

INTRODUCTION TO INTEGRATIVE PSYCHOTHERAPY

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INTEGRATIVE PARADIGM

- Psychotherapy integration movement (from 70-s)
- Psychotherapy integration has become a ‚zeitgeist‘ (Castonguay idr., 2015)
- More than 460 books about psychotherapy integration (Norcross & Alexander, 2019).
- Psychotherapy integration as a NEW paradigm in psychotherapy.

Characteristics of integrative paradigm

- Dialogue and openness
- Coexistence of different „truths“ or „realities“
- The importance of different dimensions of human experience
- Tailoring the therapy to the individual characteristics or needs of the client
- Importance of psychotherapy research

Pathways to psychotherapy integration

(Norcross & Goldfried, 2005)

- Theoretical integration
- Common factors
- Assimilative integration
- Technical eclecticism

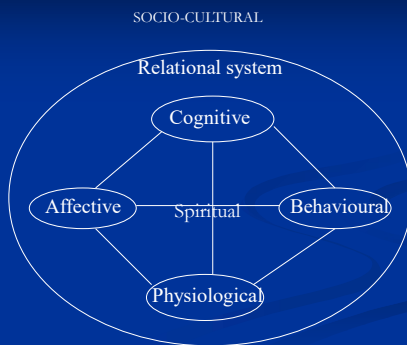
Development of integrative relational psychotherapy

- Institute for Integrative Psychotherapy, New York (in 70-s):
 - Richard G. Erskine
 - Rebecca Trautmann
 - Janet Moursund
- English authors(Ken Evans, Maria Gilbert...)

Definition of integrative psychotherapy (Erskine, 2015)

- INTEGRATION OF PERSONALITY
 - integration of split off parts of personality
 - integration of main dimensions of human experience
- INTEGRATION OF PSYCHOTHERAPY APPROACHES
- INTEGRATION WITHIN A PSYCHOTHERAPIST

The self-in-relationship system



Integration of psychotherapy approaches

- Person-centered therapy
- Transactional analysis
- Psychoanalytic therapy (theory of object relations, self-psychology, relational psychoanalysis)
- Gestalt therapy
- Elements of cognitive-behavioural approach

Importance of developmental theories

- Focus on understanding how a person develops self-protective mechanisms based on interruption in their healthy development
- Importance of: attachment theory, object relations theory, theory of Daniel Stern

Video: Richard Erskine
- Introduction to Integrative Psychotherapy
https://www.youtube.com/watch?v=ZNPehg-K_28

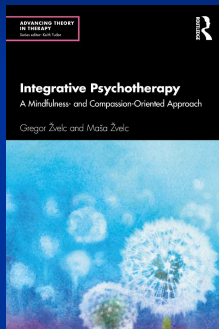
Integrative-relational approach

- Change of paradigm – relational perspective
- From one person to two person psychology
- Co-creation of therapy relationship
- Reciprocal mutual influence – intersubjectivity

Development of integrative psychotherapy (Institute IPSA)

- Institute IPSA founded in 2004
- Further development of integrative psychotherapy:
 - Working with alliance ruptures
 - Trauma theory
 - Physiological intersubjectivity
 - Integration of mindfulness and compassion
- Development of Mindfulness- and Compassion-Oriented Integrative Psychotherapy (MCIP)

Mindfulness- and Compassion-Oriented Integrative Psychotherapy (MCIP)



NEW BOOK PUBLISHED BY
ROUTLEDGE:
<https://www.routledge.com/Integrative-Psychotherapy-A-Mindfulness-and-Compassion-Oriented-Approach/Zvele-Zvele/p/book/9780367259082>

Development of MCIP

- MCIP has roots in Relationally focused integrative psychotherapy developed by Richard Erskine and colleagues (Erskine & Moursund, 1988; Erskine et al., 1999; Erskine, 2015, 2021).
- During the last 15 years we have further integrated Erskine's approach with practice, theories and research in mindfulness and compassion.

