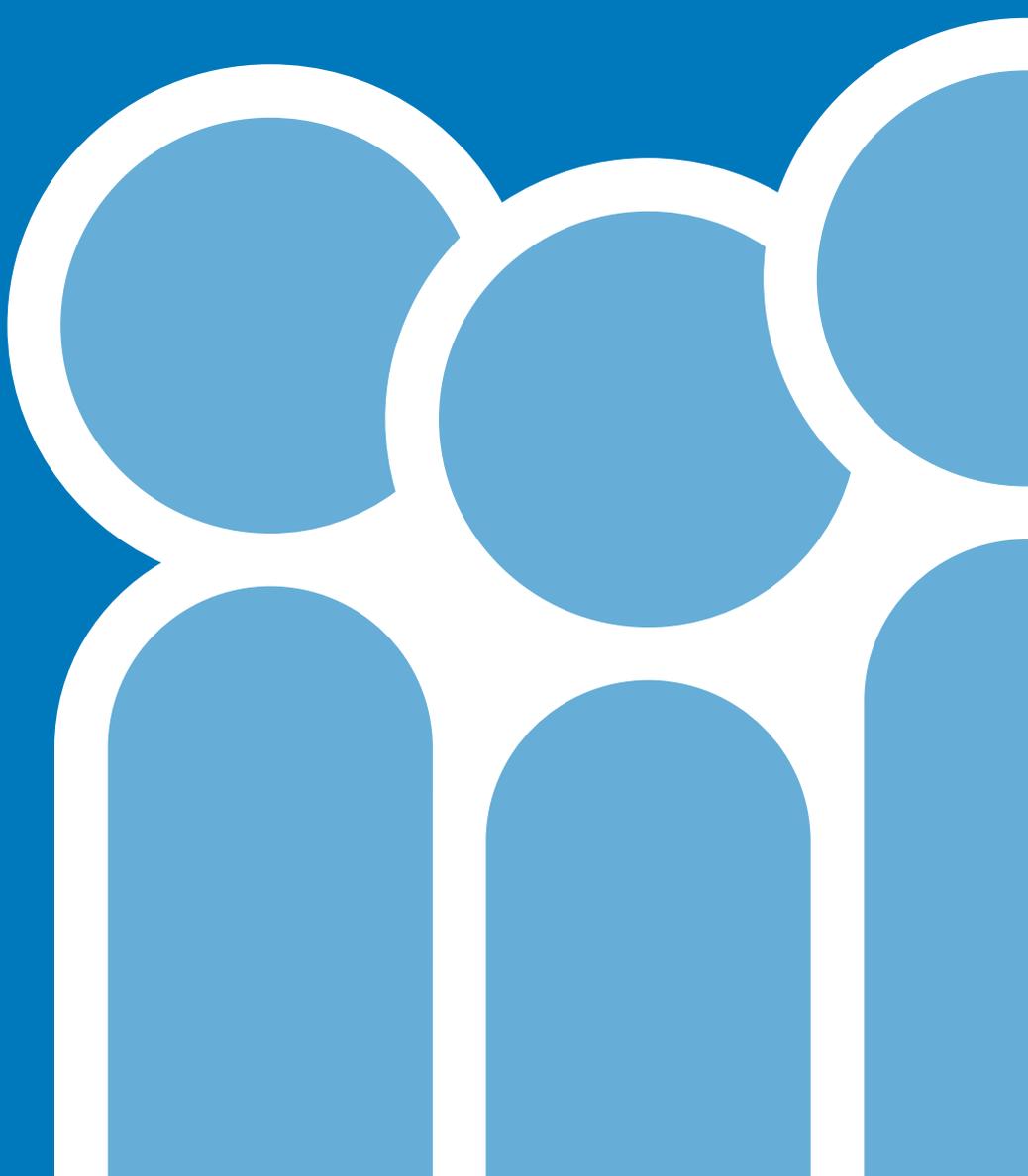


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## **Integrating The Personal And The Professional**

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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.

