



PSYCHOINTEGRATION

with Dr Chris



Deep Release Online
Professional Training for Counsellors

How useful/relevant do a focus group of
counsellors and a separate focus group
of coaches find the essentials of
the *Integrative Cyclical Dynamic Model*
as a psychoeducative supplement
to their practice?

Dr Chris Andrew

A dissertation submitted in fulfilment of the requirements
of the University of East London for the degree of Master of
Arts in Counselling and Psychotherapy

June 2013



“The past two decades have seen a steady growth of counsellors who designate themselves as eclectic or integrationist. The increase in debate, courses and societies to promote the interests of integrative approaches has been accompanied by a proliferation of integrative theories. It would seem that the majority of therapists ascribing to eclecticism and integration do so because they seek to find an individualised mix of therapies which suit their personality type, philosophical beliefs, client population and preferred style of working... The habits and boundaries associated with the various schools are hard to eclipse, and for most of us integration remains more of a goal than a constant daily reality.”

ECLECTICISM

Definition

A combination of different learning, based on only the best part or parts that are beneficial from a variety of teaching. Then the weaknesses of a particular teaching method can be avoided.

The Eclectic Method by Guemari Imene Nadjla

Integrative and Eclectic Counselling and Psychotherapy

edited by
Stephen Palmer and Ray Woolfe

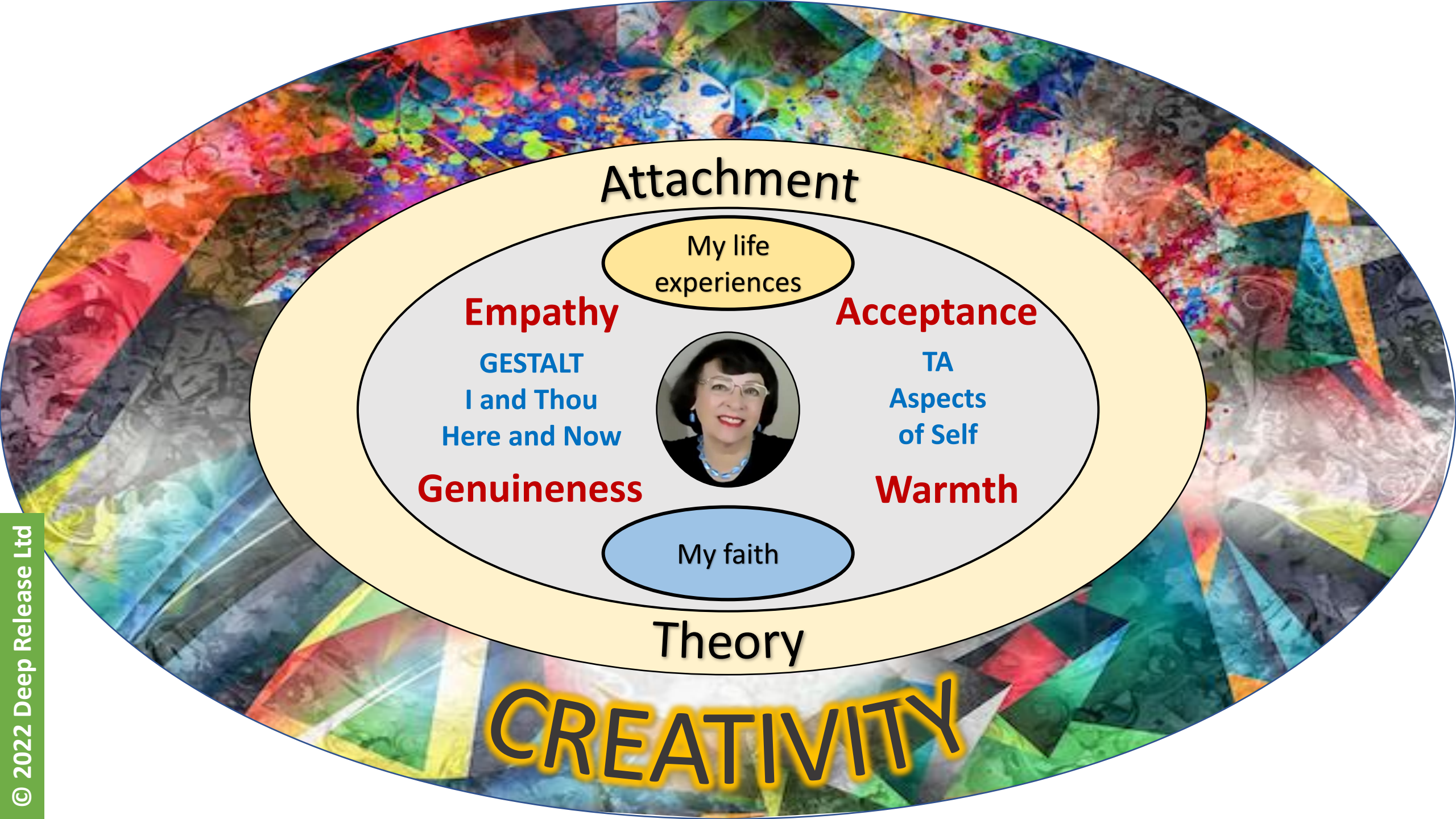
Integration in Counselling & Psychotherapy

2nd Edition



Phil Lapworth & Charlotte Sills





Attachment

My life
experiences

Empathy

GESTALT
I and Thou
Here and Now

Genuineness

Acceptance

TA
Aspects
of Self

Warmth

My faith

Theory

CREATIVITY



Deep Release Online
Professional Training for Counsellors

Creatively show us your Integrative Model!

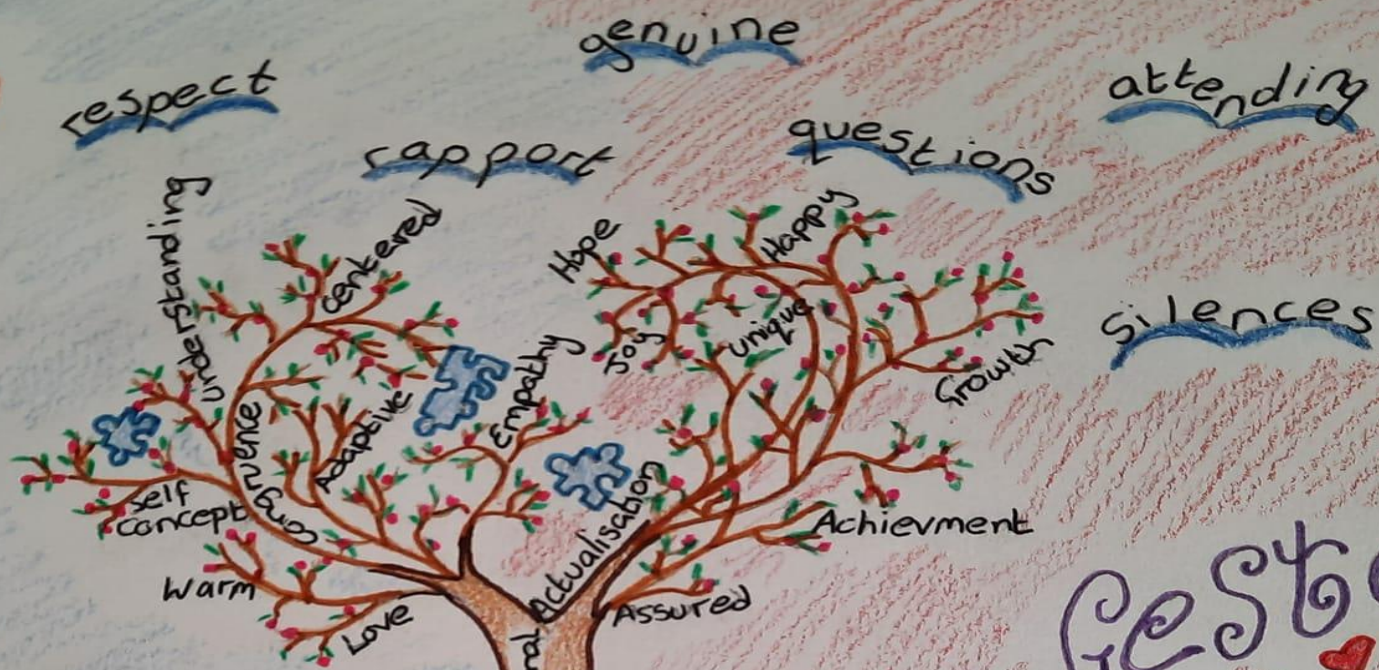






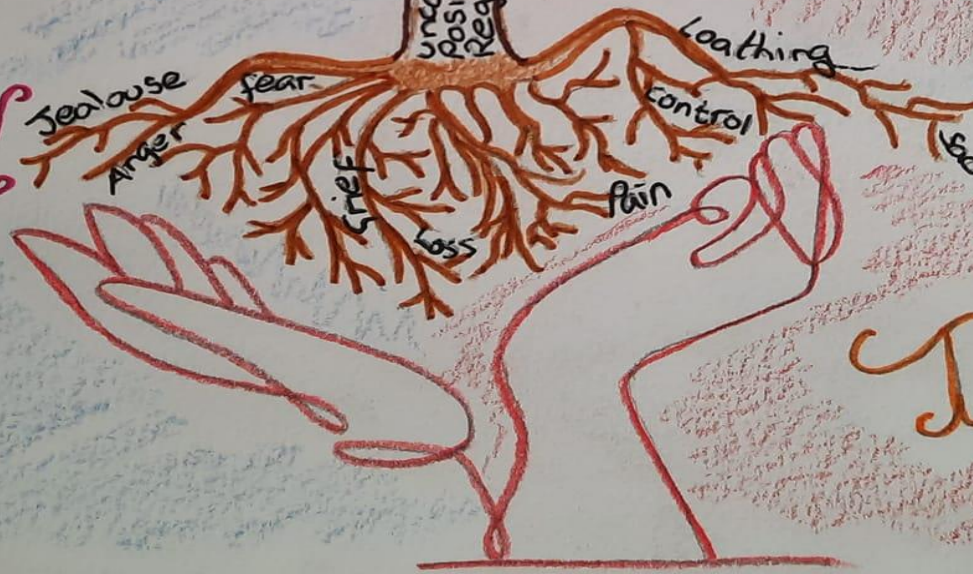
*From terror in childhood down the looping
Road of therapy: art, inner child,
psychosexual, sand play,
trauma-informed with empathy and
unconditional positive regard a
traumatised child can walk out of therapy
a content adult. -*

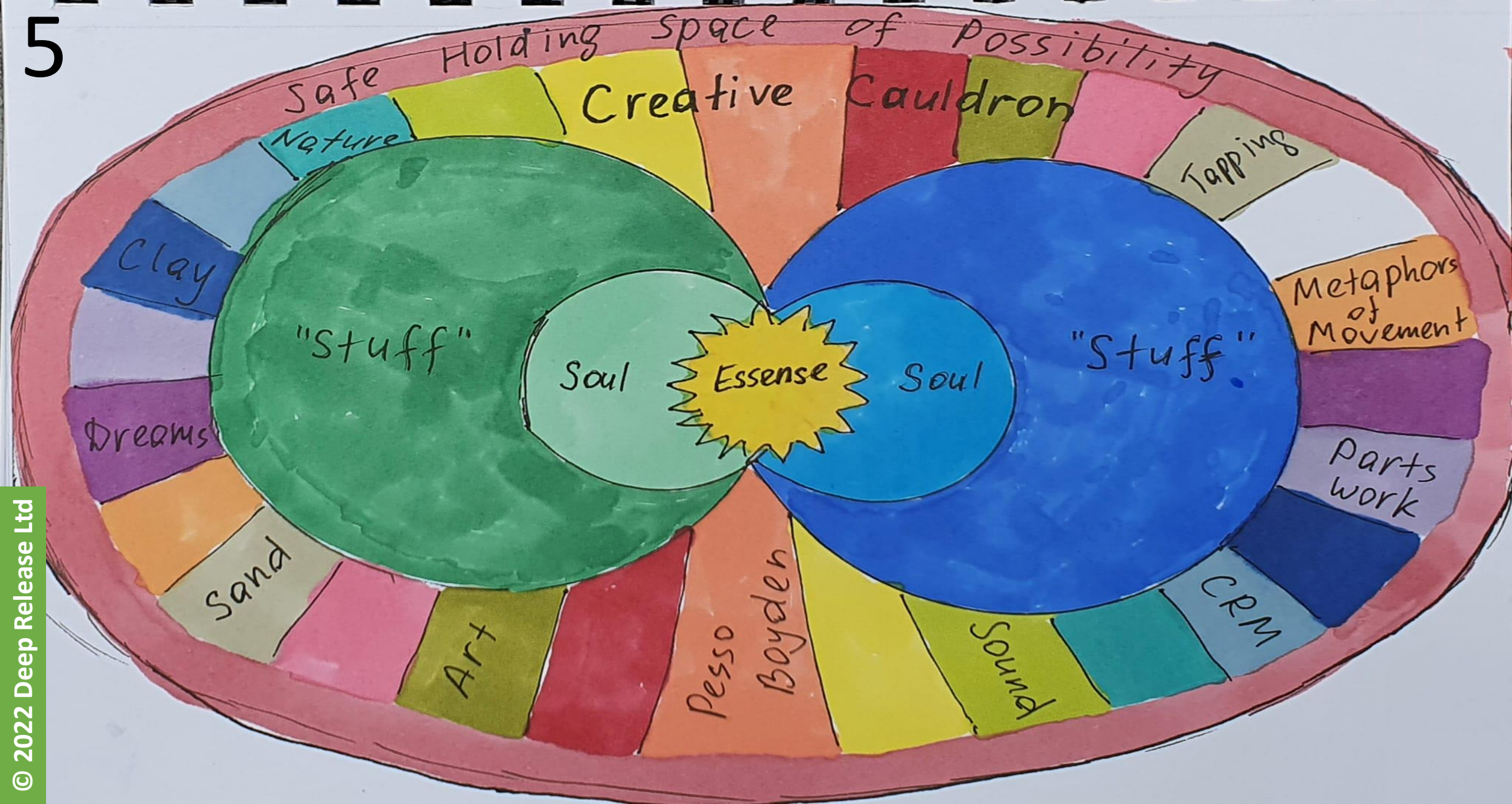




Person Centered Theory

Gestalt Attachment Theory







Jehovah Shalom
The Lord is peace
Judges 6:24

Jehovah-Makdesh
The Lord sanctifies
Lev 20:8

Jehovah-El Shaddai
The Lord is our righteousness
Jer 23:5-6

Jehovah Shammah
The Lord is there
Ezekiel 48:35

Jehovah Rishi
The Lord is my shepherd

This is Eternal Life
That they know you
The Only True God
and Jesus Christ whom
You have sent
John 17:3

Attachment Bowlby Relationship
Psychodynamic transference
Person Centred Rogers
RET Ellis
Gestalt

Relational
Rational
Emotional
Volitional
Physical
Spiritual

Beings (Elohim)
(All-powerful God)
Creator
'Let us make man in
our image' Gen 1:26
Jehovah 'I am'

Needs
Love
Meaning & Purpose
Worth
HUMANITY

Hello!
How are you?

Jehovah Nissi
The Lord is my Banner

Jehovah Rophe
The Lord heals (Ex 15)

Bitter waters
Made sweet



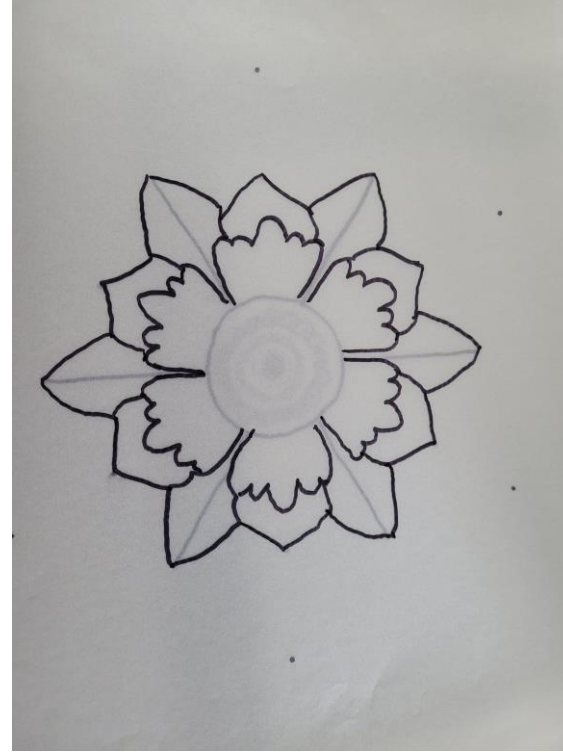
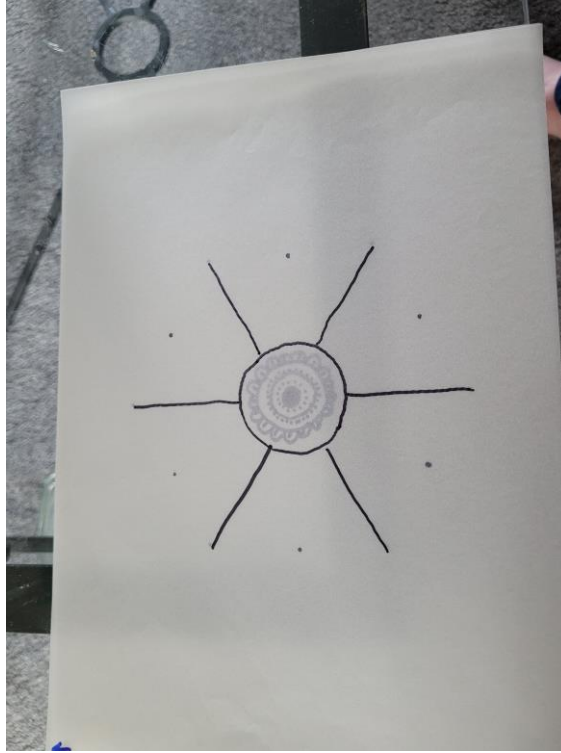
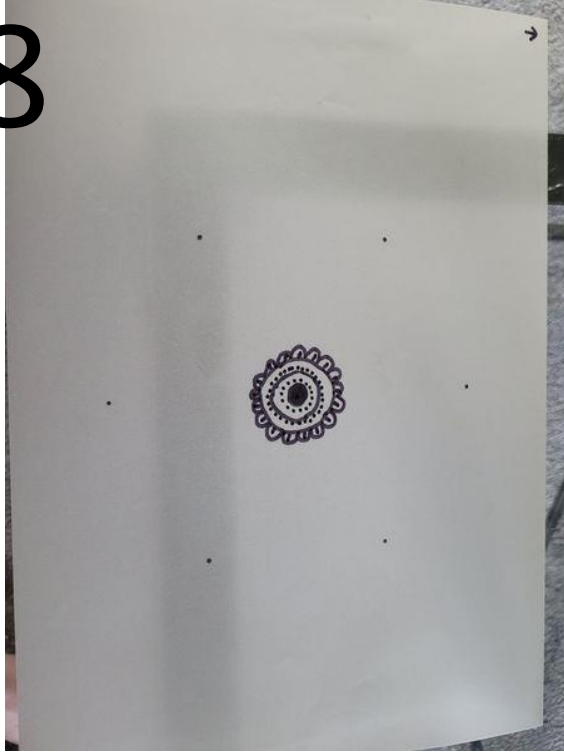
Jehovah Jireh (Gen 22:8)
The Lord will provide

