

Collection Art de la psychothérapie

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L'approche intégrative en psychothérapie

Anti-manuel à l'usage des thérapeutes



Collection dirigée par IVY DAURE

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Abstract

The integrative approach in psychotherapy: an anti-manual manual for therapists

This book aims to increase understanding of our clinical practice through a better understanding of the history, functioning, and issues of integrative psychotherapies. The book is designed to appeal to therapists of every theoretical approach, but always mindful of the need for clarity. The author's ambition is to support the reflections of the clinician who is grounded in research, as well as the clinical who wants to reflect on the history of his own work. Whatever the reader's approach -- whether it be structural family therapist; Freudian; behaviorist (from first, second, or third "wave"), Gestaltist, phenomenological therapist, hypnotherapist, Rogerian -- all therapists are confronted by implicit definitions that make their practice human, caring, and that allow the possibility of "cure". All therapists experience a kind of osmosis when they see their own practice as a theoretical entity while at the same time as their own personal way of practicing their art (or science). They see themselves actualizing in reality what was originally written in a (sometimes "sacred") book. Each therapist must define the scope of his practice or expertise by setting reasonable limits or contours. Our everyday practice may be too infrequently questioned or examined in relation to all the strategies, techniques, and theories that people have used over the past century or more. Psychotherapy integration helps us make sense of all these approaches and this history. Schools of psychotherapy seem all too often at war with each other, but are their adherents aware of how many "weapons" and "tactics" they borrow from their "enemies?"

This book seeks to promote a dialectical process between theory and practice; to reflect on practice in a general manner, in context, without losing sight of its position. There is always an irreducible gap between what we hear and read, what we understand, what we do, and what we say we do. There is no lack of justifications in the matter of psychotherapy. The question of what is responsible for problems and solutions is like the chicken-and-egg question. For the therapist, what contributes to inertia versus change: the patient, the therapist, his theory, or his practice?

Historical and epistemological elements (developments, legacies, evolution of psychotherapies) will be evoked in order to take a step back and get some perspective from models that are constantly evolving. Some of these models are simply “more of the same thing in new dressings”, to paraphrase the Palo Alto School. The different theories will be broached, along with their explanations, philosophy, strategies, tools, and positioning of the therapist. The contributions of quantitative and qualitative scientific research will be examined. The issue of integrating through reflecting on psychotherapy in its clinical dimension will allow us to overcome issues of therapeutic identity that persist at the present time.

The psychotherapy “universe” tends to call into question the history of the subjects it encounters, but what about current practice in relation to its own history? This is what we propose to do: question the clinical practice of each of us, therapists, using as our driving force the integration of the psychotherapies. May this work contribute to a return to humans rather than idols.

Keywords : psychotherapy; integration; psychotherapy integration; integrative models; theoretical models.