Development of MCIP

- MCIP integrates Relationally focused IP with:
 - Acceptance and commitment therapy (Hayes et al., 2012)
 - Elements of mindfulness and compassion-oriented approaches and theories (Desmond, 2016; P.Gilbert, 2010; Kabat-Zinn, 1990; Neff, 2003; Segal et al., 2002; Siegel, 2018)
 - Theory of memory reconsolidation (Ecker, 2015, 2018; Lane idr., 2015)
 - Porges' polyvagal theory (Porges, 2011, 2017)

Fundamental principles

(Žvelc & Žvelc, 2021)

1. Intersubjectivity and co-creation
2. The phenomenological and experiential approach
3. Holism and importance of all dimensions of human experience
4. Process-based psychotherapy founded on research-validated processes of change
5. Mindful awareness and self-compassion as core processes of change

"You are therefore I am"

(Evans in Gilbert, 2005, p.15)

Fundamental principles

(Žvele in Žvele, 2021)

- 6. Importance of the relationship
- 7. Importance of the therapist's mindful presence and regulated therapy field
- 8. Trust in natural healing capacities and inner wisdom
- 9. „Ordinary unhappiness“ and the imperfect nature of the human condition
- 10. Importance of spirituality and living according to values and purpose

“...much will be gained if we succeed in transforming your hysterical misery into everyday unhappiness” (Freud, 1895/2013, p. 168).

Intersubjective physiology and importance of regulated therapy field

- The autonomic nervous systems of two or more people interact and influence each other (Palumbo et al., 2017; Porges, 2011, 2017).
- The importance of physiological processes in the therapy: The therapist responds to the client's physiology and the client to the therapist's.
- Physiological synchrony research

Relational approach to mindfulness

- „Two aware minds are more powerful than only one“ (G. Žvelc, 2012, p. 47)
- Importance of the therapist’s mindful presence and self-regulation
- Importance of bringing mindful awareness and self-compassion to client’s experience.
- Importance of intersubjective physiology

PSYCHOTHERAPY RESEARCH AND PSYCHOTHERAPY INTEGRATION

Questions:

- Does psychotherapy work?
- How and why psychotherapy works?
- Are certain models more effective?
- What are the common factors in psychotherapy?

WHAT WORKS IN PSYCHOTHERAPY?

Rogers

- Empathy
- Unconditional positive regard
- Congruency
- 1950-1975 – research focused on which therapy approach is more effective

EFFECTIVENESS OF PSYCHOTHERAPY

- Till 1977 – not enough research regarding effectiveness of psychotherapy
- Smith in Glass (1977) – meta-analysis of psychotherapy – psychotherapy is effective!
- In 2011 - 701 meta-analysis of psychotherapy research (PubMed)

EFFECTIVENESS OF PSYCHOTHERAPY

- Metanalysis of psychotherapy show that psychotherapy is effective.
- Average effect size = 0,80 – in general psychotherapy is very effective (Wampold, 2015).
- Average client in psychotherapy will be better off than 79% untreated clients.

Which psychotherapy is more effective?

- 1950-1975 – research focused on proving the effectiveness of particular approach comparing to other approaches (still dominant today!)
- Particular psychotherapy approach wanted to show that it is more effective than others

DODO BIRD VERDICT

(Luborsky, Singer in Luborsky, 1975)



'Everybody has won and all must have prices'

All psychotherapy approaches are effective. Quality of therapeutic relationship/alliance is the most important factor.

THERAPEUTIC ALLIANCE (integrative view)

Edward Bordin – three dimensions:

- 1) Agreement of GOALS of therapy
- 2) Agreement on the TASKS
- 3) Quality of the BOND

Dimension influence each other.

DODO BIRD VERDICT IN 2015

- Wampold (2015) – meta-analysis of research show that there are small and negligible differences between different psychotherapy approaches
- DODO survived the test of time.
- However there ARE differences between psychotherapists – some therapists get better results (interpersonal skills – important factor)

LAMBERT (2007) – Effectiveness research

- **Client's life – extratherapeutic factors – 40%** (such as support, random positive events..., client's resources)
- **Common factors – 35%**
- **Therapist's factors – 20%** (therapist's empathy, acceptance...)
- **Psychotherapeutic techniques - 5%** (such as interpretation, progressive relaxation, cognitive restructuring...)

