

Contents

Foreword by Steven C. Hayes	5
Preface	9
Part I Theoretical Foundations	
1 Limitations of Diagnosis-Oriented Psychotherapy	13
1.1 Inadequate Conceptualization of Mental Disorders	13
1.2 Complexity and Dynamics of Mental Disorders	14
1.3 Somatic or Latent Disease Model	15
1.4 Applying Linear Thinking to Complex Systems	16
1.5 Heterogeneity of Diagnoses	18
1.6 Nomothetic Versus Ideographic Explanatory Models	19
2 Theoretical Foundations of Process-Based Approach	21
2.1 Process Level: Space Between Narrative and Diagnosis	21
2.2 Processes: The Origins of Behavior Therapy	23
2.3 Allostasis Model	27
2.4 Psychopathology: Complex Dynamic Networks	28
2.4.1 Time Dimension: Variability Over Time Makes Processes Visible	30
2.4.2 Stable Networks: Homogeneous and Strongly Interconnected Elements	32
2.4.3 Development of Mental Disorders From a Network Perspective	33
2.4.4 Transdiagnostic Network Structures	34
2.5 Psychotherapy: Network Changes at the Process Level	36
2.6 From Sick to Healthy: Overcoming Network States	37
2.7 Typical Process Patterns Causing Psychopathology and Suffering	39
2.7.1 Unproductive Process Loops	40
2.7.2 Missing Balancing Feedback Loops	42
2.7.3 Maladaptive Inhibitory Control Processes	43
2.7.4 Bottlenecks and Tipping Points	44
2.7.5 Core Dimensions With Strong Influence on the Overall System	45
2.7.6 The Inaccessability of Positive Emotional Network Structures	46
2.7.7 Difficulties in Emotional Processing Hinder Learning Processes	46
2.8 Examples of Process-Based Disorder Models	47
2.8.1 Comorbidity of Depression and Anxiety	47
2.8.2 Prolonged Grief Disorder	48
3 Process-Based Models of Mental Disorders	51
3.1 Diathesis-Stress Model	52
3.2 Process-Based Diathesis Model	52
3.3 Process-Based Complex Network Model	55

