



Integration in Psychotherapy: Models and Methods

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Psychotherapy is growing and changing rapidly, and much of this development is integrative in nature. Integration in psychotherapy can mean many things, from the sequential or simultaneous use of different established techniques, through the adoption of specific hybrid therapies, to the flexibility that is found in the practice of mature clinicians, who consciously or unconsciously adopt techniques or theories borrowed from other disciplines. This book explores and expounds on these integrative currents as they affect the spectrum of contemporary psychological therapy.

In section one, leading practitioners from within traditional models of psychotherapy, self-critically look outwards towards the limits and links between their own approaches and those of others. Section two provides a showcase for the cutting edge new modalities in psychological therapy (Cognitive analytic therapy, Psychodynamic-interpersonal therapy, etc), as well as covering traditional approaches which are inherently integrative. Throughout, the editors and authors strive to maintain a balanced approach, considering the strengths and weaknesses of the integrative stance.

Bateman and Holmes are experts in this field and have been at the forefront of the integrative agenda, they have assembled a group of distinguished chapter authors to help them in their exploration of these issues.

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