Adonai
Master
Lord
Protector
Owner

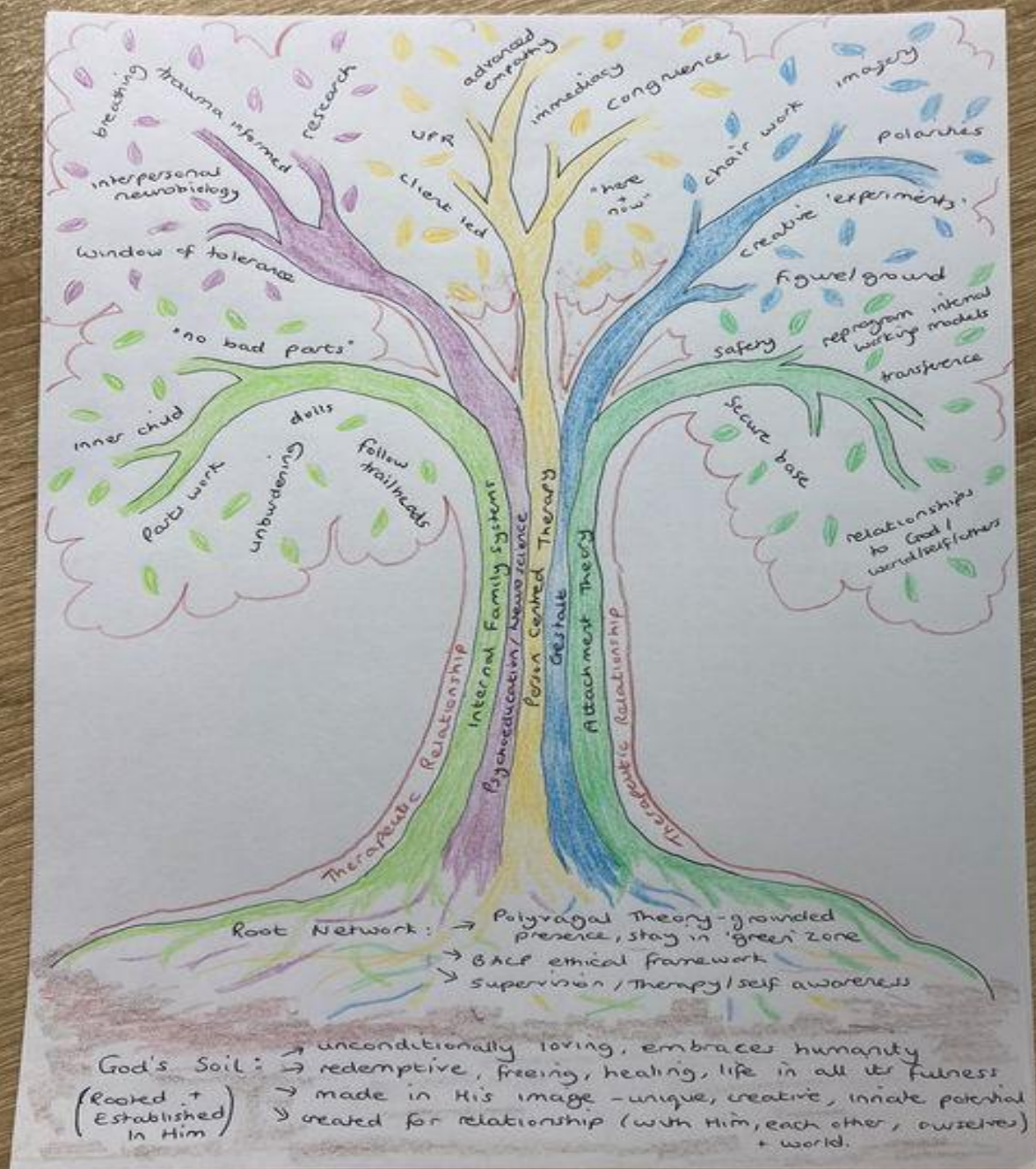
El Shaddai
Almighty God
Nourisher, sustainer
Blessings of the Breast
Fruitful

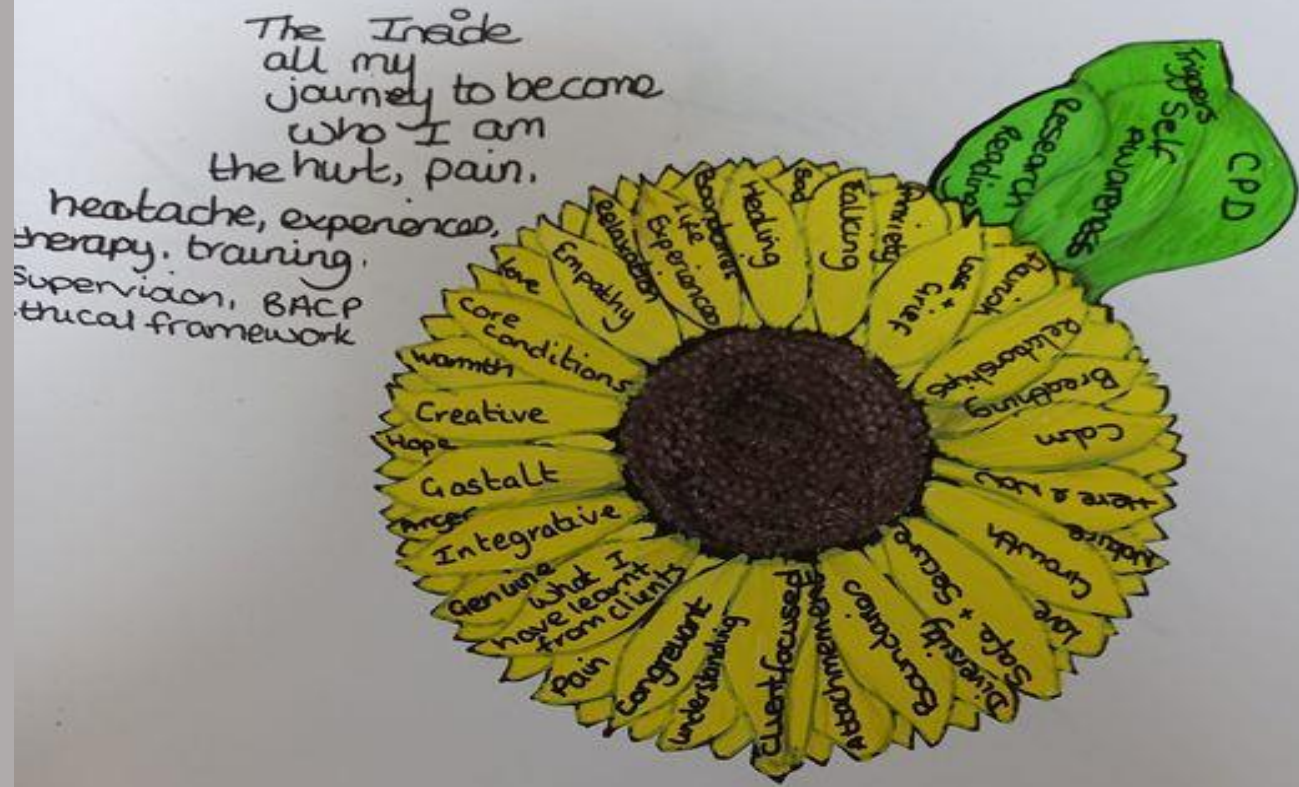
I will surely bless you,
and I will surely multiply
your offspring as the
stars of heaven
Gen 22:17





my entry was actually part of my final presentation of my Integrative framework. It builds up into a complete mandala. Each photo has a small explanation of each layer. Hope it makes sense.





Covering - Creative

Custom - Self
Spirituality.



Footstall -
Psychodynamic
CFT Solution
Focused



Chair - Feet

Peer, Internal, External
Supv. Supv. Supv. Life
wisdom

Main Seat -
P/centered Principles
Core Conditions
Relationship
Client's agenda
Beneficence.

Arms - T.A.

GESTALT :

Lamp * (Attachment)

Light * Tutoring

Ameloths - CPD
Attachment

Headcloth - Psycho
education

Life
wisdom

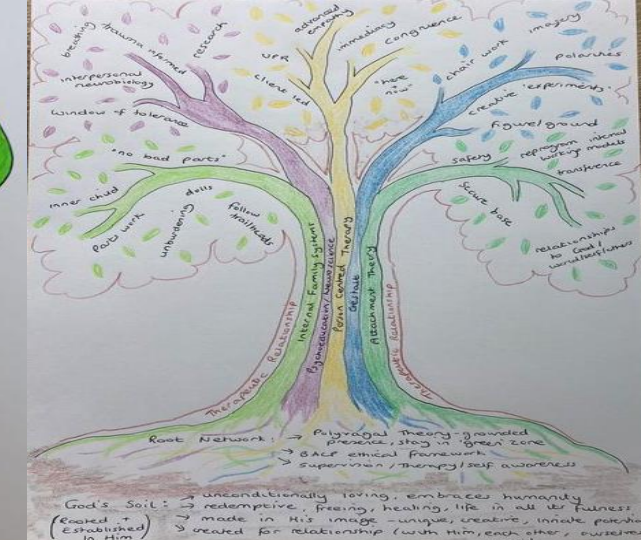


Masha's Integrative Model

**Please turn your
video off for the
film**

THANK YOU!

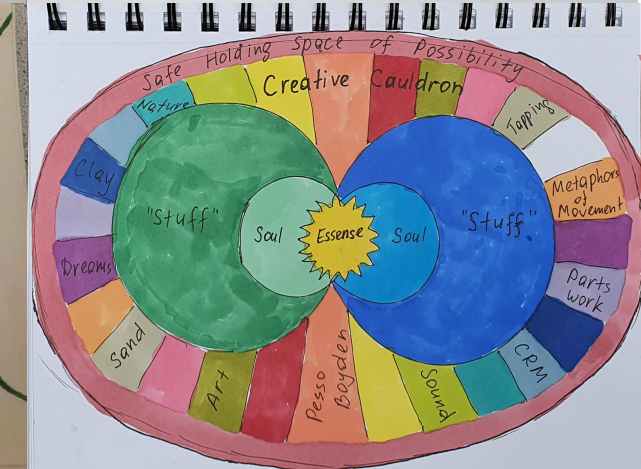




A hand-drawn butterfly diagram representing the components of Carl Rogers' Person-Centered Therapy. The butterfly is divided into four colored wings: red (top-left), purple (top-right), blue (bottom-left), and orange (bottom-right). The body is brown. The wings contain the following terms:

- Red wing (top-left):** Rogers, congruence
- Purple wing (top-right):** Gestalt, Psychosynthesis
- Blue wing (bottom-left):** C/P, empathy, Past/life experiences, exploration, healing
- Orange wing (bottom-right):** TA, transformation, talking, Creativity

The central body contains the letters F, A, I, T, H, and the word 'attachment' is written across the middle of the wings.



Buddy Group Discussions

- Share your integrative model and hopefully your creative picture if you have one!
- How did you respond to the competition entries and Masha's video?

