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The Heart of Integrative Psychotherapy: Putting Theory into Practice.

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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 once a year.

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Contacting Us

Please address all correspondence to:

UKAPI
58 Grange Road
Surrey
CR2 0NB

Alternatively you can email us at: journal@ukapi.com

For general information regarding UKAPI please visit our web site: www.ukapi.com

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Editor-in-Chief

Megan Rose Stafford
Metanoia Institute

Consulting Editor

Maria Luca
Regent’s University London

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The British Journal of Psychotherapy Integration is the official journal of the United Kingdom Association for Psychotherapy Integration.

It has provided the key British resource for the exploration of Integrative Practice and Research since 2004.

We are currently inviting articles on integrative theory, research and practice. Support and guidance is available for new authors.

For more information please visit www.ukapi.com or contact Megan Stafford at:

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In this special conference edition of *The British Journal of Psychotherapy Integration*, we include contributions from the expert panel and workshop facilitators, from UKAPI’s 2017 conference, *The Heart of Integration: putting theory into practise*.

In 1998, key figures from different integrative trainings in the UK, got together and ran a conference to share their thinking on integration. It was a great success and led to the setting up of UKAPI. Since then, there have been many developments, new understandings, and new trainings in the field; as well as a greater recognition of integrative psychotherapy. Almost 20 years on, the 2017 conference aimed to bring together again, key figures, psychotherapists, trainers, supervisors and trainees affiliated with multiple integrative training institutes; and offer an exploration of what is at the heart of integrative psychotherapy, important developments in the field and the challenges integrative psychotherapists face. Excitingly, the editors and authors to this edition, are drawn from a range of leading training institutes in the UK. Truly an integrative endeavour.

**Lissie Wright** considers how both individuals, and organisations, embody ‘integration’, exploring integration as a process - by drawing on experience and knowledge, disintegration and reintegration. Lissie challenges the reader to consider, not just how this process happens at an individual level in therapeutic practice, but also outside of the therapy room – at a personal, professional, societal, and political level; as well as in the research arena.

**Lorraine Price** looks at the importance of having an in-depth knowledge of theory, rooted in a coherent philosophy, at the heart of integrative practise, particularly when working with complex issues, early relational trauma and regression. Lorraine argues that a thorough theoretical grounding enables the establishment of narrative, an understanding of defences, and facilitates spontaneous, therapeutic response.

**John Nuttall** reviews the history of the integrative movement, and discusses the issues raised in the quest to reconcile psychoanalysis, cognitive-behaviourism, humanistic and transpersonal psychologies. John explores the idea that the quest for integration may in fact be viewed as an evolving personal process and a way of being - an inner quest - and part of an advance towards individuation. Further, John details a new descriptive framework for the integration process, considering the question of whether the psychotherapy models we develop are relevant to the phenomena in the world we experience.

**Tree Staunton** outlines BCPC’s model for integration reflecting on her role as a trainer and Director of BCPC, and previously chair of HIP UKCP. Tree asks what it is that forms the ‘character’ of an organisation, posing thought-provoking and creative questions for the reader to consider. The paper outlines the key components of training at BCPC, to elucidate the importance of experiential learning, psychobiography and critical reflection of theory, as well as the challenges, at the core of integrative psychotherapy training.

**Maria Luca** writes about sexual attraction in therapy, from a relational integrative
The paper highlights the fact that while the erotic is widely recognised as a commonly occurring phenomenon in therapy relationships, in training and in the literature it has been marginalized. Maria argues for a more honest, facilitative, relational approach to its exploration; outlining the risks of not understanding and handling sexual attraction appropriately, as well as the transformative quality of sexual attraction when it is.

**Gerhard Payrhuber** challenges the reader to consider what is ‘real’ in the real relationship, by exploring this concept, and arguing that trauma may impact how we engage with and understand the complex and ambiguous nature of reality, and subsequently the ‘real relationship’ itself. Highlighting the significance of these questions when working with mental health issues, Gerhard provides a clinical example to emphasise the importance and centrality of the real relationship in healing our clients.

**Richard Davis** examines definitions of the ‘subtle’ in the learning of counsellors/psychotherapists. Different perspectives on the concept are explored. The reader is transported to a felt, intuitive knowing that can be described as a spiritual dimension. The author argues that the ‘subtle’ is possible via the essence of one’s humanity. Richard proposes that ‘subtle’ in itself is a word that is synonymous with integration – a tentative ‘holding’ and ‘being-with’ during the complexities and challenges that face both the trainee and facilitator in the integrative project.

**Mark Gullidge and Sue Daniels’** paper, in workshop format, is a dialogue between two psychotherapists who present a climate of discontent in the political, social and cultural worlds. It raises questions on the impact of the world on psychological well-being and of the importance of bringing the political world into the consulting room. It argues that the practice of integrative therapy, of emphasizing relationship and movement between different thinking, may stand in some way against the increasing conflict and positional thinking in the wider zeitgeist.

**Heward Wilkinson** considers ‘enactment’ at the heart of psychotherapy integration. Heward illustrates his thinking by drawing on examples from literature and television, and argues that enactment is not reductive in psychotherapy, rather it is the total medium of psychotherapy.

As is our usual tradition, we publish an example of a student’s final written submission for their qualification. In this edition, we include **Sinead Kavanagh’s** description and critical evaluation of the philosophy, values, psychotherapeutic theories and methods that guide her work as an integrative psychotherapy practitioner.

**Megan Rose Stafford** (Editor-in-Chief) and **Maria Luca** (Consulting Editor).