Common factors (Goldfried, 1995)

- Therapeutic alliance and therapeutic relationship
- Positive expectations – hope
- Perspective of external observer
- New experiences (new relationship with the therapist, experiences outside of therapy)
- Reality testing

Variables that are not correlated with outcomes (Rihacek, 2018)

- Gender of the therapist
- Theoretical orientation
- Primary profession
- Years of training/experience
- Following protocols

INTEGRATIVE PSYCHOTHERAPY – EVIDENCE BASED APPROACH

Integrative psychotherapy is based on:

- Common factors in psychotherapy
- Processes of change that are empirically validated

Research of integrative psychotherapy in Slovenia (Modic, 2019).

MINDFULNESS AND COMPASSION	
PROBLEM AREAS	META-PROCESSES OF CHANGE
Preoccupation with past/future Fusion/Experiential merging Experiential avoidance Self-judgment, the judgement of others	Present moment awareness Decommal perspective Acceptance Self-compassion and compassion
DIMENSIONS OF HUMAN EXPERIENCE	
PROBLEM AREAS	PROCESSES OF CHANGE
INTERPERSONAL DIMENSION	
Maladaptive relational patterns, attachment issues, ruptures in alliance	Attachment Maintaining and repairing therapeutic alliance Corrective relational experience
COGNITIVE DIMENSION	
Lack of self-understanding Impaired mentalisation	Insight Mentalisation
AFFECTIVE DIMENSION	
Lack of awareness of emotions Avoidance of emotion Lack of expression of emotions Emotional dysregulation	Emotional awareness Acceptance of emotions Expression of emotion Emotion regulation
PHYSIOLOGICAL DIMENSION	
Problems in interoception Physiological dysregulation	Interoception Physiological regulation
BEHAVIOURAL DIMENSION	
Passivity and avoidance, impulsivity, lack of skills, behavioural inflexibility	Committed action
SPIRITUAL DIMENSION	
Lack of purpose and meaning of life Lack of contact with observing/transcendent self	Contact with values/meaning of life Contact with observing/transcendent self
SYSTEMIC/CONTEXTUAL DIMENSION	
Problems related to systems, such as family, school and work situations Problems related to the socio-cultural, political and ecological dimension	Changes related to external systems

INTEGRATIVE MODEL OF PROCESSES OF CHANGE (Žvele and Žvele, 2021)

Theories in integrative psychotherapy

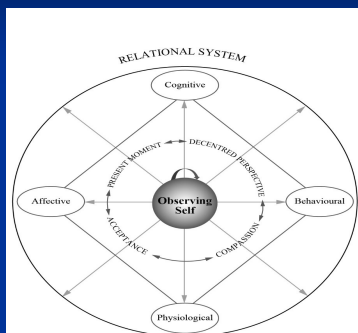
- Theory of motivation
- Theory of personality
- Theory of methods

Exercise

- A: client; shares a recent event (5 minutes)
- B- E: therapists
- B: listens to story; takes care of time
- C: observes feelings
- D: observes body reactions
- E: observes internal process: thoughts, internal reactions, internal images, feelings, bodily sensations
- F: mindful observer

Therapists don't talk – they are attuned and respond nonverbally

Diamond model of observing self (Žvelc & Žvelc, 2021)



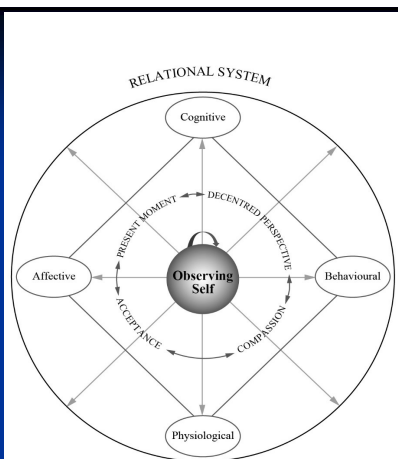
Main dimensions of integration

- COGNITIVE
- AFFECTIVE
- PHYSIOLOGICAL
- BEHAVIOURAL
- SPIRITUAL
- RELATIONAL
- SOCIAL-CULTURAL
- ECOLOGICAL

Mindfulness in MCIP

- In MCIP we understand mindfulness as a process of accepting awareness of the present moment.
- Metaprocess of change that is enhanced within psychotherapy relationship
- The primary task of MCIP is to invite clients to bring mindful awareness and compassion to their inner experience.
- Mindful awareness promotes psychological flexibility, transformation and integration of personality

