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## **Integrating Multiple Aspects of Experience: A Challenge for the Practitioner**

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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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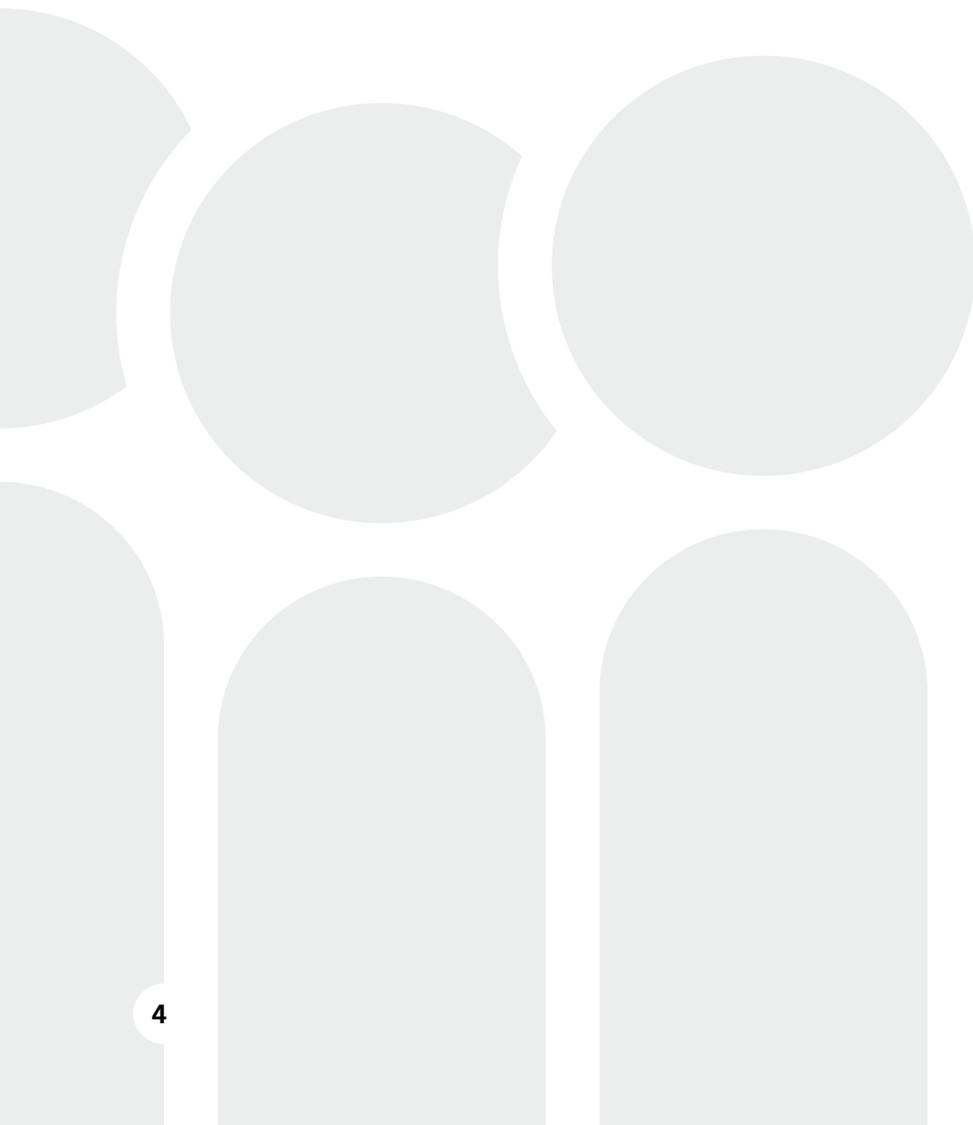
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*Editorial*

## **Integrating Multiple Aspects of Experience: A Challenge for the Practitioner**

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 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 studied these articles in sequence and at one sitting was the focus on the rich and varied aspects of reflection and experience that feed into the concept of integration for the writers. Coming from a variety of different backgrounds and experiences, all these practitioners identify themselves as integrative and each is synthesising a particular combination of philosophy and practice; body work, trauma and practice; a transgenerational history and practice; and research issues related to the integrative practitioner. We particularly appreciated the very personal note in all these that informs thinking and practice.

Werner Prall from his wealth of experience as a trainer, supervisor and therapist, explores very effectively and fully the nuances of the process of metanoia, drawing well on its roots in ancient Greek philosophy. He stresses that the training and education of a psychotherapist is at its best a challenging transformational process. He reminds us of the centrality of the developing psychotherapist's willingness for robust introspection and reflection. Equally this presents a challenge to any trainer in the integrative field!

Morit Heitzler speaks eloquently of her own body-mind processes as an essential tool when working as a psychotherapist with any client, and particularly with traumatised clients. Her moving and courageous discussion of her clinical work in her vignettes gives the reader an in-depth view of this way of working with body process as an essential part of the relational matrix. The care and thoughtfulness with which she approaches this work with clients reminds us of the rigour required to work in a relational manner.

Gerhard Payrhuber has written a dense and well-researched article on transgenerational transferences and the transmission of transgenerational trauma in the wider historical, political and social field. He reminds us that we are all inescapably historically contextualised and that in the therapeutic dyad these forces will emerge so that the legacy of the past will be alive in the therapeutic present. Speaking as the grandson of 'ordinary Austrian Nazis' he