

## WORKSHOP: PROCESS-BASED THERAPY

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Process-based therapy (PBT) is a radical departure from the latent disease model of the DSM and ICD with its absurd proliferation of the protocols-for-syndrome approach. Instead, PBT focuses on how to best target and change core biopsychosocial processes in a specific situation for given goals with a given client. This approach recognizes that psychotherapy typically involves non-linear (rather than linear), bidirectional (rather than unidirectional), and dynamic changes of many (rather than only a few) interconnected variables. Effective therapy changes the entire system toward a stable and adaptive state by enhancing context-specific variability, selection and retention of biopsychosocial processes. PBT is, therefore, grounded in evolutionary science. For therapy to be most effective, we, therefore, need to embrace a systematic, assessment-guided, and theory-based approach to understand the relationships of the various problems of a given client. Functional analysis, the foundation of behavior therapy, provides the basis to understand these relationships. PBT acknowledges the complexity, inter-relatedness, and multidimensional levels of the problems in a given client. This workshop will illustrate how PBT is used to target key treatment processes by combining functional analysis with a dynamic and person-specific network approach.

### **This workshop will:**

Describe the limits of contemporary models of psychopathology and treatments  
Discuss alternatives to the latent disease model  
Introduce a network perspective to psychopathology  
Discuss the Extended Evolutionary Meta Model  
Discuss Process-based therapy as an idiographic approach that combines a network perspective and evolutionary theory

### **Learning objectives**

- (1) Appreciating the limitations and weaknesses of the contemporary medical model.
- (2) Gaining an up-to-date understanding of the core processes of CBT.
- (3) Developing an idiographic, functional diagnostic system based on evolutionary science.
- (4) Establishing more progressive models and theories in clinical practice.
- (5) Using functional analysis in conjunction with complex network approach in a given client

### **Schedule**

11:00-12:30 Introduction to Process-based Therapy  
12:30-1:00 Lunch  
1:00-2:00 Realplay Demonstration  
2:00-3:00 One-on-one practices

3:00-3:30 Break  
3:30-4:30 One-on-one practices  
4:30-5 Final Discussion

## Key References

### Books:

Hayes, S. C. & Hofmann, S. G. (Eds.) (2018). *Process-based CBT: The science and core clinical competencies of cognitive behavioral therapy*. Oakland, CA: New Harbinger Publications. ISBN-13: 978-1626255968.

Hofmann, S. G., Hayes, S. C., & Lorscheid, D. (2021). *Learning process-based therapy: A skills training manual for targeting the core processes of psychological change in clinical practice*. Oakland, CA: New Harbinger Press. ISBN: 1684037557

### Selected Articles:

Hofmann, S. G. (2025). A network control theory of dynamic systems approach to personalize therapy. *Behavior Therapy*, *56*, 199-212. doi: 10.1016/j.beth.2024.10.006

Hofmann, S. G., Curtiss, J., & McNally, R. J. (2016). A complex network perspective on clinical science. *Perspectives on Psychological Science*, *11*, 597-605. doi: 10.1177/17456916166639283

Hayes, S. C., Hofmann, S. G., Stanton, C. E., Carpenter, J. K., Sanford, B. T., Curtiss, J. E., & Ciarrochi, J. (2019). The role of the individual in the coming era of process-based therapy. *Behaviour Research and Therapy*, *117*, 40-53. doi: 10.1016/j.brat.2018.10.005.

Hayes, S. C., Hofmann, S. G., & Ciarrochi, J. (2020). A process-based approach to psychological diagnosis and treatment: The conceptual and treatment utility of an extended evolutionary meta model. *Clinical Psychology Review*, *82*. doi: 10.1016/j.cpr.2020.101908.

Hayes, S. C., Hofmann, S. G., & Wilson, D. S. (2020). Clinical psychology is an applied evolutionary science. *Clinical Psychology Review*, *81*. doi: 10.1016/j.cpr.2020.101892

Hofmann, S. G., & Hayes, S. C. (2019). The future of intervention science: Process-based therapy. *Clinical Psychological Science*, *7*, 37–50. doi: 10.1177/2167702618772296

Hofmann, S. G., Curtiss, J. E., & Hayes, S. C. (2020). Beyond linear mediation: Toward a dynamic network approach to study treatment processes. *Clinical Psychology Review*, *76*, doi: 10.1016/j.cpr.2020.101824

Hayes, S. C., & Hofmann, S. G. (2021). “Third-wave” cognitive and behavioral therapies and the emergence of a process-based approach to intervention in psychiatry. *World Psychiatry*, *20*, 363-375. doi :10.1002/wps.20884

Hayes, S.C., Oades, L.G. & Hofmann, S.G. (2022) Toward a unified framework for positive psychology interventions: Evidence-based processes of change in coaching, prevention, and training. *Frontiers in Psychology*, 12:809362. doi: 10.3389/fpsyg.2021.80936

Ciarrochi, J., Sahdra, B., Hofmann, S. G., & Hayes, S. C. (2022). Developing an item pool to assess processes of change in psychological interventions: The Process-Based Assessment Tool (PBAT). *Journal of Contextual Behavioral Science*, 23, 200-213. doi: 10.1016/j.jcbs.2022.02.001.

Ong, C. W., Hayes, S. C., & Hofmann, S. G. (2022). A process-based approach to cognitive behavioral therapy: A theory-based case illustration. *Frontiers in Psychology*. 13:1002849. doi: 10.3389/fpsyg.2022.1002849.

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