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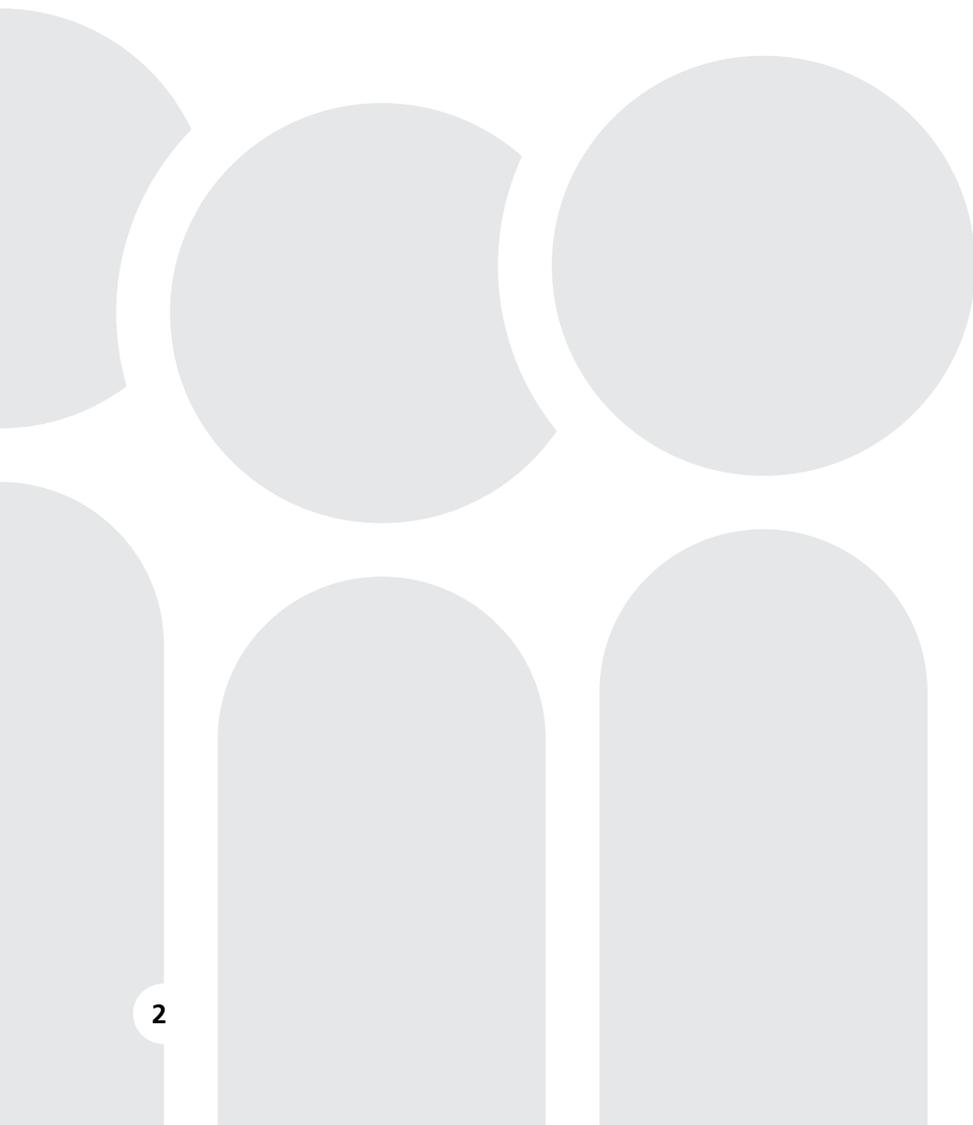
### **Submissions**

Future volumes of this journal will be on theme issues based in an integrative perspective. Two members of the editorial board will act as co-editors with the support of the two consulting editors. If you are interested in submitting please visit our web site ([www.ukapi.com/journal/](http://www.ukapi.com/journal/)) and download a copy of the submission guidelines.

