

Systems Contextual Integrated Model for Clinical Psychology and Social Work

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Abstract : The System Contextual Integrated Model (SCIM), developed as a trans-theoretical framework for selecting measures for psychotherapy process and outcome, is reformulated for behavioral health applications. The SCIM "healing cycle" is an allostatic hedonic affective-cognitive right-hemisphere-left-hemisphere coordinated process involving positive alliesthesia that mitigates traumatic pain and generates psychological flexibility. The SCIM "trauma cycle" is an allostatic overload alliesthesia opponent process with long-lasting pathology sequelae. The social ecological context moderates the "healing cycle" and the "trauma cycle." Repeated evocation of the "healing cycle" in a therapeutic relationship can gradually relieve trauma sequelae. The SCIM is applied to pain, obese binge eating, and substance use disorders.

Keywords : allostasis, alliesthesia, opponent process, behavioral health, assessment

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