

Volume 4, Issue 1 (2007)

The Integrative Project in Practice



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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/) and download a copy of the submission guidelines.

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Editorial

The Integrative Project In Practice

In this issue we have diverse contributions from practitioners who identify themselves as integrative psychotherapists, each reflecting on different dimensions of theory and practice. Some of these authors are more formally articulating bodies of theory that they are integrating into a coherent framework; others are more overtly practice-based with the integration more implicit in their description and assimilation of actual hands-on practice or personal life experience. What links these authors, in our view is their discussion of the movement between the lived subjective experience and their subsequent reflection on that experience in relation to their practice as integrative clinicians.

Contents Of This Issue

Evgenia Georganda introduces her concept of the DNA of the Soul as an integrating theme in her exploration of developmental stages throughout the lifespan. This article provides a fair review of classical developmental theory put alongside traditional humanistic and existential perspectives, each of which present a stage-based view of human development.

Tom Warnecke provides a comprehensive discussion of working with people with a borderline presentation from a somatic and relational perspective. Tom gives a useful overview of the borderline dilemma as outlined in the psychoanalytic literature. He integrates into this discussion the physiological aspects of the borderline structure and their implications in the transference and countertransference

dynamics. Tom engages the reader in his own struggle with these dynamics in a sensitive and courageous manner. Through this exploration he shares the challenge facing practitioners of surrendering to “non separated states” whilst also being able to hold a separate stance in relation to clients. Clinical illustrations bring this account alive for the reader.

Maria Gilbert explores the concept of the relational unconscious and enactments as they present in supervision, both as part of the supervisory relationship and as direct information about the clinical relationship. She explores how these concepts are inevitably present in both domains and how their deconstruction may provide rich information to supervisor and supervisee alike. Maria draws on practice examples to elaborate her theoretical ideas and to illustrate how these concepts can contribute to an integrative framework for both supervision and practice.

Julianne Appel-Opper offers a personal exploration of her view of intercultural communication and her journey between cultures that often misunderstand one another’s intentions. Her autobiographical style conveys to the reader the nuances of cultural stereotyping and assumptions and the ease with which we can misconstrue and feel misconstrued. She applies these understandings to the complexity of clinical work in a sensitive and candid manner.

Saira Bains addresses similar issues from her family’s very immediate experience of racist trauma in the United Kingdom. She

explores personal narrative as a valid research methodology and as a vehicle for building intersubjective awareness and transformation.

Saira's moving account of her brother's tragic, isolated journey in the face of racial attack and their courage in providing an account of their joint experience of facing this horror is humbling and sobering for the reader. She invites practitioners to reflect on racialised subjectivities in the therapeutic relationship and to have the courage to engage in dialogue to enrich their understanding and practice.

Vanja Orlans takes the reader on an exploration of the ethical demands of practising in an era when modernist certainty has been replaced by post-modern complexity. She is discussing ethical wisdom in the context of Socratic dialogue, in the first instance located in the reflection on lived experience, rather than as inviolate rules held by authorities 'out there'. She is encouraging ethical thinking as an ongoing endeavour which is at the heart of self-reflexive practice.

Michael Randolph in his article on body psychotherapy brings the work of Wilhelm Reich into dialogue with Daniel Stern and Donald Winnicott. Borrowing from Winnicott, he highlights the image of body psychotherapy as offering both a 'holding' and a 'handling' environment. He illustrates his account with elaborated clinical vignettes that bring the work to life and provide the reader with a good sense of his way of working within an integrative body psychotherapy approach particularly within a group setting. Michael's gift with language and his integration of literary metaphor adds a richness and vitality to this article.

As is our usual tradition we publish an example of a student's final written submission for their qualification. In this edition we include a report by Lorraine Price on her research project for her Master's in Integrative Psychotherapy.

Maria Gilbert and Katherine Murphy.

Consulting editors and co-editors of this issue.