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An Introduction To Integrative Psychotherapy

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Integrative Psychotherapy embraces an attitude towards the practice of psychotherapy that affirms the inherent value of each individual. It is a unifying psychotherapy that responds appropriately and effectively to the person at the affective, behavioral, cognitive, and physiological levels of functioning, and addresses as well the spiritual dimension of life.

What is Integrative Psychotherapy?

Integrative counselling and psychotherapy is a relational process. This means that the therapeutic relationship is an essential ingredient in the work that the therapist and counsellor do together. The alliance

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between client and therapist is the vessel for the therapeutic journey; when it is valued and nurtured, it provides the safety needed for the work to take place.

Integrative Counselling and Psychotherapy • Counselling Tutor

Definition_of_Integrative_Psychotherapy
As noted in Chapter 1, integrative psychotherapy is an attempt to combine concepts and counselling interventions from more than one theoretical psychotherapy approach (Stricker, 2001).

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integrative psychotherapy movement does not aim at combining all the psychotherapeutic models into one, but its purpose is to develop a new framework for dialog among different approaches (Feixas...

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Provides an evidence-based introduction to the processes and theory of relational integrative psychotherapy in practice Presents innovative ideas that draw from a variety of traditions, including cognitive, existential-phenomenological, gestalt, psychoanalytic, systems theory, and transactional analysis Includes case studies, footnotes, 'theory into practice' boxes, and discussion of competing and complementary theoretical frameworks Written by an internationally acclaimed speaker and ...

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This text provides an invaluable and accessible overview of the rapidly developing field of integrative psychotherapy, and introduces a relational-developmental approach to theory and practice. The book critiques the philosophical bases underpinning the theoretical model, looks at the nature of resistance in different phases of therapy, and presents an engaging clinical case study.

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Integrative counselling, as the name suggests, is a combined approach to psychotherapy that brings together different elements of specific therapies. Integrative therapists take the view that there is no single approach that can treat each client in all situations.

Integrative counselling - Counselling Directory

Existential-Integrative Therapy
Developments over the past 15-25 years

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in psychology have led to the development of many eclectic and integrative approaches to psychotherapy. This idea is not new to existential therapy. Yalom (1980) suggested that existential therapy is more of a frame than a specific therapy approach.

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Principally aimed at providing an initial training in working with adults, the programme also includes an introduction to working with young people.

Integrative Approach. Integrative Counselling & Psychotherapy is an approach to therapy which draws on and synthesises a range of core models in counselling & psychotherapy.

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