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Differing Personal Perspectives on Integration

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An abstract graphic in the bottom right corner of the page. It consists of three stylized human figures, each represented by a white outline of a head and a rounded rectangular body. The figures are arranged in a row, with the middle one slightly behind the other two. The interior of the figures is filled with a light green color, matching the overall theme of the cover.

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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 and the Editorial Process

Articles for this journal are subject to an anonymous peer review by two members of the editorial board. If you are interested in joining the board, please contact us by email or call Maria Gilbert on 020 8997 6062. 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

Differing Personal Perspectives on 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 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 follows in the tradition of a more free-wheeling exploration of the diversity of approaches and attitudes to psychotherapy integration. What emerged as we studied these articles is the wonderfully and inevitably idiosyncratic take that each author displays on the integrative project. We appreciated the really personal investment combines with a professional critique that was embedded in each piece. Guy Timor speaks refreshingly of his personal journey as a beginning body-psychotherapist and his wrestling with the illusion of possible perfectionism. The candour and frankness with which he reflects on a piece of clinical work that marked the beginning of his practice will, we believe, prove an inspiration to beginners and seasoned practitioners alike.

Els van Ooijen writes a very personal reflective piece on the process of engaging with a Practitioner Doctorate based in her own clinical work. She conveys very well her struggles to find

her own voice in the context of the requirements of a Doctoral Thesis. This article gives a rare inside view of a candidate's private 'messiness' in the process of producing what emerges as a very finished and polished project. We hope this will be supportive to other Doctoral and MSc candidates perhaps experiencing similar struggles with their final projects.

John Rowan, a well-established practitioner, philosopher and writer on varying aspects of the transpersonal in therapeutic practice has provided us with his current critical reflections on 'The Importance of the Centaur' and the developing true self in a well-researched piece of writing. We appreciated a freshness and accessibility in John's argument and style of writing, given the complexity of the material.

Ian Rory Owen provides an accessible overview of attachment dynamics both within and between therapist and client. This article can serve as an interesting lens through which therapists can assess their own attachment styles and the implications of these as they relate to clients with similar and different styles. This is particularly helpful in assessing the nature of a possible working alliance.

As is our practice we have included the theoretical section of Jon McAteer's clinical dissertation that forms part of his Doctorate in Integrative Counselling Psychology and Psychotherapy at Metanoia Institute .

We also include two book reviews.