

Preface to Volume 5, No. 1.

Greetings IJIP readers

I begin this Preface to Volume 5, No. 1 of the IJIP with a definition.

in·te·grate *verb* \ˈin-tə-,grāt\

- : to combine (two or more things) to form or create something
- : to make (something) a part of another larger thing
- : to make (a person or group) part of a larger group or organization
- : as in - in·te·grat·ed **or** in·te·grat·ing¹

To ponder. To contemplate. To integrate. To write. To publish. This is the accomplishment of the three authors we feature in Volume 5, No.1. of the IJIP. As in the definitions above, each of these authors has skillfully combined two or more ideas to create an article, which is then made a part of “*another larger thing*” – the IJIP – which is part of an even “larger group” – the IIPA - which then invites its membership to read, ponder, contemplate and integrate these ideas into their own lives and work. Indeed, a magical and miraculous process of integration for our writers, readers, and association.

This volume presents a varied perspective of “integrative psychotherapy” through three unique formulations of ideas, personal history and clinical practice.

In “*Into the Labyrinth*,” Pam Stocker invites us into the intimate world of her work as a novice therapist with a challenging client. She openly explores her own process of learning - integrating ideas, theory, methods, feelings and personal resources, as she helps a client heal from a painful past of sexual and physical abuse. This fascinating and poignant case study is a must read for any therapist, new or old, who has ever questioned their credentials, training and overall ability to meet the challenges of a particular client.

Richard Erskine, in “*Nonverbal Stories: The Body In Psychotherapy*” shares his

¹<http://www.merriam-webster.com/dictionary/integrate>

formulation and integration of ideas about the role of nonverbal bodywork in psychotherapy. He includes a description of his own experiences with a non-verbal, body oriented technique, and like Pam Stocker, demonstrates the value of the therapist's own self exploration in developing and integrating an understanding of the clinical needs of clients. In keeping with the nature of Integrative Psychotherapy, which refers to the bringing together of the affective, cognitive, behavioral, and physiological systems, this article specifically highlights the importance of the nonverbal narrative that clients bring to us through their body and physiology.

Finally, authors Marin, Senis, Hastie-Talledo and Backenstrass, in "A Pilot Method for Multimodal Group Therapy for Adults with ADHD," present an integrated program for group therapy with adults with ADHD, which draws on a variety of theoretical constructs and clinical modalities. Although this article does not formally include Integrative Psychotherapy as understood within the IIPA, it does challenge us to extrapolate ideas for how we may work with adults with ADHD within a relational, integrative context, and understand the social and familial implications and challenges inherent in this diagnosis.

I am pleased to note that all three of these articles exemplify the mission of the IJIP, which is to publish:

".....papers presenting new developments in theory and practice, case studies, research articles and papers that review existing work in the area. Specially valued are the articles that integrate therapists' phenomenological experience, clinical thinking, theories and research. The Journal is also open to new ideas in the wider field of psychotherapy, psychology, psychiatry and other sciences that may potentially be useful for the development of integrative psychotherapy."

How will you, our readers, integrate Volume 5? How will you ponder, combine and create new perspectives about your clinical work, develop research protocols, or utilize these ideas in your office? How will you be personally or professionally touched, challenged or validated by these writers? Do you have a response to one of these articles? If so, please put that response into words. Do you have an article brewing in your mind? I invite you to ponder, integrate and create. I invite you to explore and write, and in that exploration, become part of "another larger thing" and make yourself "part of (the) larger group and organization" that is the IJIP and IIPA. I look forward to hearing from you.

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