15 minutes – divide the time between you all



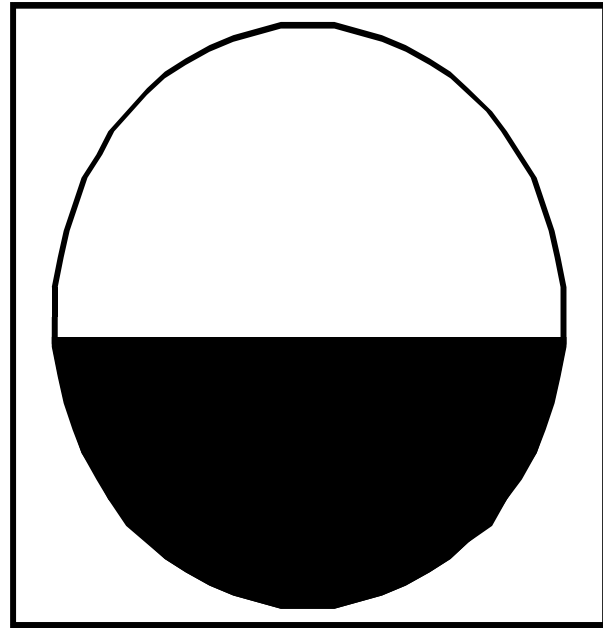


5 MINUTES

Cycles of Development



LIFE CYCLES



LIFE CYCLES



LIFE CYCLES

First year of growth

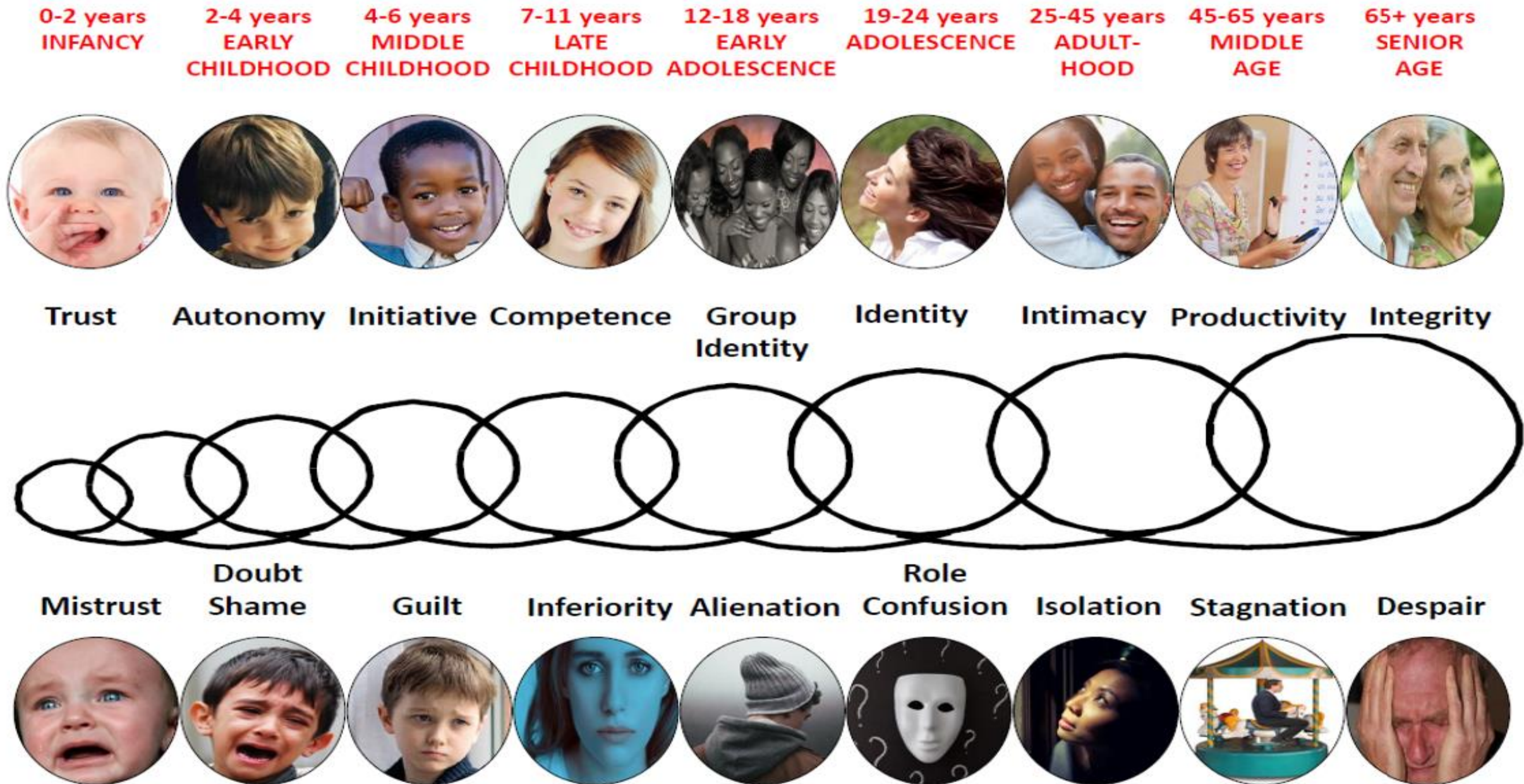
Rainy season

Dry season

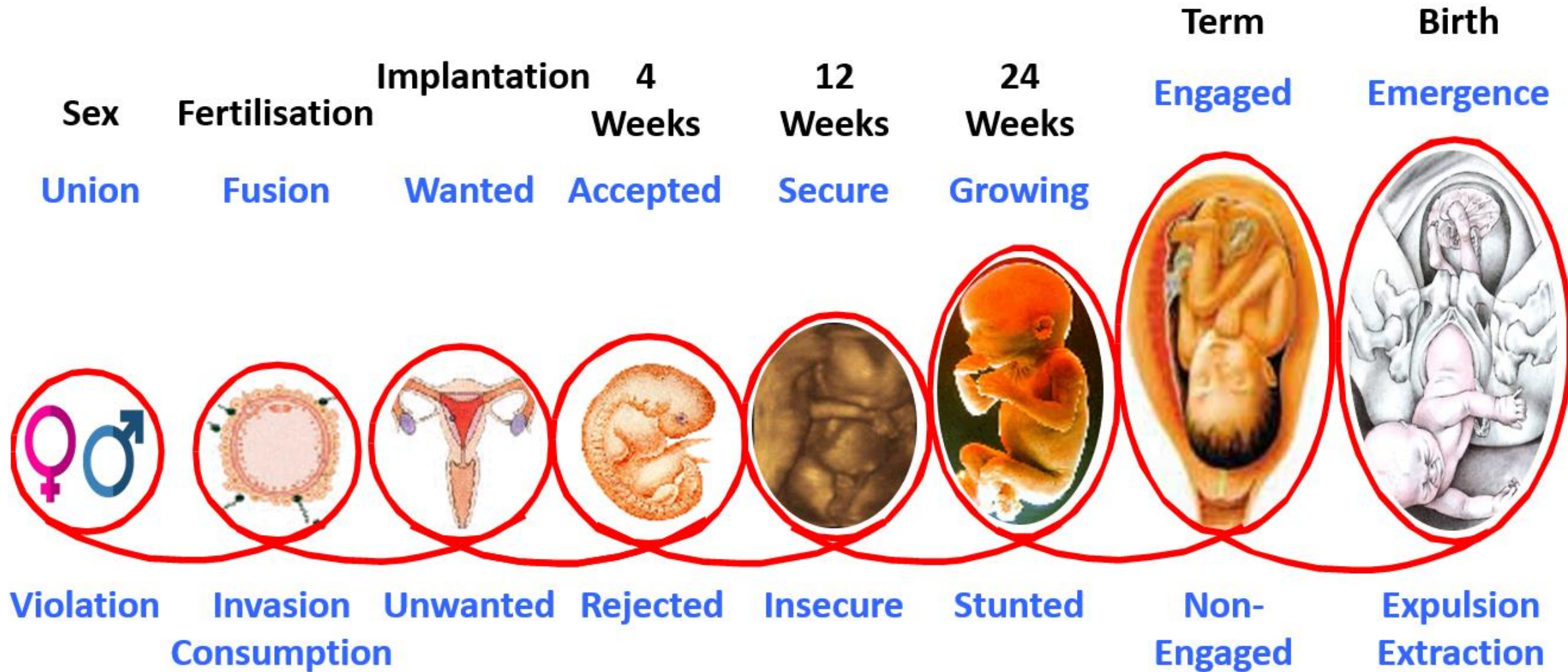
Scar from forest fire



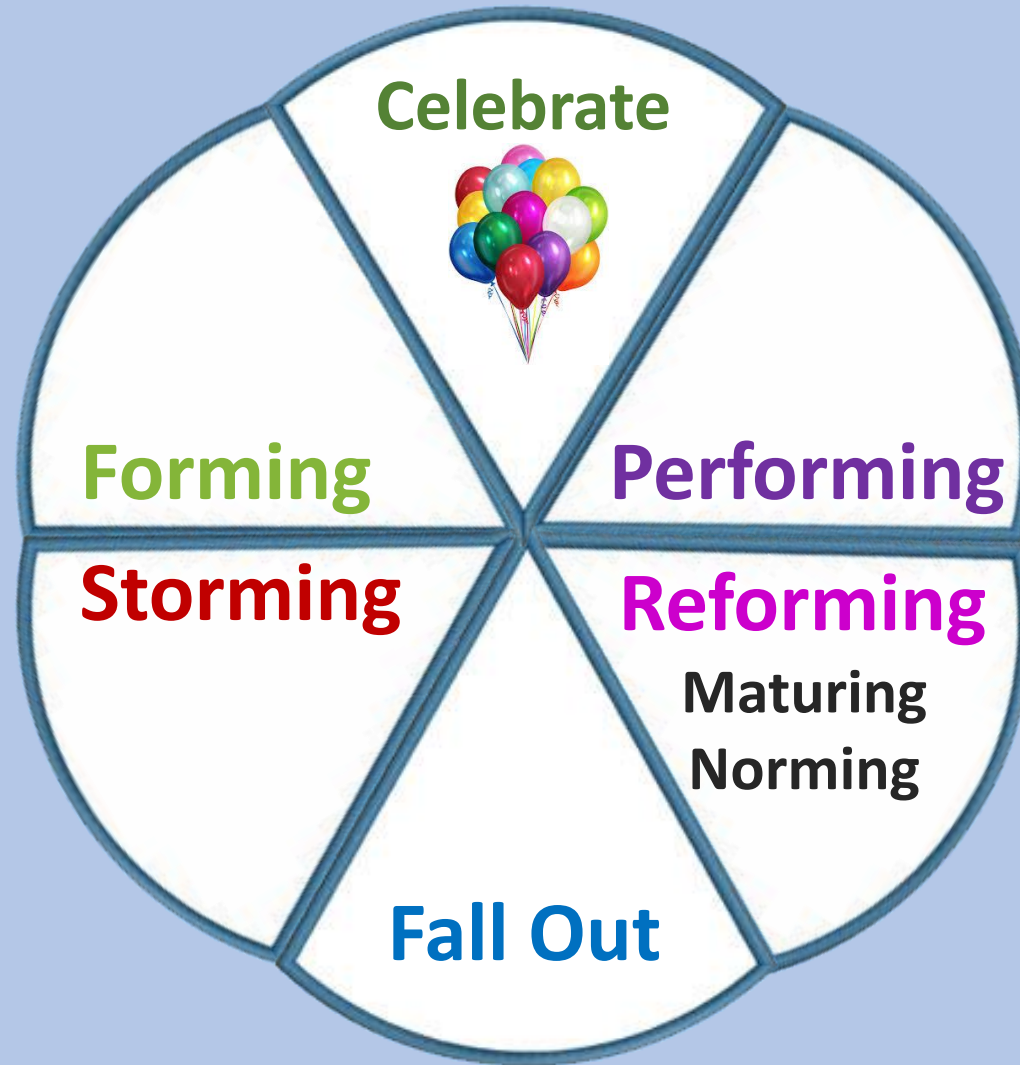
ERIKSON'S LIFE STAGES



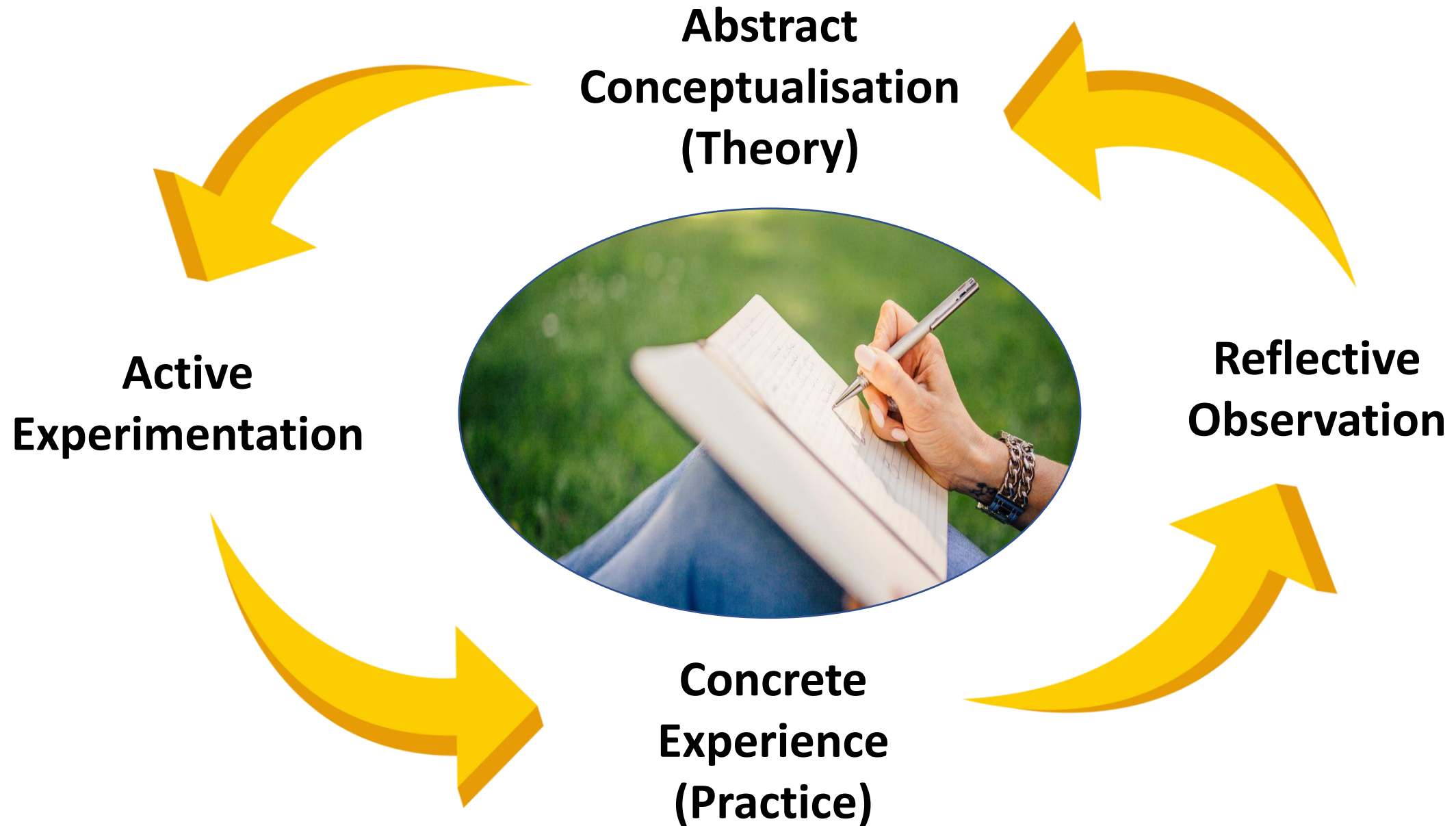
WOMB CYCLES



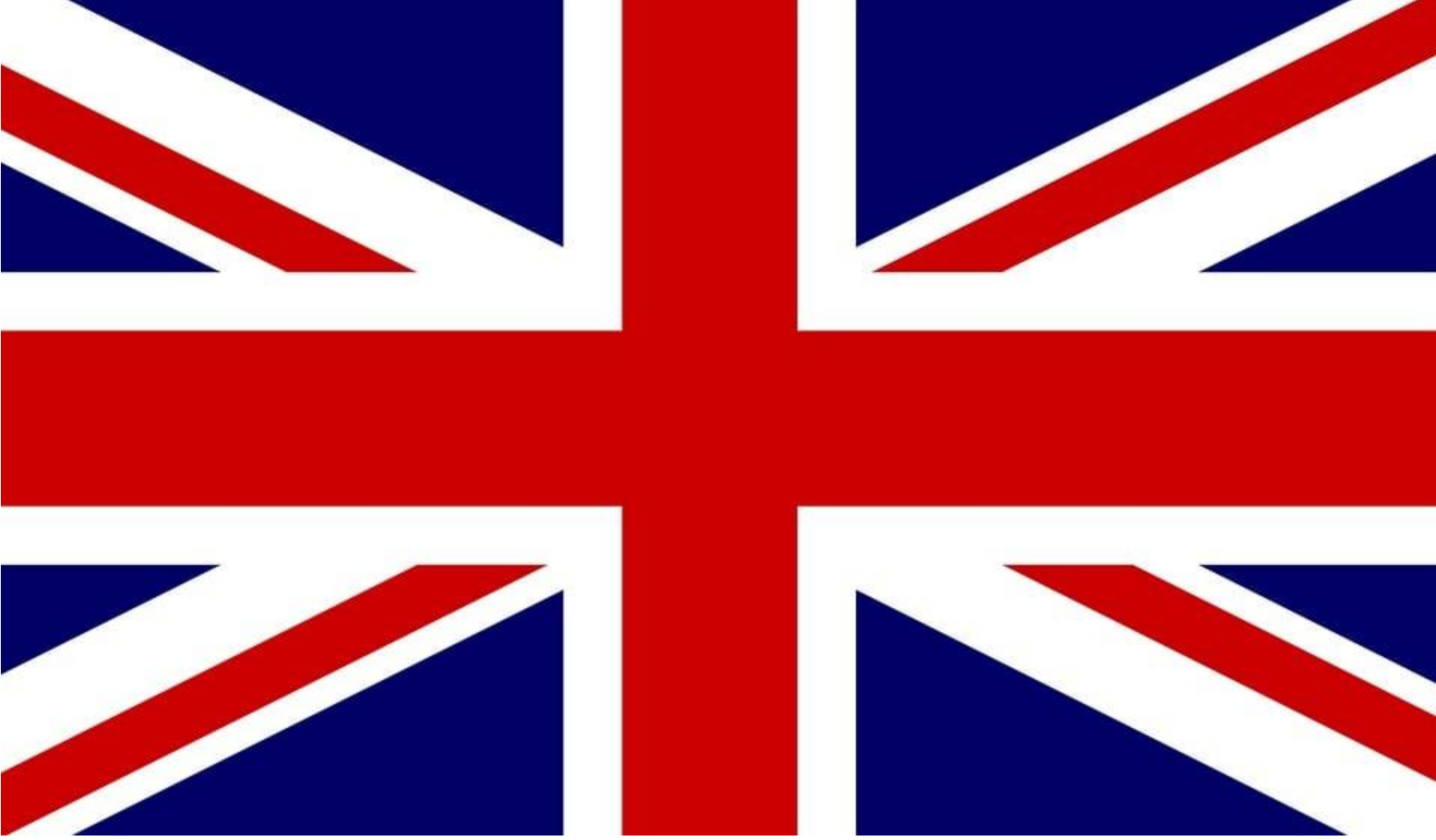
THE TUCKMAN / SCOTT PECK CYCLE



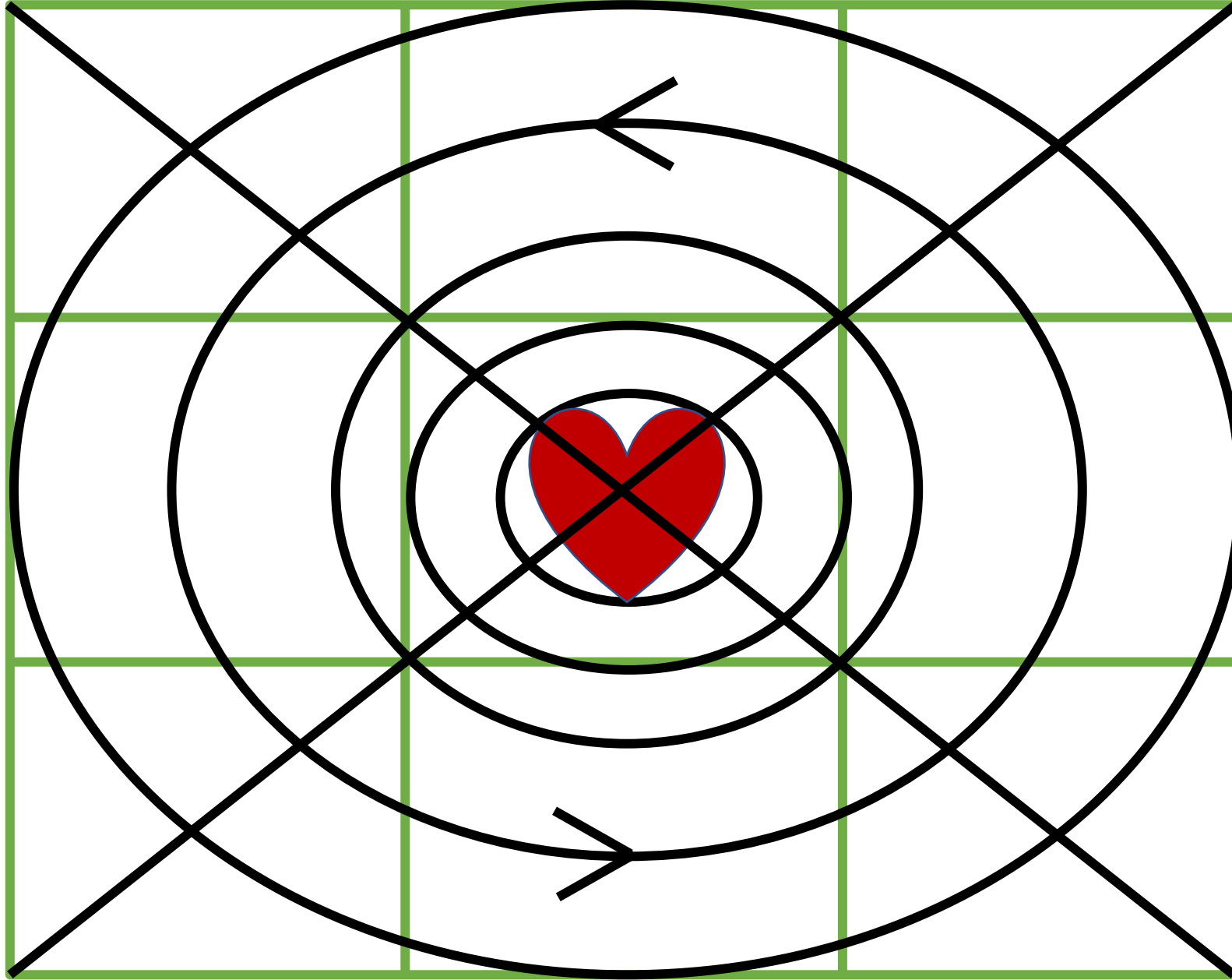
REFLECTIVE PRACTICE: DAVID KOLB'S LEARNING CYCLE



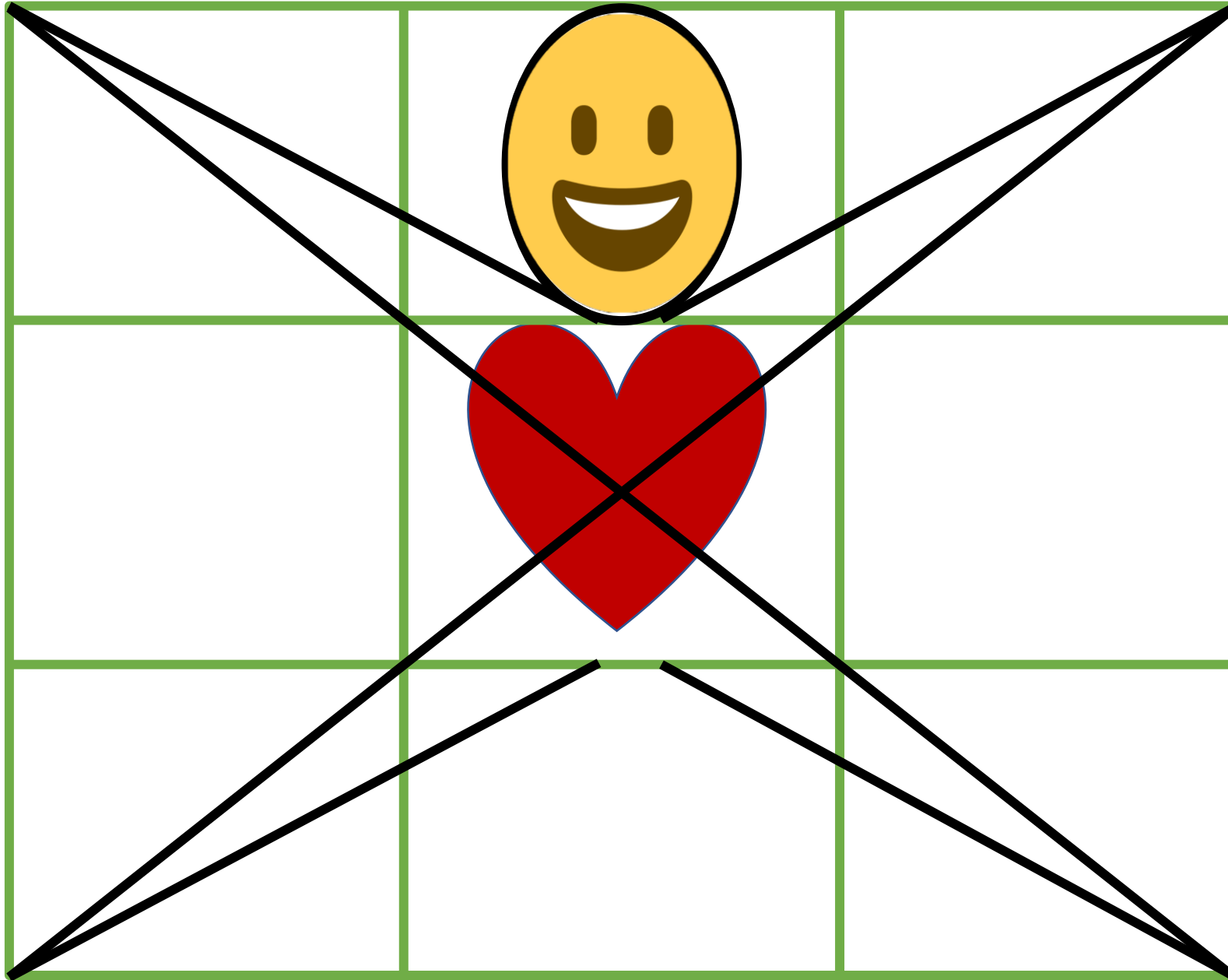




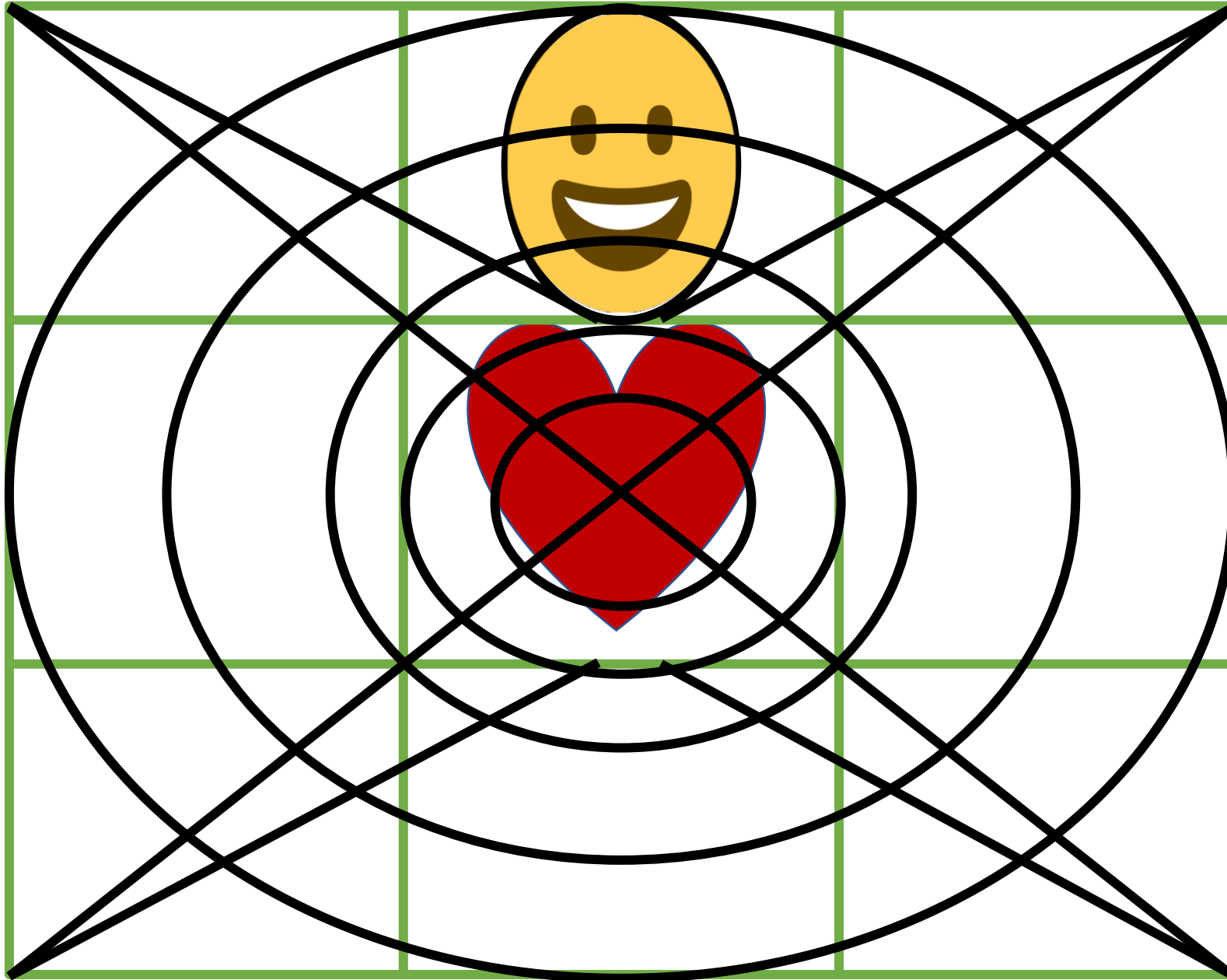
TREE RINGS



BRAIN, BODY AND BEYOND



BRAIN, BODY AND BEYOND





Kay's Integrative Model

**Please turn your
video off for the
film**

THANK YOU!





The Left-Right Brain

THE TWO HALVES OF THE BRAIN



THE TWO HALVES OF THE BRAIN

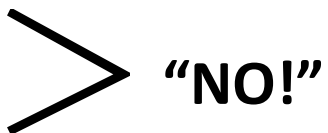
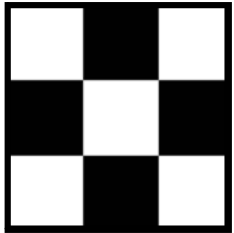
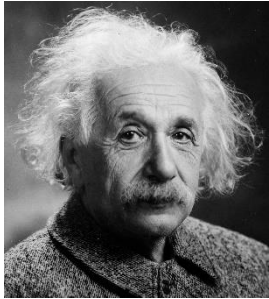
Left
brain

I am the left brain.
I am a scientist. A mathematician.
I love the familiar. I categorize. I am accurate. Linear.
Analytical. Strategic. I am practical.
Always in control. A master of words and language.
alistic. I calculate equations and play with numbers.
