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what is integrative therapy integrative therapy involves techniques from multiple therapeutic orientations to treat a client's unique problem integrative therapists believe that tailoring the therapy to the individual achieves the most significant effects integrative therapy offers a powerful and flexible approach to psychotherapy addressing each client's complex and unique needs it aims to create a comprehensive framework that prioritizes effective dialogue between various approaches by blending theories and techniques from different psychological models an integrative therapist aims to match evidence based treatments with each client's particular concern or concerns and so the first step is to discover and understand the individual's integration in psychotherapy involves four possible approaches theoretical integration i.e. transcending diverse models by creating single but different approach technical eclecticism i.e. using effective ingredients from different approaches assimilative integration i.e. working primarily from within one model but integrating there are three types of integration practiced by psychotherapists common factors assimilative integration and theoretical integration how do they differ from each other and how does psychotherapy integration differ from an eclectic approach to therapy integrative therapy involves discovering and understanding yourself and how your individuality relates to your overall human function you and your therapist forge a 4 key approaches of integrative therapy integrative therapy takes one of four different approaches theoretical integration using one approach that considers and brings together different models technical eclecticism carefully choosing techniques from different schools of thought to address a complex case different routes to integration the most recent edition of the handbook of psychotherapy integration norcross goldfried 2005 recognized four general routes to integration common factors technical eclecticism theoretical integration and assimilative integration norcross 2005 key points psychotherapy consists of a jungle of different approaches psychotherapy integration systematically explores the relationship between different schools of thought the common j psychother integr author manuscript available in pmc 2017 jun 1 published in final edited form as j psychother integr 2016 jun 26 2 116 128 doi 10 1037 int0000032 pmcid pmc5034936 nihmsid nihms778601 pmid 27672302 an integrative theory of psychotherapy research and practice seymour epstein and martha l epstein in what follows we introduce and define psychotherapy integration including its four major variants and present a truncated history of its evolution we then outline integrative theory of personality and psychopathology clinical assessment and diagnosis the treatment process and its psychotherapy relationship thus integration of theory and practice in this volume elucidates three assumptions a integration of traditional counseling theory with positive psychology b multicultural contextualization of such integration and c indispensability of integrating theory and practice let us expand on each of these assumptions june 1 2015 psychotherapy theories provide a framework for therapists and counselors to interpret a client's behavior thoughts and feelings and help them navigate a client's journey from diagnosis to post treatment theoretical approaches are an understandably integral part of the therapeutic process integral theory as described by the contemporary american philosopher ken wilber is essentially a philosophical map that brings together more than 100 ancient and contemporary theories in philosophy psychology contemplative traditions and sociology learning objectives 1 identify the role and purpose of counseling theory in working with clients 2 understand the author's philosophical stance on integrative counseling 3 understand the role of diversity in counseling and psychotherapy 4 explain how a counselor's values are to be considered in the counseling relationship 5 ing you construct your own integrated approach to psychotherapy research has indicated that psychotherapy is moving toward an integrated approach to therapy norcross 2005b throughout the world when you ask a psychologist or counselor what his or her theoretical orientation is the most frequently given response is integrative or eclectic our study demonstrates that the major barriers were lack of time and access to theories difficulties in changing one's own practice and establishing supportive structures the lack of competence to understand the role theories and having become estranged theories abstract this chapter describes the role of psychological theory and its relation to counseling practice with a special emphasis on counseling psychology's unique opportunity to enhance the integration of science and practice in psychology integrative counseling

definition an integrative approach to counselling and psychotherapy involves drawing upon more than one modality the blending of relevant theory and interventions an approach is formed to suit the needs of the client integrative counselling model integrating theory with practice by dorlee since my last post i have been essentially settling into the routine of seeing between 8 and 9 patients a week at my placement in addition to the twice weekly group sessions the weekly social work seminar and the other routine fixed weekly items on my agenda the work that i am finding the most

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