

Volume 11, Issue 2 (2015)

**Integrating the Personal, the
Professional and the Political**

ISSN 1759-0000



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The British Journal of Psychotherapy Integration

Introduction

The British Journal of Psychotherapy Integration is the official journal of the United Kingdom Association for Psychotherapy Integration. It is published twice a year.

ISSN 1759-0000

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Editorial

Integrating the Personal, the Professional and the Political

The contributors to this journal all share thoughts on the particularity of the personal choices and life challenges as they took up the role of an integrative psychotherapist.

The personal/professional interface has been a theme across several journals reflecting a growing awareness in the field of this inevitable dynamic in the process of integration. The articles represent a diversity of concerns within a wide range of contexts. However, they have in common a focus on a developing sense of integration.

For Brad McLean, like many students of psychotherapy, this was a second or third career move, transitioning from a seemingly non-related career into the career of psychotherapist.

He explores with critical candour the challenges of transferring and transforming his professional past. He highlights how any of our professional pasts may both help and hinder taking on the role of psychotherapist.

Andri White raises the question of working with any oppressed minority and in particular people with disability, a highly under-represented group in the field of psychotherapy either as practitioners or clients. She explores some of the dynamics that can arise when practitioners are unaware of complexity of the relational interface. She draws on her personal experience to challenge some of the subtle oppressive practices that can emerge in this area of work.

Ian Rory Owen has once again submitted a paper to the journal that offers a challenging perspective on his work in the NHS as an integrative psychotherapist. His particular focus is on the interrelationship between childhood developmental patterns and what maintains these, often outdated, patterns in the current situation. He outlines levels of complexity of presenting problems and offers approaches to treatment that inform the clinician in responding appropriately to clients in a therapeutic context. What we appreciated was his emphasis on a “tailor-made approach” in response to the uniqueness of each client.

João Pereira describes the very particular context of therapeutic community for severe mental health in which he works from an integrative-relational framework. His article reflects his own style of relational integrative practice with an emphasis on promoting the development of mentalization with clients presenting with high levels of complexity. He is working in a context of practice-based research for evaluating the outcome of this type of work.

As is our practice we have included the theoretical section of Antoinette Moriarty’s MSc dissertation in Integrative Psychotherapy at the Metanoia Institute which illustrates her particular approach to integrative work.

Maria Gilbert and Katherine Murphy,
Co-editors of this issue.