I am order. I am logic.
I know exactly who I am.

Right brain

I am the right brain.
I am creativity. A free spirit. I am passion.
Yearning. Sensuality. I am the sound of roaring laughter.
I am taste. The feeling of sand beneath bare feet.
I am movement. Vivid colors.
I am the urge to paint on an empty canvas.
I am boundless imagination. Art. Poetry. I sense. I feel.
I am everything I wanted to be.

THE TWO HALVES OF THE BRAIN



The Left Hemisphere

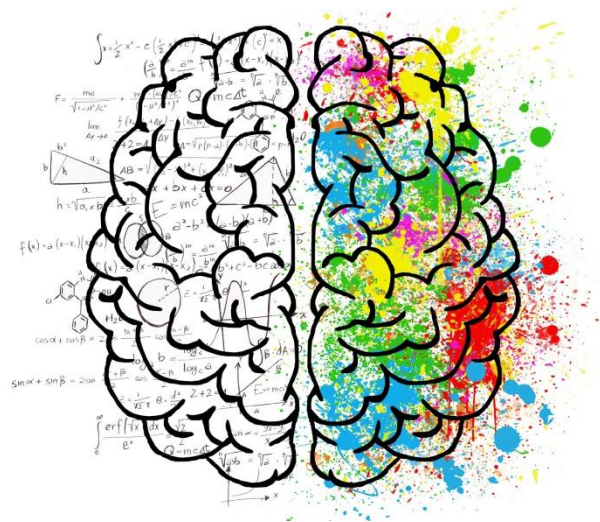
LOGICAL

LEGAL

LINEAR

LINGUISTIC

LITERAL



The Right Hemisphere

RELATIONAL

ARTISTIC

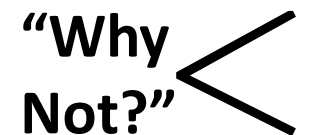
RHYTHM

RHYME

RESPONSIVE

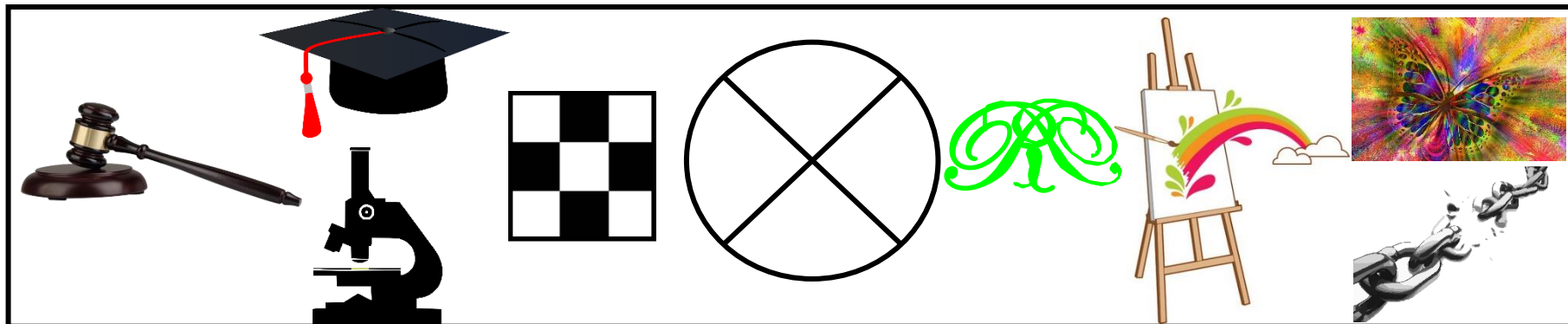
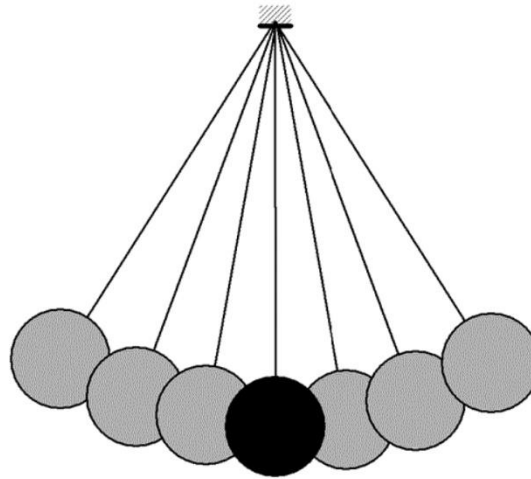
REACH FOR THE STARS

RISK-TAKING



THE LEFT-RIGHT AXIS

| | | | |
|-----------------|------------|----------------|----------------|
| Legalism | Law | Liberty | Licence |
|-----------------|------------|----------------|----------------|





The Top-Down Brain

THE TOP-DOWN BRAIN

Cortex



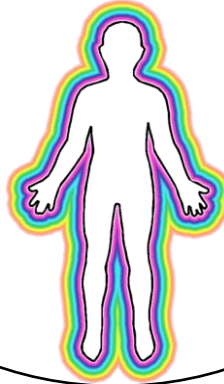
Thinking

Limbic System



Feeling

Hindbrain



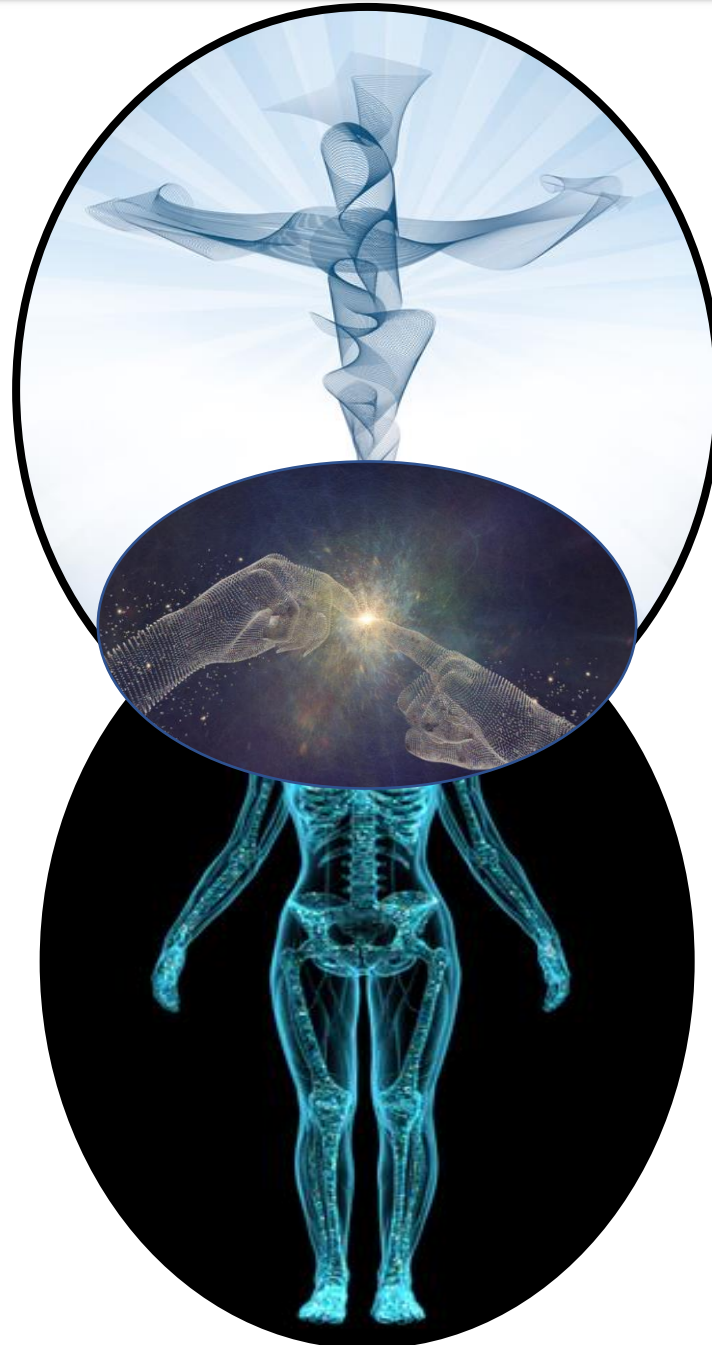
Being/Doing

SPIRITUAL DYNAMICS

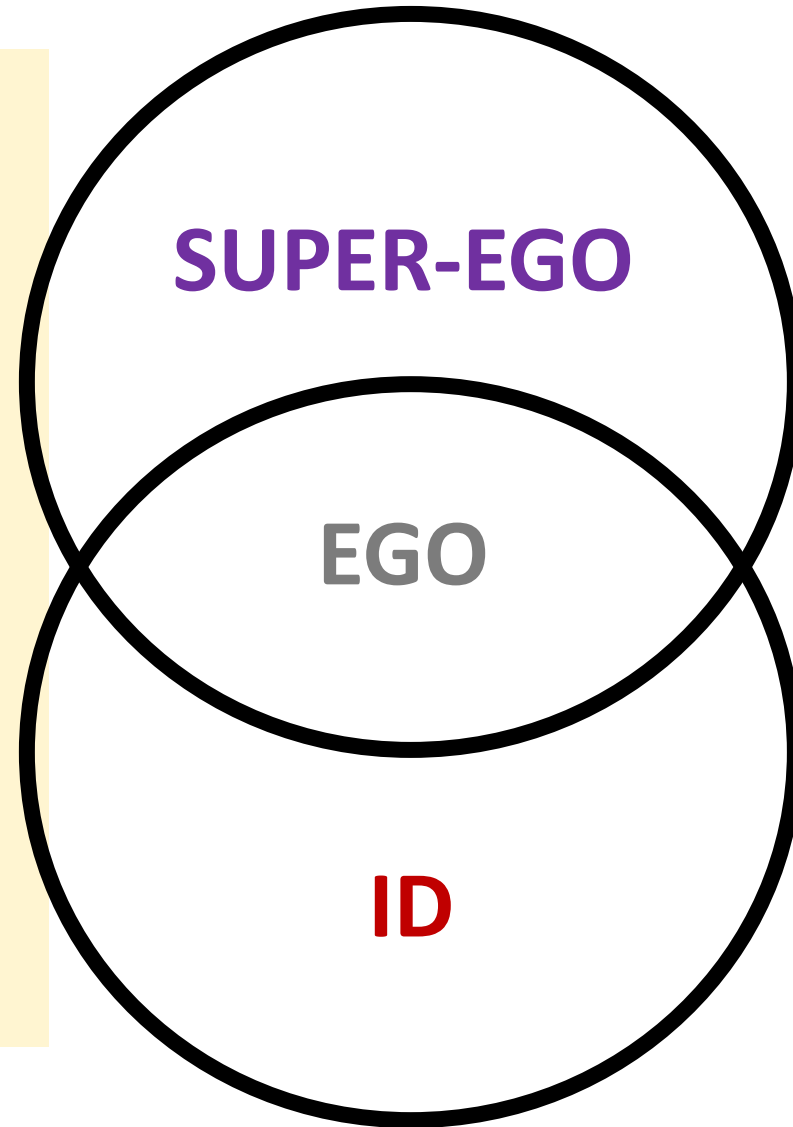
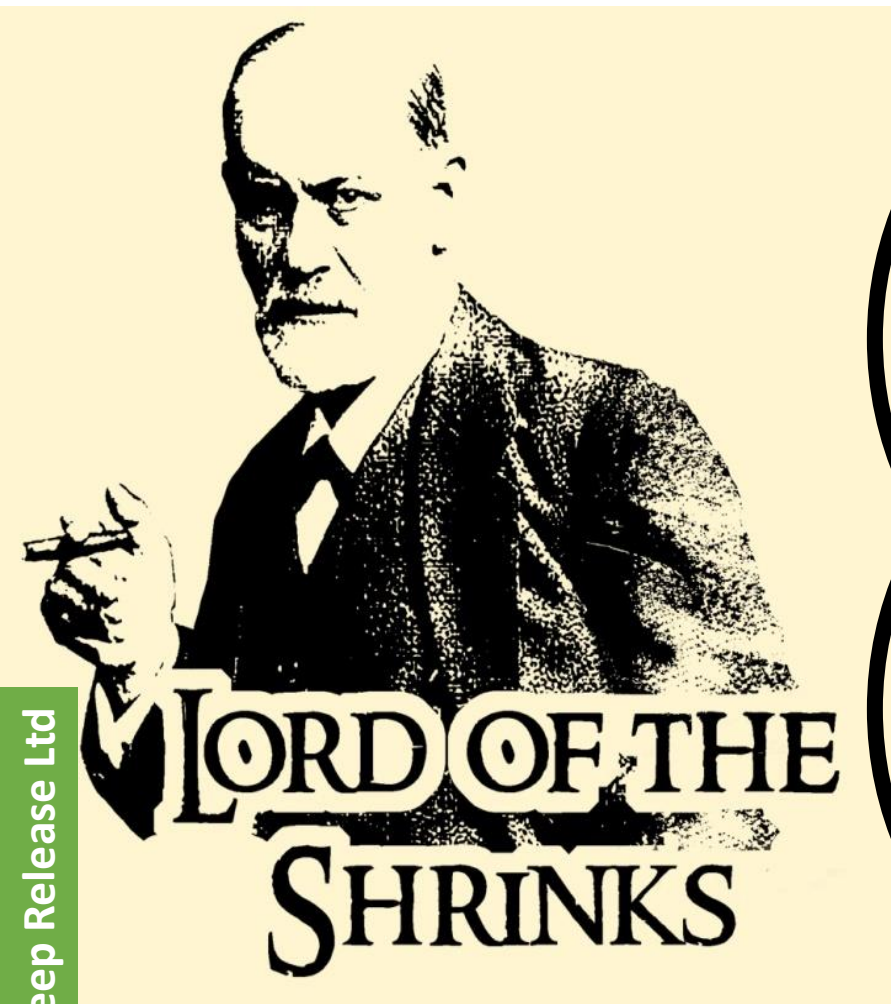
Spirit