4 Core Processes of Psychopathology 57

4.1 External Demands or Stressors 57

4.2 Vulnerability Mechanisms 58

4.2.1 Neurophysiological Level 59

4.2.2 Emotional Level..... 61

4.2.3 Behavioral Level 69

4.2.4 Cognitive Level..... 72

4.2.5 Level of the Self..... 76

4.2.6 Attachment and Relationship Level..... 77

4.2.7 Specific Constructs 78

4.3 Response Mechanisms..... 79

4.3.1 Behavioral Core Processes..... 80

4.3.2 Cognitive Core Processes 82

4.3.3 Emotional Core Processes 84

4.3.4 Motivational Core Processes 85

4.3.5 Social and Interpersonal Processes 88

5 Psychotherapy From a Process-Based Perspective 91

5.1 Core Processes of Psychotherapy 91

5.2 Process-Based Therapeutic Stance 92

5.2.1 Capturing Complexity With All Perceptual Channels..... 93

5.2.2 Collaborative Empiricism 93

5.2.3 Informed Consent..... 93

5.2.4 The Therapist as a Person 94

5.2.5 Dealing With Errors and Uncertainties 95

5.2.6 Flexibility and Loyalty to the Common Treatment Rationale..... 95

5.3 Evaluation of Adaptivity Based on Evolutionary Principles 96

5.3.1 Variability 97

5.3.2 Selection..... 97

5.3.3 Retention 98

5.3.4 Context 98

5.3.5 Physiological and Social/Cultural Level of Analysis 99

5.3.6 Application of the Principles of Evolution in the Psychotherapeutic Context..... 99

Part II Applying the Process-Based Approach in Practice

6 Phases of Process-Based Psychotherapy 103

Phase 1: Multidimensional Diagnostic of Relevant Processes..... 104

Phase 2: Core Processes: Creating a Process-Based Diathesis Model..... 106

Phase 3: Developing an Individual Process-Based Complex Network Model 107

Phase 4: Defining Therapy Goals and Evaluating Readiness for Change 108

Phase 5: Selecting and Implementing Interventions..... 108

Phase 6: Monitoring and Reevaluation of the Perturbation Model 108

7 Phase 1: Multidimensional Diagnostics of Relevant Processes 111

7.1 Spontaneously Reported Symptomatology: Recognizing Processes 112

7.2	Specified Exploration of Conditional Factors at the Process Level	113
7.2.1	Exploring External Coping Demands (Threats)	113
7.2.2	Understanding Internal Coping Demands	115
7.2.3	Identifying Vulnerability Mechanisms.	116
7.2.4	Identifying Problematic Response Mechanisms	117
7.2.5	Understanding the Effects and Consequences	118
7.3	Process-Oriented Functional Analyses.	119
7.3.1	Selecting Relevant Problematic Situations	119
7.3.2	Process-Based Functional Analysis	119
7.4	Longitudinal Analysis of Symptom Development (Life Chart)	120
7.5	Treatment History.	124
7.6	Including External Perspectives	124
7.7	Context Analysis: Protective Factors and Risk Factors	125
7.8	Process-Oriented Assessment of Psychopathology	126
7.9	Using Traditional Diagnostic Methods to Identify Relevant Processes.	127
7.9.1	Established Test Procedures	127
7.9.2	Questionnaires for Specific Process-Oriented Constructs	127
7.9.3	Neuropsychological Testing and Biofeedback Methods.	128
7.10	Further Process-Orientated Methods: Self-Observation and Visualization Instruments	128
7.10.1	Recording Emotion Regulation Processes	129
7.10.2	Recording Cognitive Processes	134
7.10.3	Recording Behavioral Processes	135
7.10.4	Recording of Somatic Processes	137
8	Phase 2: Developing a Process-Based Diathesis Model.	139
9	Phase 3: Developing an Individual Process-Based Complex Network Model . .	141
9.1	Practical Procedure for Developing a Complex Network Model	141
9.2	Evaluating the Adaptivity of Network Patterns Using the Extended Evolutionary Metamodel.	144
9.2.1	Variability	144
9.2.2	Selection.	144
9.2.3	Retention	145
9.2.4	Context	145
9.3	Practical Example.	148
9.3.1	Individual Process-Based Complex Network Model	149
9.3.2	Complexity	149
9.3.3	Core Dimensions.	150
9.3.4	Assessing Adaptivity	150
10	Phase 4: Defining Therapy Goals and Creating Readiness for Change	151
10.1	Defining Global Therapy Goals	151
10.2	Defining Targets of Change at a Process Level	152
10.3	Capturing Readiness for Change	153
10.3.1	Determining the Current Phase of Motivation.	153

Contents

10.3.2 Cost-Benefit Analysis for Change..... 154

10.3.3 Determining the Type and Duration of Motivation Required for Change..... 155

10.3.4 Subjective Prognosis of Success Limits Change 159

11 Phase 5: Selecting and Implementing Interventions..... 161

11.1 Selecting Interventions..... 161

11.1.1 Defining Effective Dimensions to Target..... 161

11.1.2 Selecting Interventions to Change Core Processes 162

11.1.3 Planning the Sequence of Interventions..... 164

11.1.4 Weaken the Maladaptive Network or Strengthen the Coping Network? 165

11.2 Implementing Interventions..... 165

12 Phase 6: Monitoring Change and Constant Reevaluation..... 167

12.1 Negative Versus Positively Oriented Monitors..... 168

12.2 Critical Thresholds and Bottlenecks in Therapy..... 168

12.3 Criteria for Ending Therapy 168

13 Outlook 171

References 175

Appendix: Worksheets 1–18 185

Notes on Supplementary Materials 213