

Third Edition

HANDBOOK OF PSYCHOTHERAPY INTEGRATION

edited by

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"This third edition reflects the maturing of the integration movement within psychotherapy. We have moved beyond saying that we need to integrate to having established models and solid empirical research. This edition can inspire us to move even further to determine the underlying mechanisms of change across approaches. Bravo!"

—Clara E. Hill, PhD, University of Maryland

"What are therapists actually doing and how does therapy work? Norcross and Goldfried have advanced the field of integrative psychotherapy to new heights and this excellent book brings it all together. As we move toward recognizing the importance of common processes and trans-theoretical approaches, this comprehensive volume will prove to be an excellent guide to practice and research. We should keep in mind that clients are less interested in brands than in what is going to help them. This superb volume will help clinicians and researchers accomplish this important task."

—Robert L. Leahy, PhD, Director, American Institute for Cognitive Therapy

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"This is an impressive volume and valuable collection of contemporary views.... I recommend it highly. A commendable job at representing the excitement and freedom associated with an active, respectful, and fundamentally hopeful exploration of conceptual and practical diversities."

—*Journal of Psychotherapy Integration*

"If you are already familiar with the ideas of integration, this important volume will keep you abreast of current developments in integration. If not, it will stimulate and challenge you to think more integratively... If you are interested in current developments and future directions in psychotherapy, I would put this on a must read list."

—*Contemporary Psychology* (Leslie Greenberg, PhD)

"This book is an impressive review of the efforts made (toward integration) ... sophisticated, ingenious, and briskly written."

—*American Journal of Psychiatry* (Leston Havens, MD)

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August 13, 2017). This cultural characteristic may have played a role in the Czech Republic's pluralistic spirit and its integrative interests.

France

To the best of our knowledge, psychotherapy integration has not had a significant impact in France thus far. France has historically been at the forefront of many innovations in psychotherapy, such as the study of trauma and dissociation (Janet), hypnosis (Liebault and Bernheim, Puysegur), and suggestion (Coue). Psychoanalysis found a strong following there, and France retains this strong psychoanalytic influence. Cognitive-behavioral approaches made significant inroads over the past decades, culminating with the creation of a French Association of Behavior and Cognitive Therapy in 1990 (Seiden, 1994). Graduate training and research tend to represent a single theoretical approach. As one French integrative therapist and SEPI member jokingly stated, "We have to be radically for or against psychoanalysis or CBT, with or without having an adequate knowledge of either" (M. Bachelart, personal communication, August 10, 2017).

During the 1990s, a few psychotherapists contributed to psychotherapy integration in the book *The Basics of Psychotherapy: Integrative and Eclectic Approach* (Chambon & Marie-Cardine, 2010). Despite this, the psychotherapy integration movement has not made had a long-standing impact or resulted in training programs or research efforts.

Importantly, France has also been under-represented at SEPI, with only a small number of active members representing the country, and none of them being faculty from major universities. Despite this, a younger generation of integrationists may be on the rise. Specifically, Maximilien Bachelart, current coordinator of the French SEPI Regional Network, has written four papers on psychotherapy integration and the first French book devoted to the topic (Bachelart, 2017).

United Kingdom*

The historical development of psychotherapy in Britain has been characterized by the dominant influence of separate schools of thought. From the 1930s, an extensive integrative psychotherapy community developed, with an important center at the Tavistock Institute. In the immediate postwar years, the Institute of Psychoanalysis in London was a leading international center for training and research in behaviorism. At the same time, the ideas of Carl Rogers were to have a strong influence within the integrative counseling community. Until the 1990s, psychotherapy and counseling in Britain were professional associations and associations would enable dialogue to take place between different theoretical orientations.

Early signs of interest in psychotherapy integration took the form of training in integrative models imported from the United States: Egan's *Skilled Helper* (Egan, 2002, 2006) and Lazarus's *Multimodal Therapy* (Palmer, 2000) approaches that have proved influential among UK practitioners. The beginnings of a distinctive British integrative therapy began to crystallize in the 1990s (Hollanders, 1999). An important source of influence during this phase was the Integrative Psychotherapy Project (Barham, 2000), which investigated the additive effects of integrative exploratory and prescriptive methods using the same protocol. Also significant was the integrative role of Windy Dryden (1992), an Emotive Therapist, whose integrative approach enabled a growing openness to new ideas (Dryden, 1992). Within the psychoanalytic community, Jeremy Holmes (2000) filled a similar function.

Surveys of psychotherapists in Britain have found that 15–30% of practitioners explicitly define themselves as integrative in orientation (Hollanders, 1999). However, when asked about actual techniques they used in their work with clients, as many as 80% could be categorized

* This section has been contributed by John McLeod and Mick Cooper.

seeks to enhance the effectiveness of psychological help in relieving human suffering any place in the world where people happen, have to, or choose to live.

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