Soul

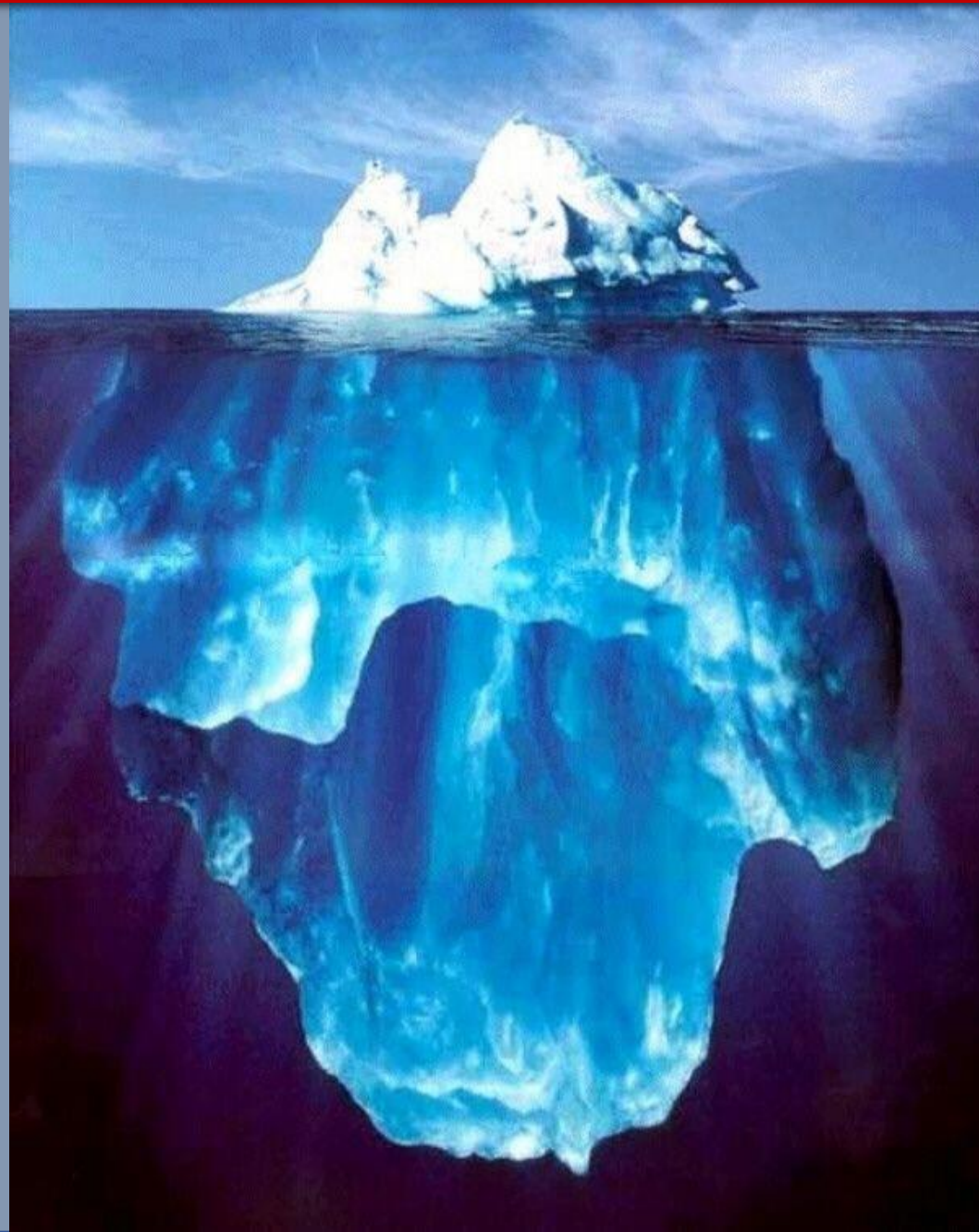
Body



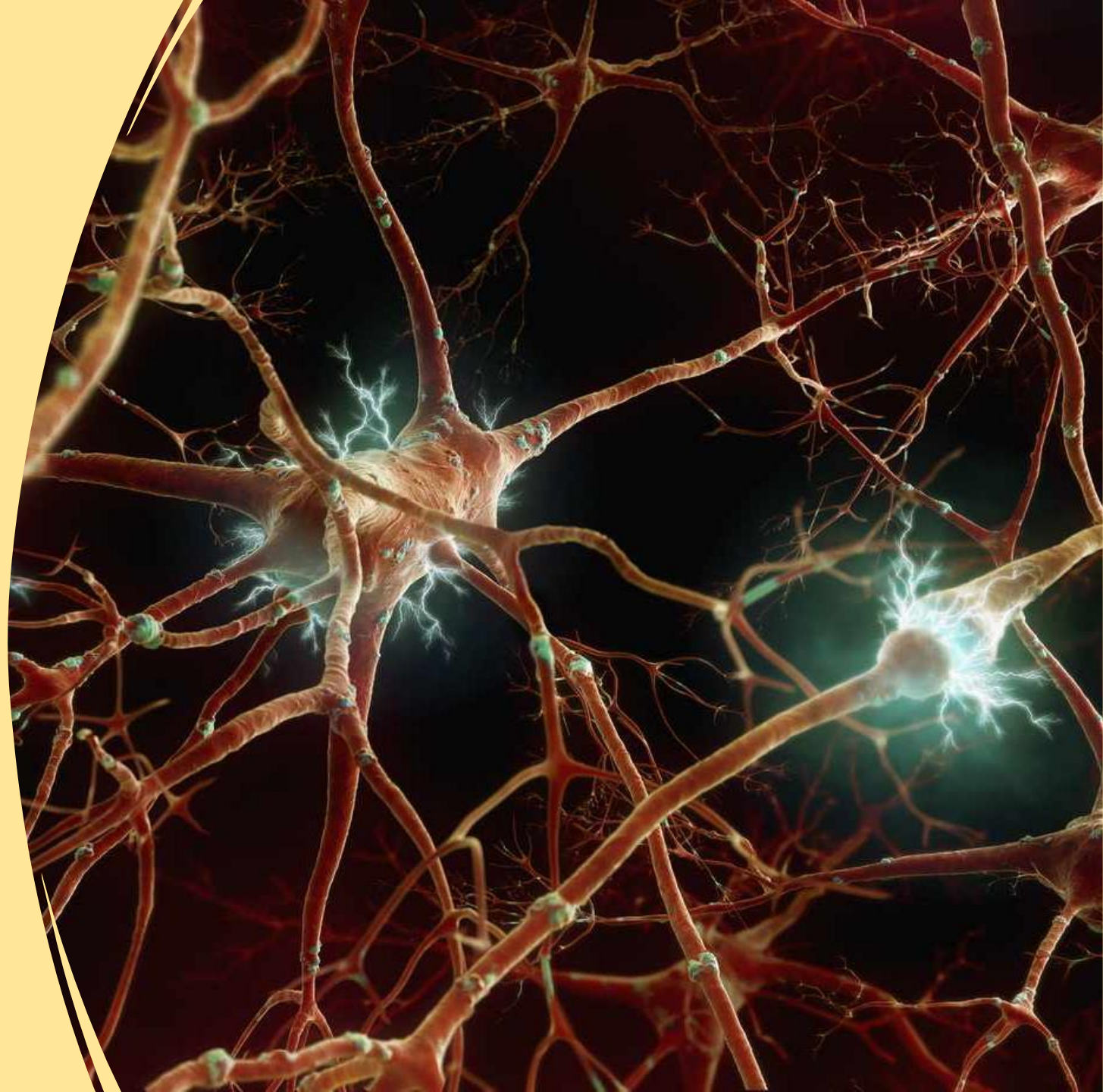
FREUD'S THEORIES



REALMS OF THE UNCONSCIOUS



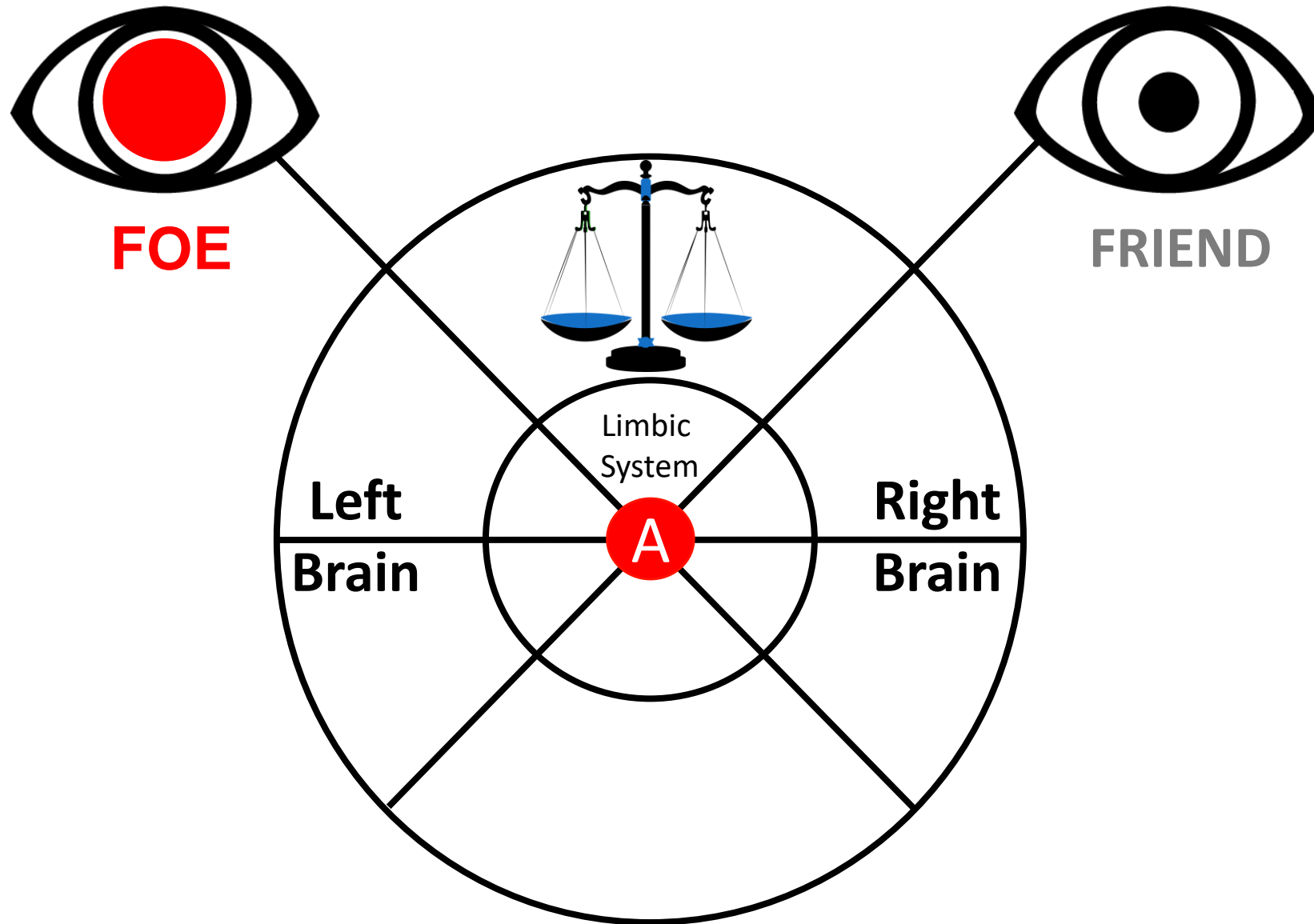
THE AUTONOMIC NERVOUS SYSTEM



Feather-horned Beetle



FRIEND OR FOE?





