

DMM Integrative Treatment

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2018:
ten principles of
DMM integrative treatment

Four principles about beginning

ESTABLISH A PERSONAL
RELATIONSHIP
with each family member;

ASSESS TO CONSTRUCT
FUNCTIONAL FORMULATION
of how the family protects
its members from critical
danger;

CRITICAL CAUSE of
CHANGE: the most efficient
therapeutic actions to re-
activate the self-organizing
abilities of family members;

TRANSITIONAL ATTACHMENT

FIGURE: therapist's
protective and comforting
function

Four principles about finding a way

SOMATIC AROUSAL:
regulate to moderate
levels, compatible with
exploration;

PROTECTIVE STRATEGIES:
fit to current and past
contexts; claim power of
familiar strategies and
benefit of new strategies;

COMPLETE LEARNING from
past dangers: prune excess
& access omitted info;
retain that which is useful
and omit that which is not;

EXPAND the array
of strategies available
to family members;

Two principles
about
how we do/did it

WORK sequentially
and recursively;

REFLECT on possible future challenges, highlighting the PROCESS OF ADAPTATION.

During and after 2018: some questions about the ten principles

Questions about the principles

ASSESS TO
CONSTRUCT
FUNCTIONAL
FORMULATION

- Family Functional Formulations (FFFs): what degree of precision required for different questions?
- FFFs and General Functional Formulations (GFFs): how do they inform each other?
- FFFs: a family-based nosology?

Questions about the principles

CRITICAL CAUSE OF
CHANGE

- Can specifying a critical cause of change facilitate studies of therapeutic process?

Questions about the principles

SOMATIC AROUSAL

- A new goal for psychopharmacology: not stable arousal, but environment-responsive arousal within a workable range?

Questions about the principles

COMPLETE LEARNING
FROM PAST DANGER

- Can trauma treatment benefit from a differential functional formulation (instead of the generic PTSD diagnosis)?

Questions about the principles

WORK SEQUENTIALLY
AND RECURSIVELY

- Are there redundant “pathways” through the principles related to specific FFF patterns?

Questions about the principles

REFLECT ON PROCESS
OF ADAPTATION

- Do the therapists change professionally and personally as a result of therapeutic processes?



May the principles be with you