Short mindfulness exercise



The diamond model of the observing self (Žvelc in Žvelc, 2021)

Observing/Transcendent Self

- Awareness itself that is subjectively experienced as a simple experience of ‚being‘ or conscious presence.
- „That which is aware“ of thoughts, emotions, sensation... (Deikman, 1982)
- We experience our world through awareness, however awareness itself cannot be observed – it can only be experienced.
- Observing self has transcendent qualities (Deikman, 1982; Hayes et al., 2012).

Characteristics of Observing Self

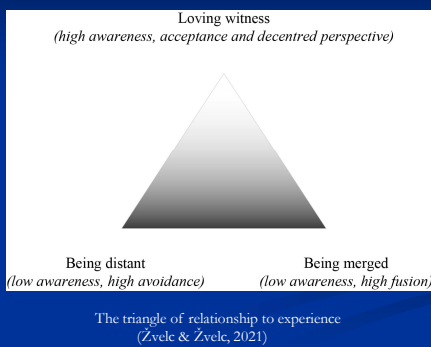
- Mindful awareness and presence
- Transcendence and spirituality
- Interconnection
- Compassion
- Stable perspective
- Container for all our experience

“I am aware; therefore, I am”
(Deikman, 1982, str. 94)

Process of mindful awareness and compassion

1. Present moment awareness
2. Acceptance
3. Decentred perspective
4. Compassion

Being a Loving Witness to our experience



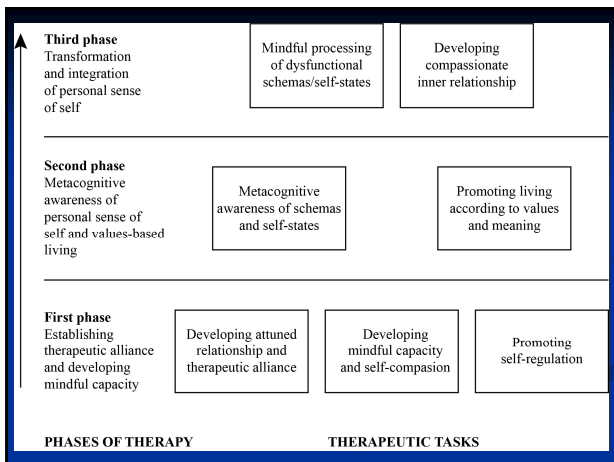
Self compassion

Three main components of self-compassion
(Neff, 2003a, 2011):

- Self-kindness vs Self-Judgment
- Common humanity vs Isolation
- Mindfulness vs Over-identification

Phases of MCIP

1. phase: Therapeutic alliance and developing capacity for mindfulness and compassion
2. phase: Metacognitive awareness of dysfunctional schemas and living according to values
3. phase: Transformation and integration through mindful awareness and self-compassion



Associations for integrative psychotherapy

- International Integrative Psychotherapy Association
<https://integrativeassociation.com/>
- European Association for Integrative Psychotherapy
<http://www.euroaip.eu/>
- Society for Exploration of Psychotherapy Integration (SEPI)
<https://www.scpiweb.org/>
- Slovensko društvo za integrativno psihoterapijo in transakcijsko analizo (SINTA)
<https://www.drustvo-sinta.si/>

International journals

International Journal of Integrative Psychotherapy

www.integrative-journal.com

The European Journal for Qualitative Research in
Psychotherapy

<http://www.euroaip.eu/relaunch-european-journal-qualitative-research-psychotherapy/>

Journal of Psychotherapy Integration

<https://psycnet.apa.org/PsycARTICLES/journal/int/30/3>