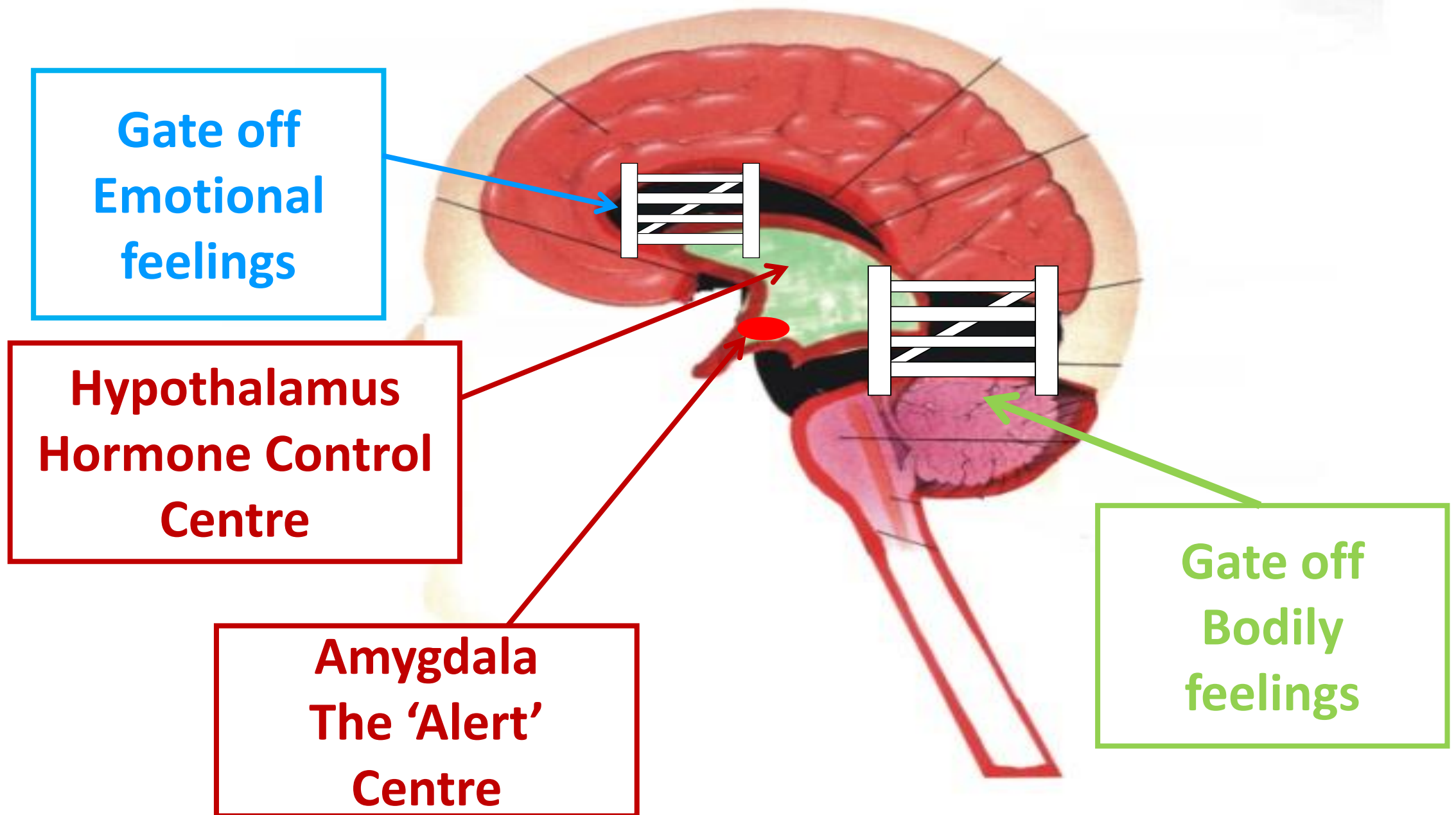
AMYGDALA

EMOTIONAL (AFFECT) REACTIONS

Looking at the way I feel

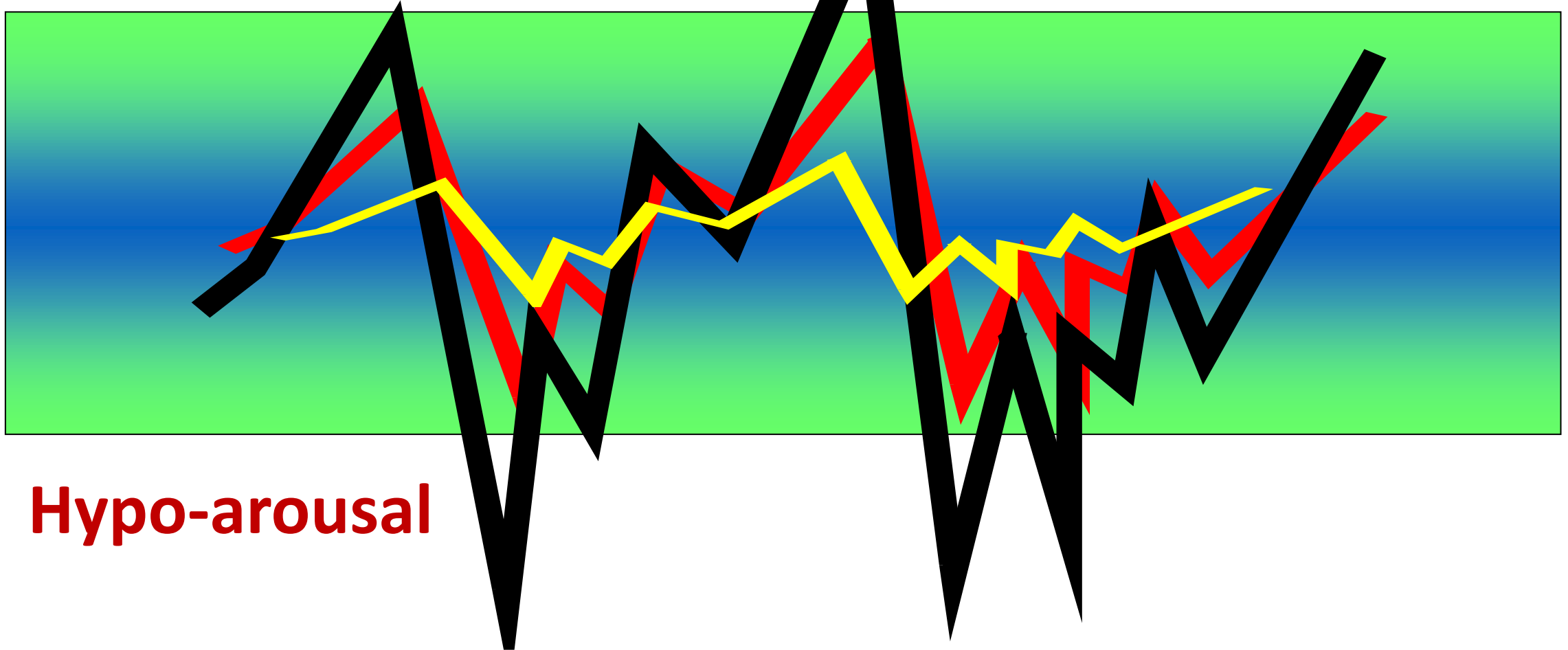


THE SPLIT BRAIN



The Window of Tolerance

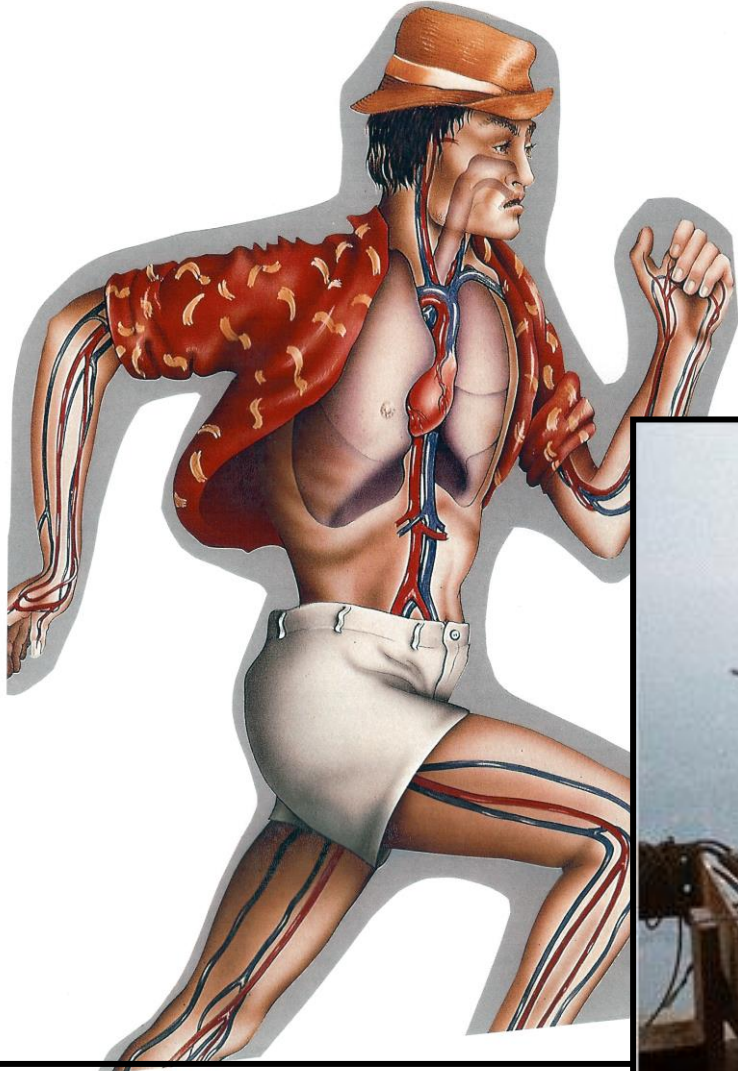
Hyper-arousal



Hypo-arousal

THE AUTONOMIC NERVOUS SYSTEM

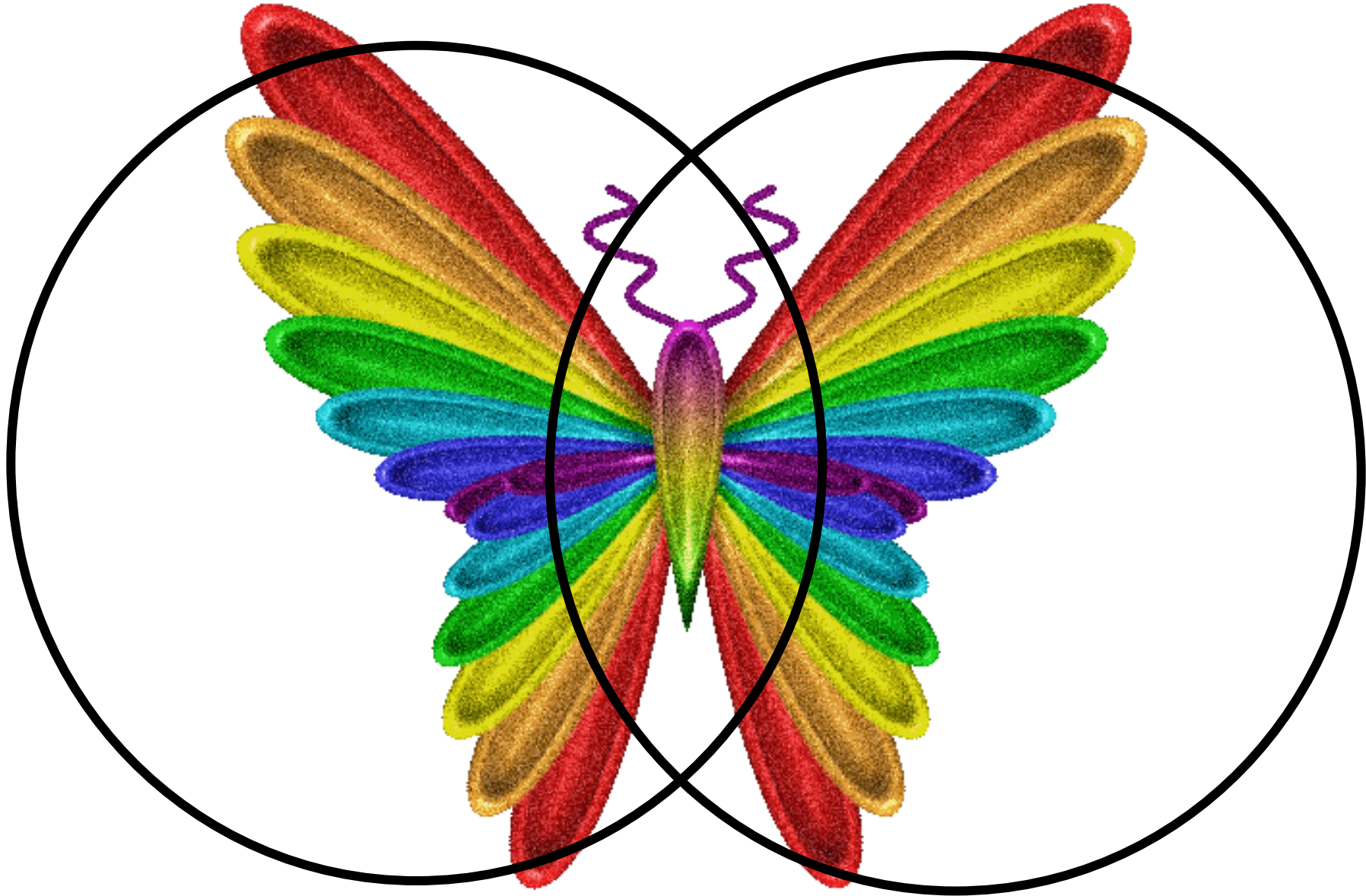
SYMPATHETIC SYSTEM – FLIGHT/FIGHT/FREEZE



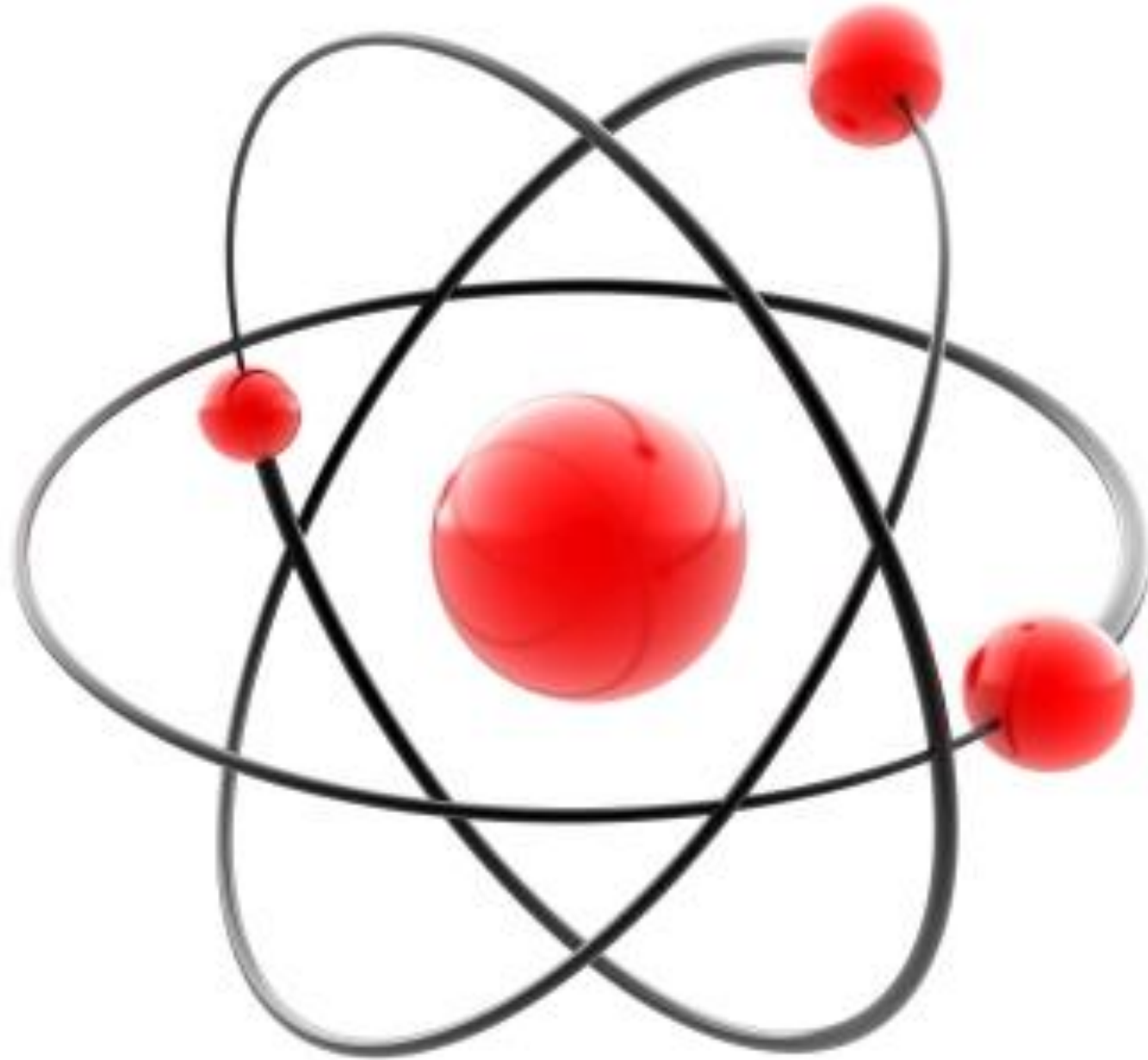
PARASYMPATHETIC SYSTEM – CHILL



BALANCE



BALANCE



THE INTEGRATED BRAIN

L
E
F
T



R
I
G
H
T

Buddy Group Discussions

- Discuss your response to the teaching so far
- Do you have some questions / comments?
- How did you respond to Kay's video?

