Handbook Of Behavior Therapy And Psychological Science: An Integrative Approach

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Integrative Psychotherapy embraces an attitude towards the practice of psychotherapy that affirms the inherent value of each individual. It is a unifying psychotherapy that responds appropriately and effectively to the person at the affective, behavioral, cognitive, and physiological levels of functioning, and addresses as well the spiritual dimension of life. The term "integrative" of Integrative Psychotherapy has a number of meanings. Integrative Psychotherapy also refers to the bringing together of the affective, cognitive, behavioral, and physiological systems within a person, with an awareness of the social and transpersonal aspects of the systems surrounding the person. Psychology as a Science of Subject and Comportment, beyond the Mind and Behavior. Oct 2017 | Marino Pérez-Álvarez. The turn of qualitative inquiry suggests a more open, plural conception of psychology than just the science of the mind and behavior as it is most commonly defined. This article develops a comprehensive philosophy-of-science for personality psychology that goes far beyond the scope of the lexical approaches, assessment methods, and trait concepts that currently prevail. One of the field’s most important guiding scientific assumptions, the lexical hypothesis, is analysed from meta-theoretical viewpoints to reveal that it explicitly describes
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In contrast, an integrative therapist is curious about the “why and how” of the change as well. A theoretical emphasis is important: for example, the client may only have been trying to please the therapist and was adapting to the therapist rather than becoming more fully empowered in themselves. 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). Common factors[edit] A Casebook of Psychotherapy Integration. Washington, DC: American Psychological Association. Urban, W. J. (1978) Integrative Therapy: Foundations of Holistic and Self Healing. Los Angeles: Guild of Tutors Press.
An individualised case conceptualisation helps organise complex information about a patient and is a blueprint for guiding treatment. Despite the development of manualised treatments for various disorders in cognitive behaviour therapy, there are compelling reasons for the continued use of individualised case conceptualisation.