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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 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 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.

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All in all, as a new student of psychotherapy I found this to be a complete disaster as an introduction to Integrative Psychotherapy. As recommended reading by the SPTI for potential applicants wanting to know more about Integrative Psychotherapy it is laughable.

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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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Psychotherapy integration can be defined as an attempt to look beyond the confines of single-school approaches to see what can be learned from other perspectives (Stricker, 1994). It is characterized by an openness to various ways of integrating diverse theories and techniques.

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*An Introduction To Integrative Psychotherapy*

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. Rather, each person needs to be considered as a whole and counselling techniques must be tailored to their individual needs and personal circumstances.

An introduction to integrative psychotherapy By Evans, Kenneth (Kenneth Roy), 1947-Paperback. English. Published Basingstoke: Palgrave Macmillan, 2005.

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