15 minutes – divide the time between you all





10 MINUTES

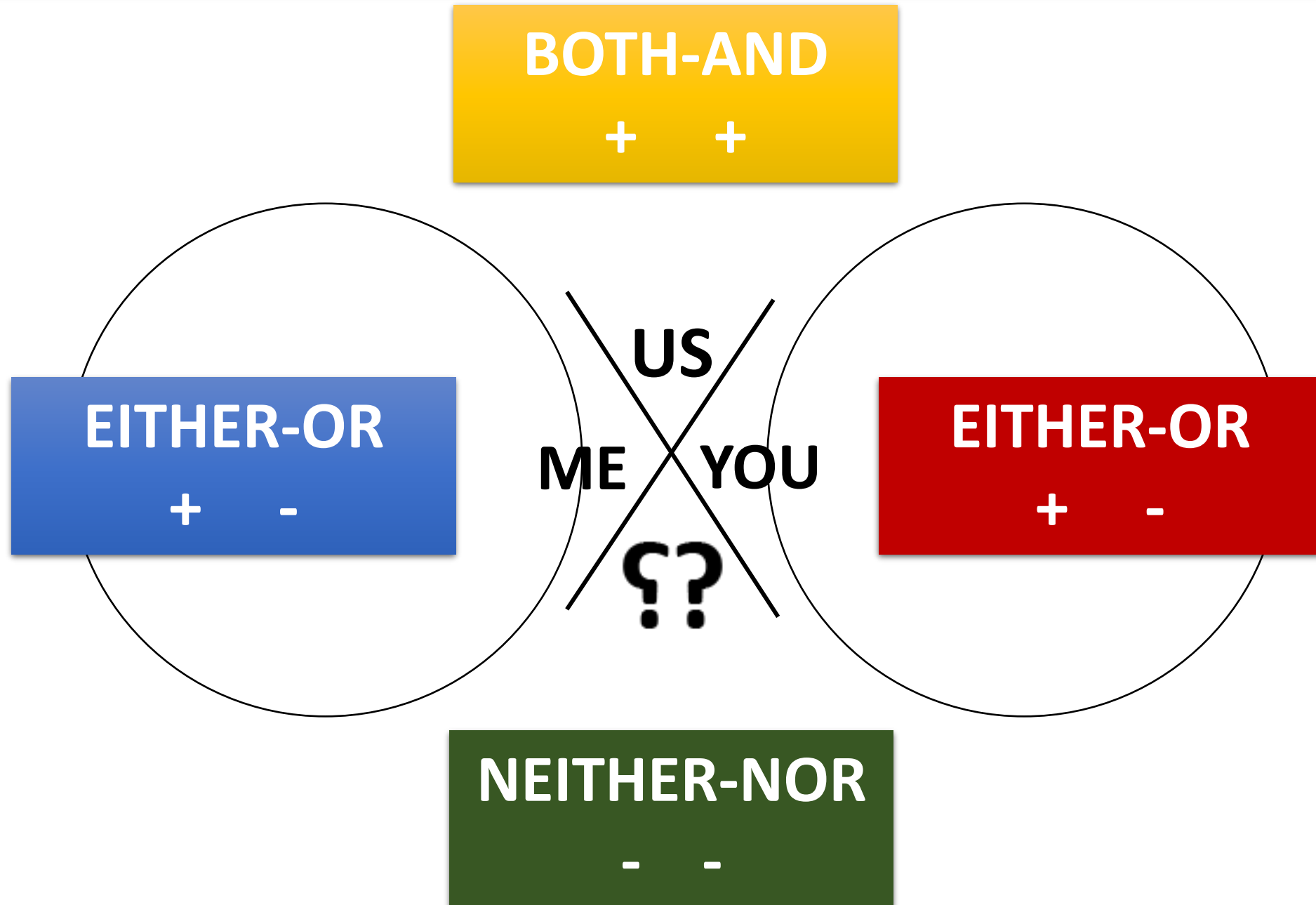


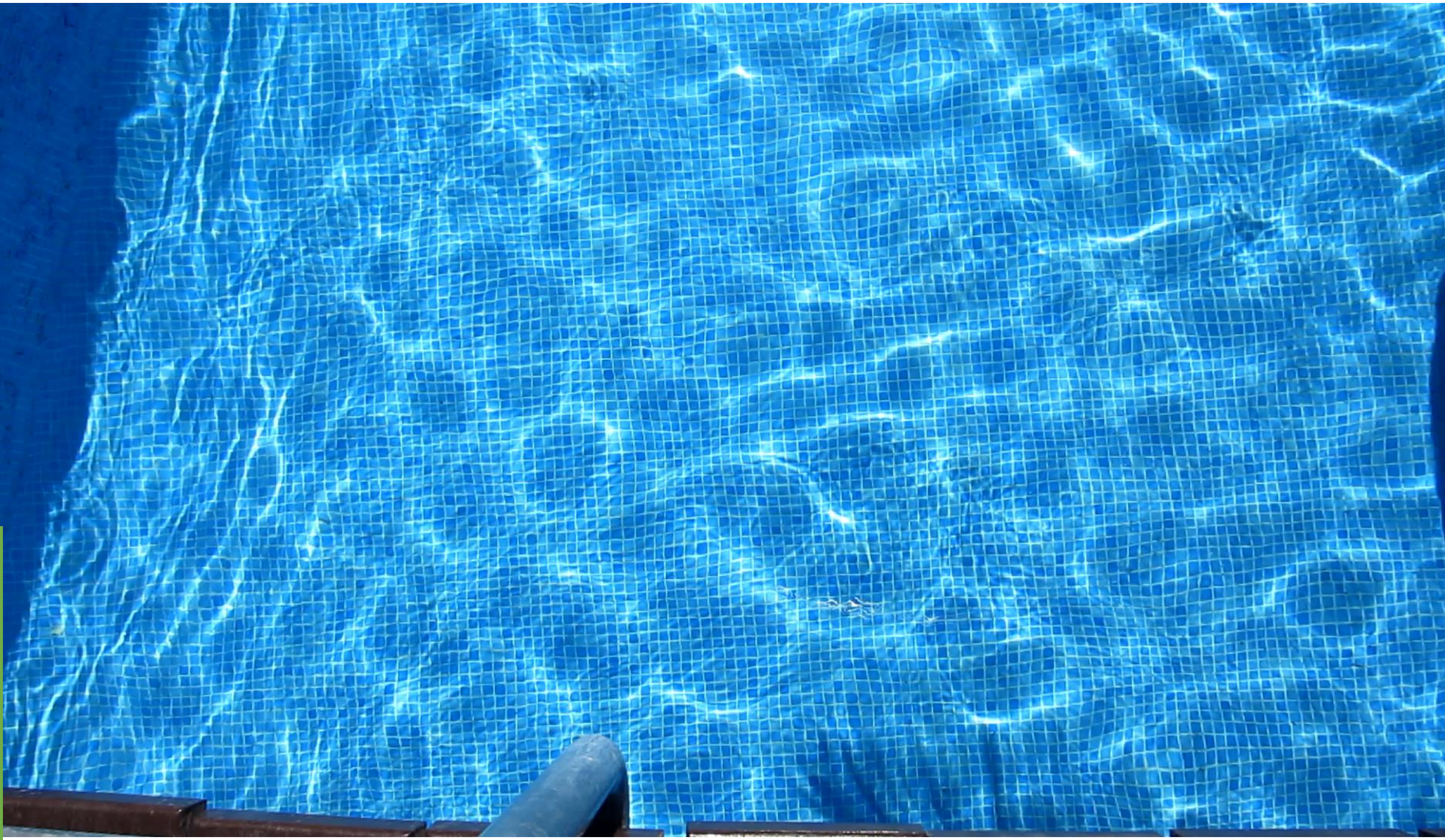
?
DO YOU
HAVE
ANY
QUESTIONS OR
COMMENTS?



