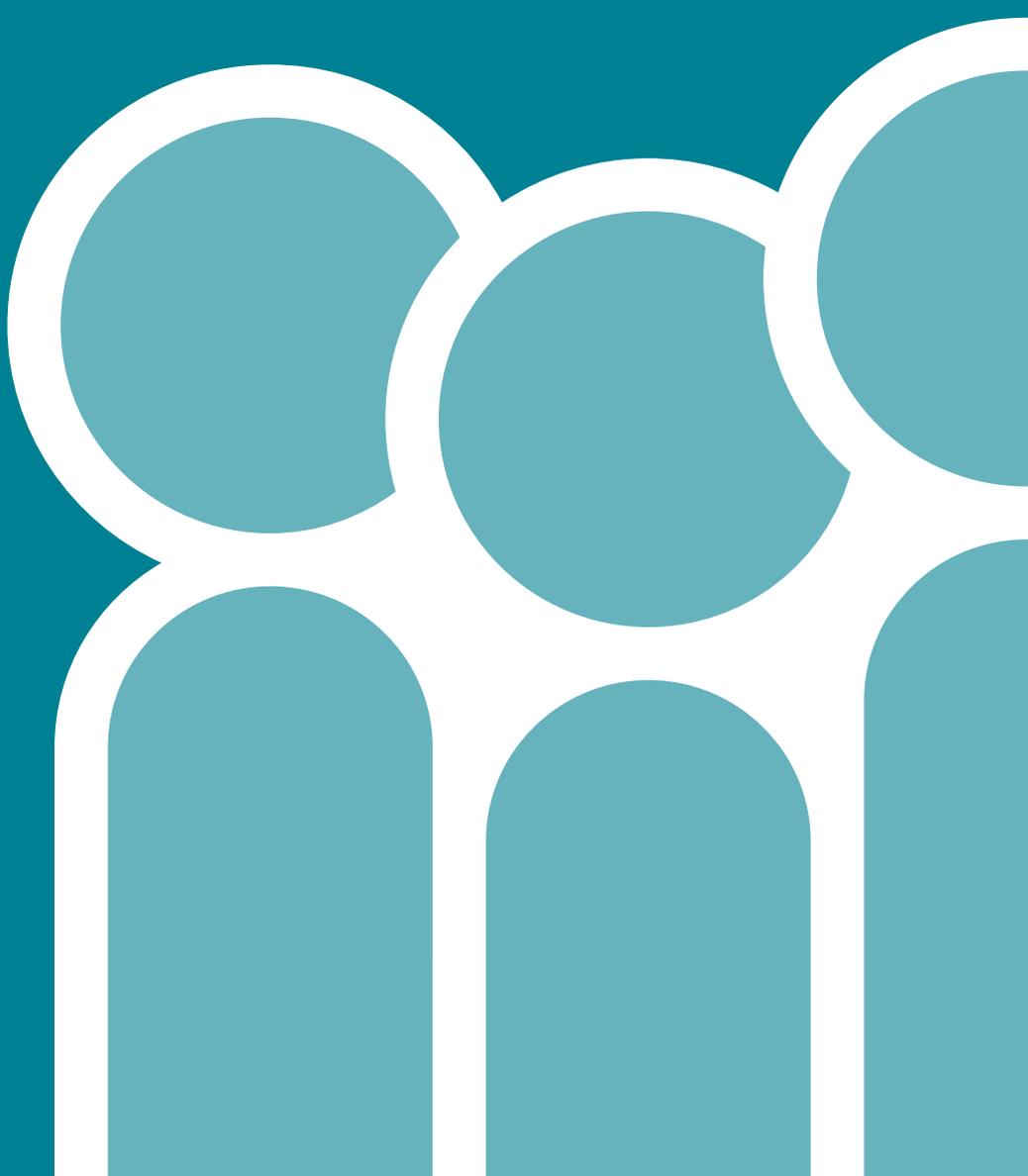


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An Exploration of the Diversity of Approaches to Integration

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Introduction

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Editorial

An Exploration of the Diversity of Approaches to Integration

Over the years we have moved between having a themed edition of the journal and a journal with a more free wheeling exploration of the diversity of approaches and attitudes to Psychotherapy Integration. A specifically themed edition has a dedicated Guest Editor who attends to the overall and explicit cohesion within and between, the articles of the journal in relation to the theme. Alternatively we, the Consulting Co-Editors of the journal, have collected articles from practitioners active in the field of Psychotherapy Integration in their idiosyncratic and individual ways. At some point in the collation of these articles into a completed edition of the journal, a linking thematic thread emerges.

This edition is not a specifically themed edition, yet as is the way of these things we noticed a thematic thread as we brought the articles together. What emerged as we reread these articles in sequence and at one sitting was something to do with the more or less explicit nature of the Integrative Framework being explored in the context of comprehensive case examples, as too the validity of this way of working in the public arena of service provision and the commissioning of psychotherapy services.

Some authors clearly and explicitly chose an Integrative path; some authors evolved into becoming an integrative psychotherapist. Those originally trained in a single school approach, although integrative in style, have actively woven in aspects of other theoretical

orientations over time, and practice in a manner that they would now identify as integrative.

Julianne Appel-Opper writes a rich article in a relational tone, explicitly integrating cultural phenomena and body process into an interesting account of her inter-cultural work with a client. Julianne illustrates this work in action with a comprehensive and candid case example which vividly conveys this body-oriented psychotherapeutic process to the reader.

John Marzillier gives a very personal account of his therapeutic journey and his evolution from a single school approach into an integrative framework for practice. This is a refreshing and critically reflective account of his professional development over the years, conveying a growing sense of the complexity of his thinking.

Linda Finlay offers a framework for integrating a multiplicity of relational dimensions into the work of the psychotherapist. Linda weaves existential and object relations perspectives into her experience as a gestalt psychotherapist to elaborate on the meeting between the two people in the therapy room. She supports her discussion with a comprehensive clinical example.

Biljana Harling and Ciara Wild provide an example of setting up a research clinic to gather practice-based evidence on the effectiveness of both integrative psychotherapy and transactional analysis. This style of research, we believe, can contribute to the current and very