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Aspects of the Integrative Endeavour

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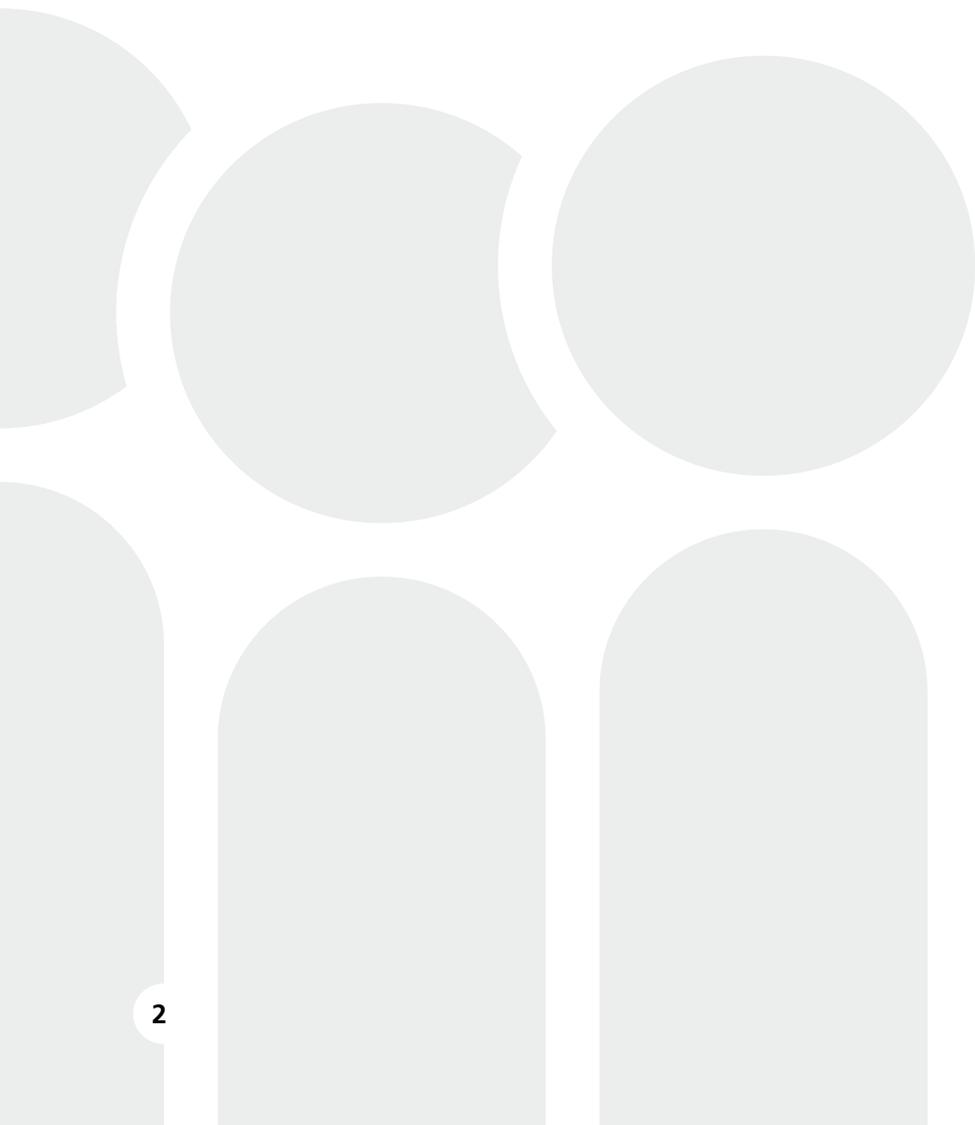
Future volumes of this journal will be on theme issues based in an integrative perspective. Two members of the editorial board will act as co-editors with the support of the two consulting editors. If you are interested in submitting please visit our web site (www.ukapi.com/journal/) and download a copy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

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Editorial

Aspects of the Integrative Endeavour

In this issue we have a range of contributions related to the practice of integrative psychotherapy. The contributions range through the areas of research, clinical work and even marketing your integrative practice! Once again in this issue we cover a breadth of issues that impact upon the integrative practitioner.

Contents of This Issue

Pam Scott presents the findings of her research into the use of humour in psychotherapy. In the author's words "this study aims to get humour out of the closet and on to the couch". Pam certainly succeeds in engaging the reader in this endeavour in her report on a carefully conducted research study. This study explores humour from the perspectives of developmental theory, cultural difference, character style and affect regulation. Overall Pam discusses how to assess when humour enhances or inhibits the psychotherapeutic process.

John Rowan develops his thinking on sub-personalities which he now refers to in dialogical theory as "I-positions". From an integrative relational perspective he explores his particular interest in the dynamic relationships amongst our population of internal I-positions. He considers the implications for practice of taking this position on the client's internal world in order to understand the multiplicity within the person. Towards the end of the article he issues a challenge from a mystical position to the concepts he is presenting in his questioning of the very existence of an 'I'. John

Rowan sees this material as 'revolutionary' and we invite the reader to enjoy his challenge.

Lucia Swanepoel addresses the question of whether integration is a conscious choice rather than an innate process of growth and survival that is universal. She integrates evolutionary theory and complexity theory with intersubjectivity and neuroscience to argue that human beings are inherently adaptive and therefore even "one-model therapists" are inevitably integrative. Lucia's stance suggest that all psychotherapists of any orientation are in a constant process of growth an integration as they develop in the course of their practice. So the point Lucia makes is that is not a question of whether we integrate but of what we integrate.

Tamar Posner combines her personal experience of the death of a sibling in adulthood with her own research study into this subject. She highlights the lack of research that would illuminate her own and others' experience of sibling loss in adulthood. Central to this process was the subsequent painful loss of the prior relationship with her parents and with her own experience of her childhood. In this moving article, Tamar makes it clear how the loss of a sibling in adulthood may cut across a person's life and affect all subsequent experience.

Phillipa Perry challenges us to think about how a prospective client can find a suitable therapist in a marketplace that is often difficult and confusing to the newcomer. We decided to include this article in our journal because we do see this as an important area for exploration and one that is not often overtly addressed

in the profession. Addressing us directly she combines personal reflections and anecdotes with solid advice and impassioned plea for us to be more transparent with prospective clients.

As is our usual tradition we publish an example of a student's final submission. In this case we include Fiona McKinney's theoretical model of integration taken from her final dissertation and case study for the Metanoia/ Middlesex Doctorate in Counselling Psychology and Psychotherapy. Fiona was awarded a distinction for the dissertation as a whole.

We also include a book review by Steven Smith of 'The Making of Psychotherapists – An Anthropological Analysis' by James Davies.

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