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The Varied Faces of Integration

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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 Varied Faces of Integration

In this issue we have diverse contributions related to a range of integrative themes. The authors are writing about issues that have clearly occupied their thoughts and are related to their individual areas of expertise and practice. Our aim in this issue is to show that the integrative project encompasses a broad range of reflective practice and is of relevance to a broad range of client groups.

Contents of this issue

Peter-Caleb Meades makes an impassioned plea for therapists to practise a core affirmative attitude aimed towards LGBT clients. Writing from a very personal reflective perspective, he explains the principles of sexual minority therapy as an integrative approach, offers some definitions and challenges us to examine our own internalised heterosexism and oppression.

Sue Wright provides a useful, detailed discussion of various phase-oriented models for working with trauma, then reflects on her own integrative practice to suggest a spiral rather than strictly linear approach. She offers an extended case example that provides a very accessible, experience-near exploration of holding the chaos of trauma therapy within a phased conceptual integrative framework. This article reflects Sue Wright's careful attention to detail whilst holding the wider picture in mind.

Lorraine Price explores her integration of Winnicott into her practice as a way of understanding regression to a state of dependence in her own experience in therapy

as well as her clients. Her open, honest account brings to life a very personal relationship with Winnicott's position, while her case examples demonstrate her application of this personal understanding in her integrative practice. We particularly appreciated Lorraine's courage in addressing her personal issue of shame in referring to her own experience.

John Boyle begins by offering an extended discussion of the advantages and limitations of integrating different psychoanalytic theories within a single framework. He then presents his work with a very challenging client who brings complex sexual issues and a narcissistic process to the work. John shares his understanding of this psychotherapeutic process from an integrative psychoanalytic perspective.

Diana Shmukler, in an article based on her original response to a paper by Patrick Casement, elaborates on her application of Winnicott's theory to her understanding of regression with a particular emphasis on the therapist's use of self in this process. In her account she vividly brings to life the demands on the therapist of engaging in in-depth work of this nature. We particularly appreciate her capacity for reaching the reader in this way.

As is our usual tradition we publish an example of a student's final submission. In this case we include Catherine Butterly's theoretical discussion taken from her final dissertation for the Metanoia/Middlesex MSc in Integrative Psychotherapy. Catherine was awarded a distinction for the dissertation as a whole.

We also include a book review by Geoffrey Johnson on “Contemporary Body Psychotherapy: The Chiron Approach”, Edited by Linda Hartley. London: Routledge 2009.

Sharon Cornford and **Maria Gilbert.**
Co-editors of this issue.