hygiene and Relaxation (Behavioral)

Pleasant Events Schedule (Behavioral)

CA Older Person's Pleasant Events Schedule (Behavioral)

Denial Patterns (Addiction)

Relapse Warning Signs (Addiction)

Anger Management Manual (opens in new link, SAMSHA), CBT

CBT for Depression Course Manual, CBT

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