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*Volume 3, Issue 2*

## Contents Of This Issue

<b>Editorial</b>	
Integrating The Personal And The Professional	4
<b>Karen J. Maroda</b>	
Desire, Love and Power in the Therapeutic Relationship	6
<b>Patrick Casement</b>	
An Emerging Sense of Direction	19
<b>Damian Gardner</b>	
Beneficial Episodes of Shame in Integrative Psychotherapy Group Supervision: Supervisee and Supervisor Perspectives	33
<b>Jocelyne Samuels</b>	
Reflections on the Transpersonal Dimension in Integrative Psychotherapy: Art, Imagination and the Creative Process	40
<b>Rex Bradley</b>	
The “Transference” of Sibling Relationships	54
<b>Sue Wright</b>	
Bearing the Unbearable: An Integrative Approach to Working with Trauma	61
<b>Carole Archer</b>	
My Personal Approach to the Theory and Practice of Integrative Psychotherapy	71
<b>Book Review by Naomi Anderson</b>	
An Introduction to Integrative Psychotherapy by Ken. R. Evans and Maria C. Gilbert	82
<b>Book Review by Diana Shmukler</b>	
Learning From Life: Becoming a Psychoanalyst by Patrick Casement	85

## *Editorial*

# Integrating The Personal And The Professional

We have an interesting range of articles in this sixth edition of the journal. Although some of the authors would not formally identify themselves as integrative psychotherapists, each writer explores themes that could be incorporated into an integrative framework. Several authors have touched on the interface between the personal and professional as this impacts on our clinical work. All have been willing to share their own personal experiences in their reflections on the process of being a psychotherapist. Perhaps what links all these authors in some way is the acknowledgement of the inextricable connection between the personal and the professional.

### **Contents Of This Issue**

Karen Maroda provides a vivid sense of the human capacities for love and hate in all relationships, with particular reference to the therapeutic relationship. Discussions of these themes in the literature tend to focus either on the client or the psychotherapist but seldom on the co-created relationship between them as Karen does here. She challenges practitioners to be alive to their own experiences of these intense emotions in the therapy room and to distinguish between what is a healthy exchange to be embraced and what might be a disruptive enactment to be worked through in the intersubjective space. We particularly appreciate the courage and honesty of Karen's account of her work.

We are grateful to Routledge, the publishers of Patrick Casement's forthcoming book

"Learning from life: Becoming a Psychoanalyst", for permission for the advance publication of the second chapter of this book. It is refreshing to read Patrick's candid self reflection on his early experience, and the links he makes between his personal story and his later choice to become a psychoanalyst. This chapter is a testament to the quotation from Nietzsche used by Carole Archer in her piece on integration: 'A philosopher's system arises from his autobiography'. In his story of his struggles and his transformation through them, Patrick provides a moving example of courage to us all.

Damian Gardner brings the process of supervision to life in his account of his research into shame in supervision. He reminds the reader of the inevitability of the parallel process arising in the supervisory relationship, reflecting the intense affects of the clinical relationship. Damian writes of the process of shame and of being shamed, in a compassionate and deeply reflective manner. He reminds us that our personal vulnerability is always close to the surface as we practice as psychotherapists and supervisors in his reflections on his personal learning from his research project.

Jocelyne Samuels continues the theme of the transpersonal in the psychotherapeutic endeavour, which was the theme issue of our last journal. Jocelyne pays particular attention to Jungian and Post-Jungian perspectives on the transpersonal and makes a passionate plea for exploration of the shadow in our individual and collective activities.

She also gives a graphic account of how working with the arts offers a possibility for reaching areas of experience which may otherwise be missed, particularly in work with children. Jocelyne's article is a comprehensive exploration of a range of interesting themes for integrative psychotherapists which she views as central to the processes of psychotherapy.

Rex Bradley reminds us of the importance of sibling relationships in identity development. He puts the case that these relationships are often as influential in the child's development as relationships with primary caretakers. Rex's case examples in the context of family work bring the issues of sibling rivalry to life for the reader. He makes his point well that the psychotherapist working with these issues needs to acknowledge with humility that long-lasting change may not be easily achieved. We appreciated the candour of his clinical accounts in bringing this under-recognized dynamic to our awareness.

Sue Wright gives a clear and accessible synthesis of some of the current writing on the impact of trauma on human functioning. What Sue adds to the discourse is the poignant recognition that both psychotherapist and client have to enter the realms of the 'unbearable' in order that something new can emerge. We particularly appreciated the clarity and humanity of Sue's account of her work in this area and the moving clinical examples that illustrate the challenges to both practitioner and client.

We have now established a tradition of publishing an example of a student's final written submission for their qualification. In this issue we include an account by Carole Archer of her integrative approach to psychotherapy.

**Maria Gilbert and Katherine Murphy.**

Consulting editors and co-editors of this issue.