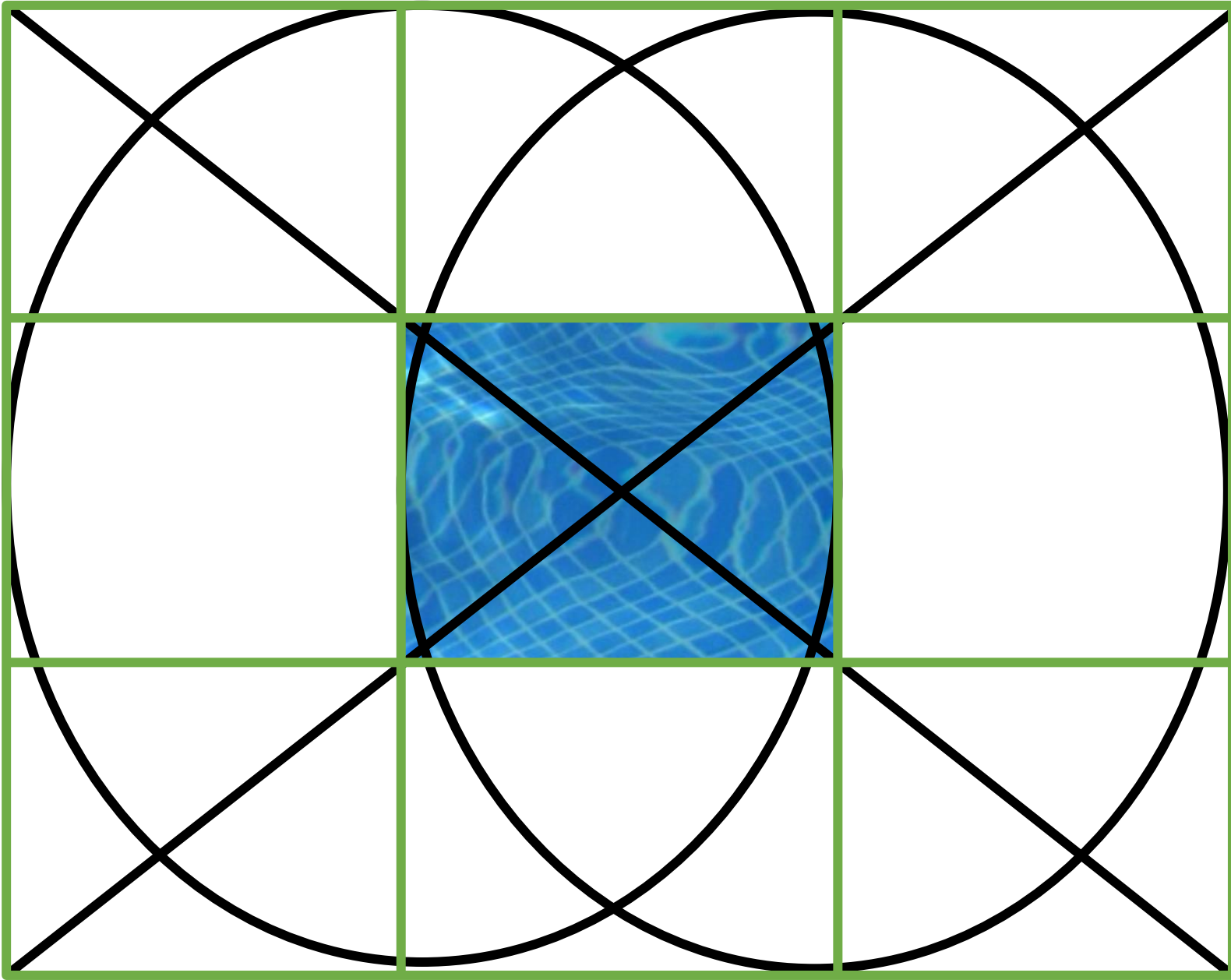
THE SPACE BETWEEN

THE WARZONE



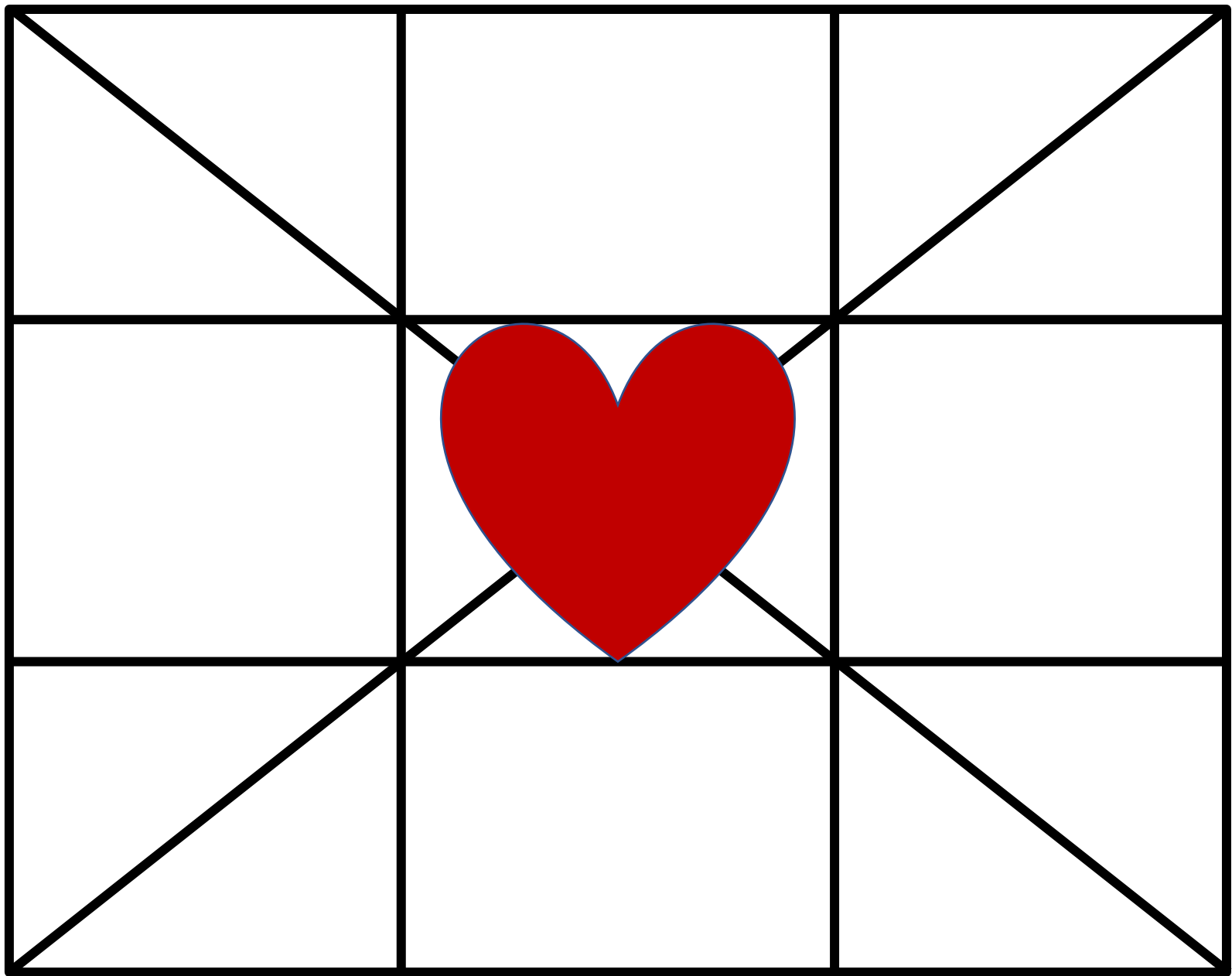


THE INTERSUBJECTIVE SPACE



THE T.A. GATE

P
A
C

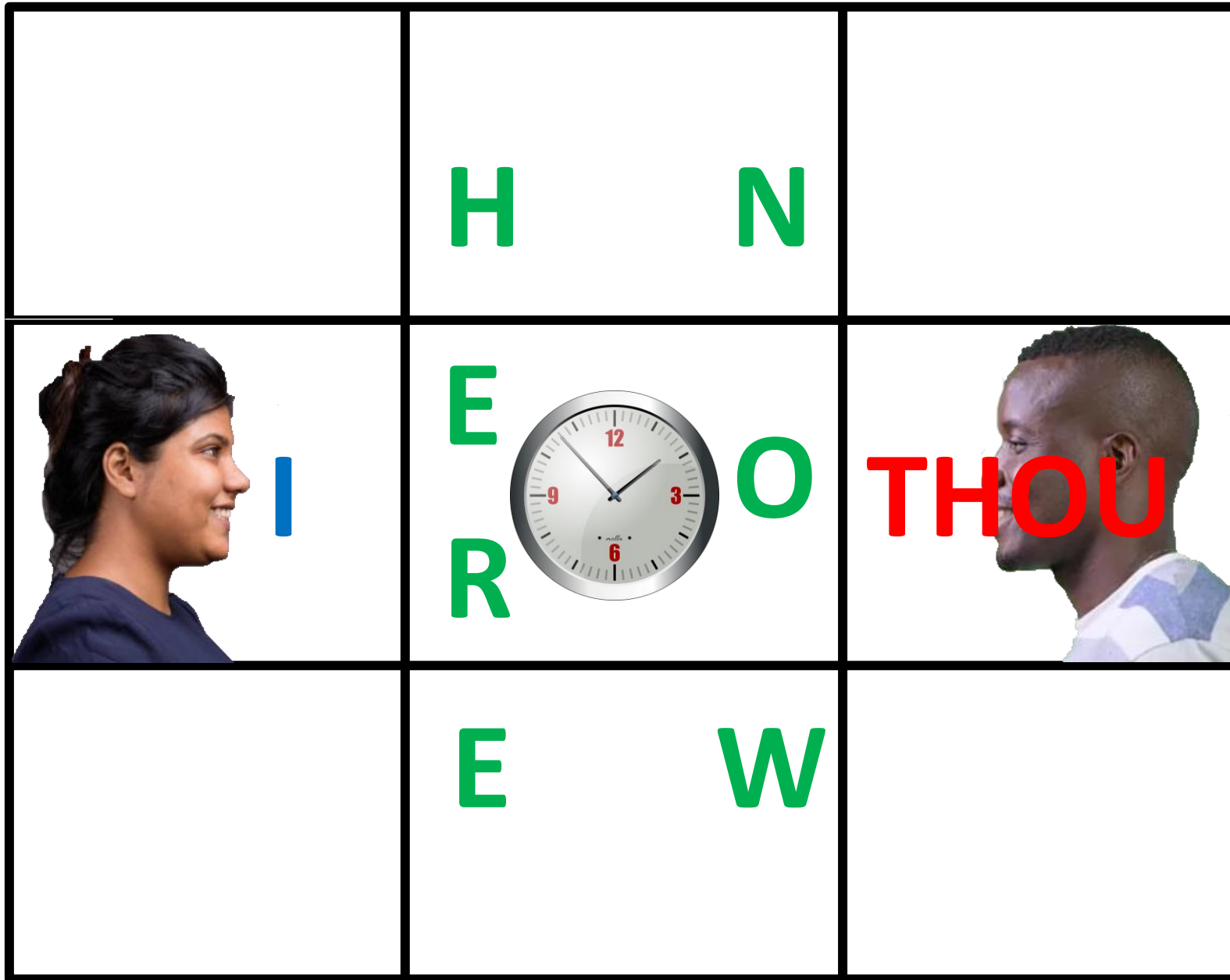


P
A
C

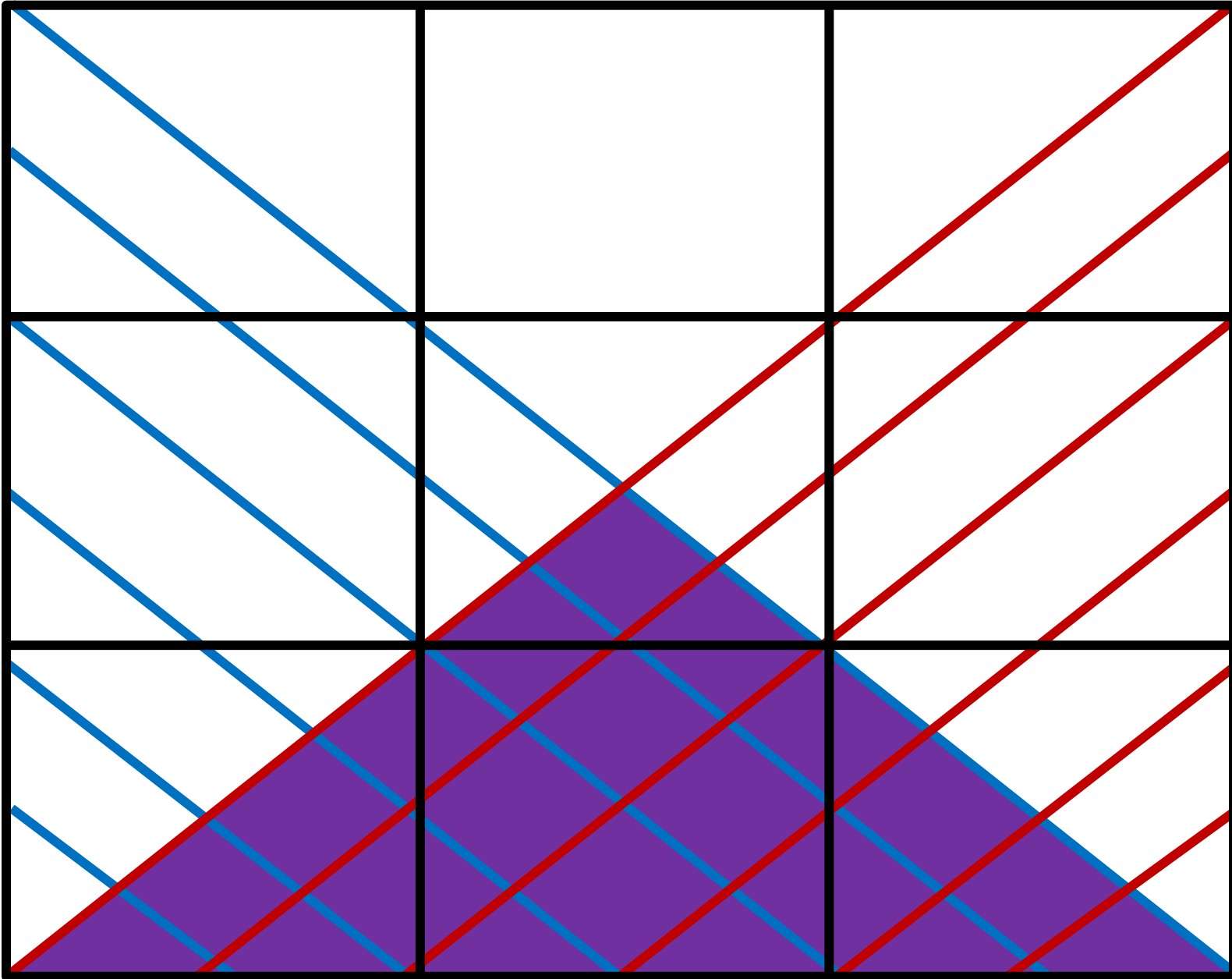
WOT AND HOW

| | | |
|---|---|---|
| | H | |
| w | O | T |
| | w | |

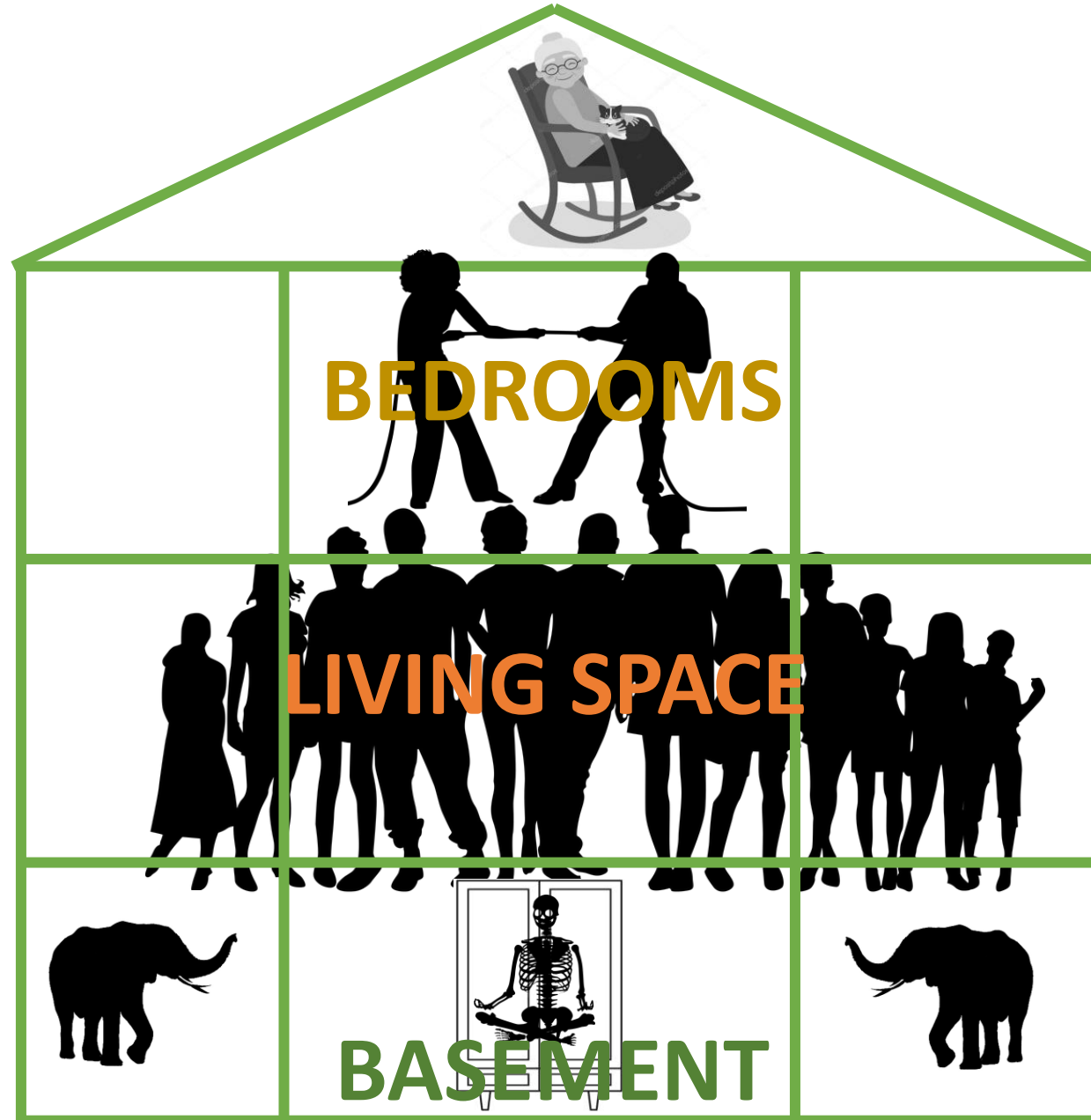
I-THOU, HERE AND NOW



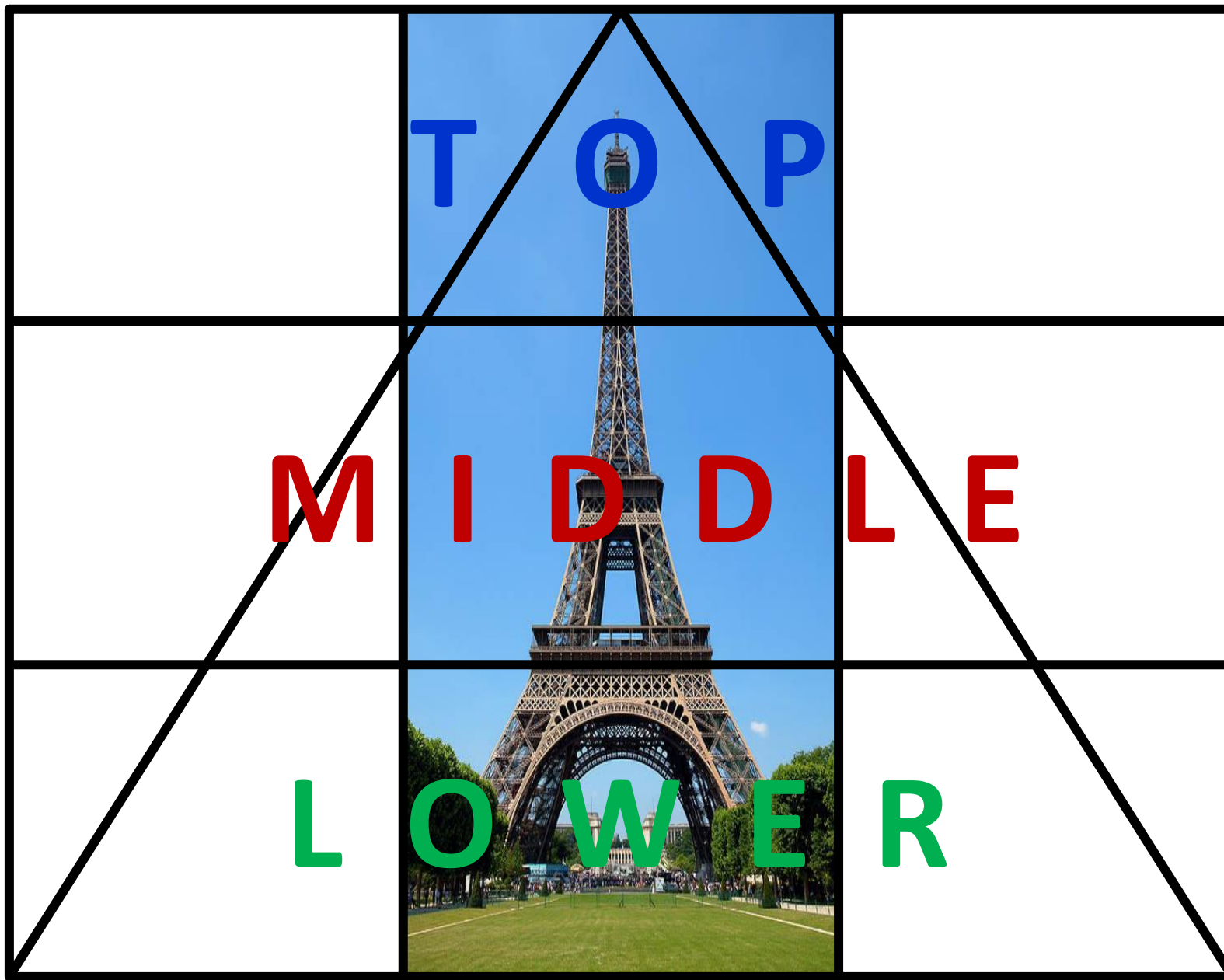
THE JOHARI WINDOW



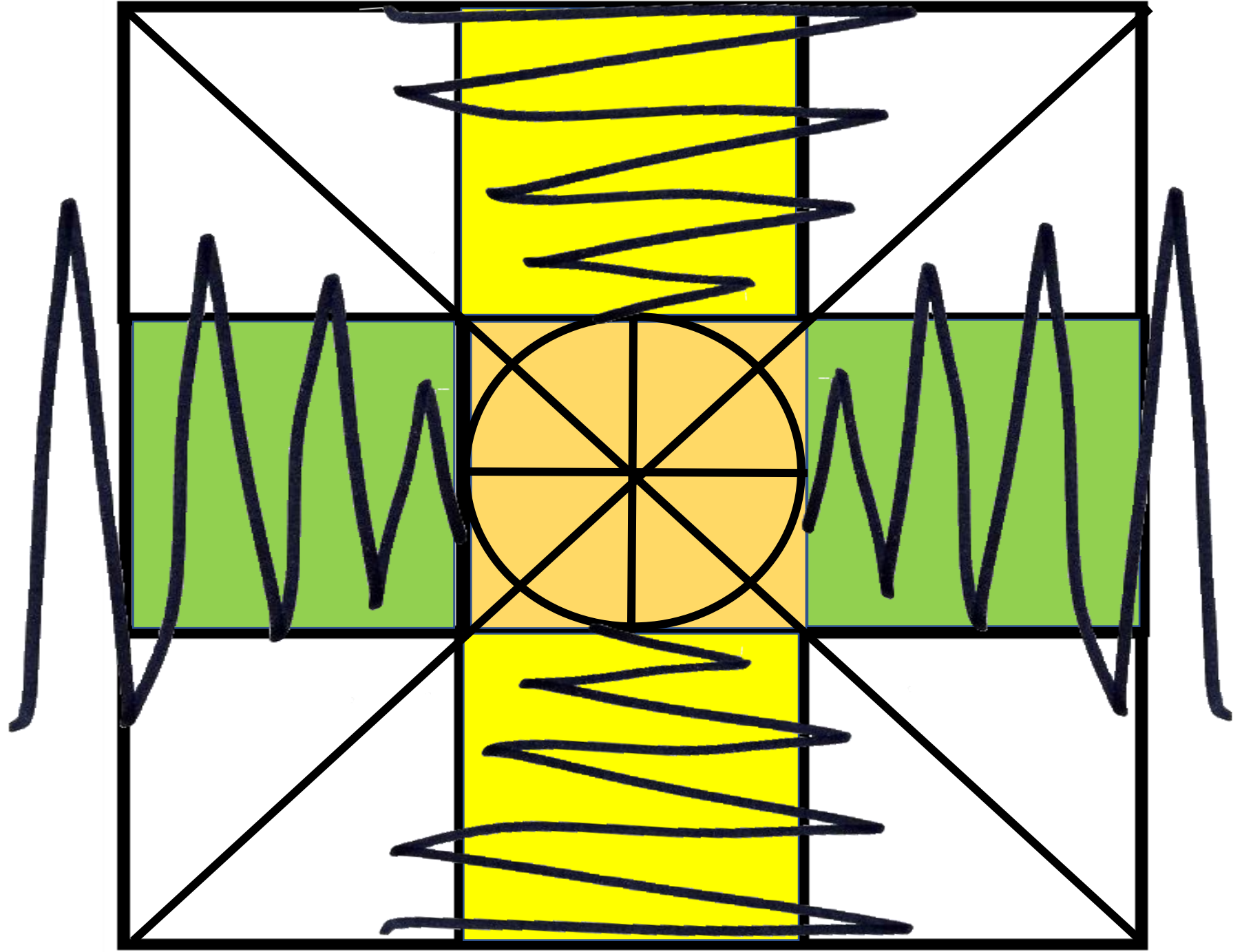
GENERATIONAL LEVELS



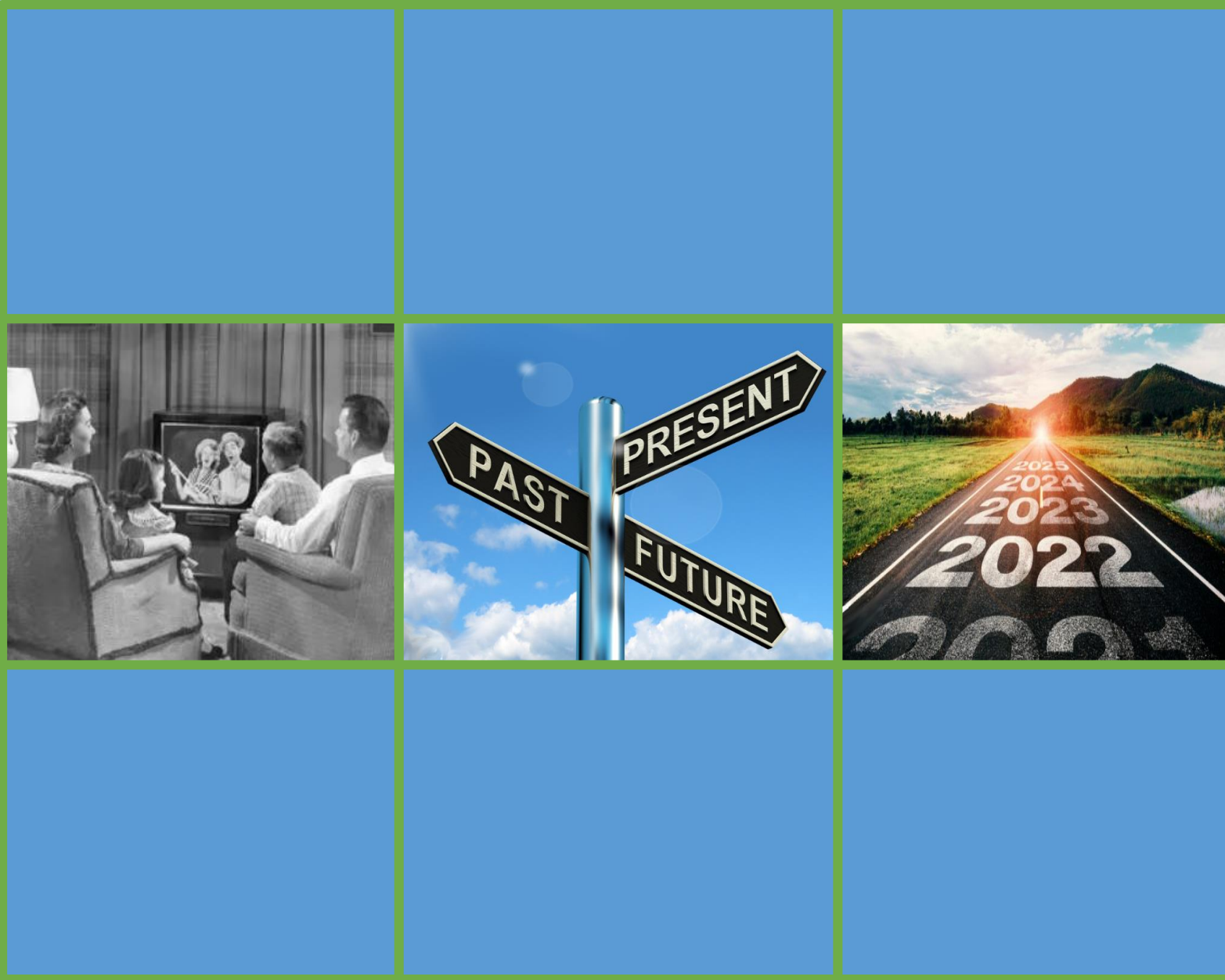
THE POWER TOWER



WINDOWS OF TOLERANCE



TIME LINES

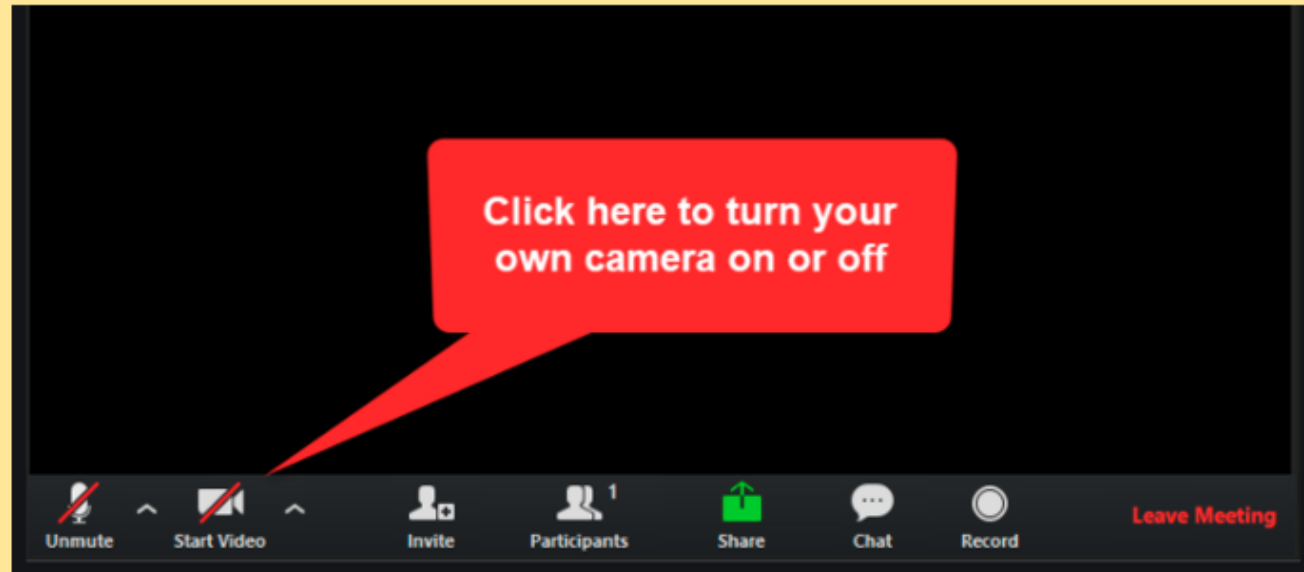




Stephen's Integrative Model

**Please turn your
video off for the
film**

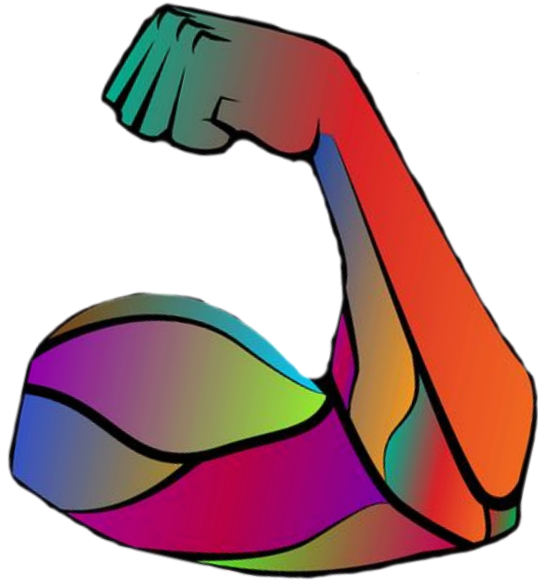
THANK YOU!



THE IN-OUT MODEL



The Power-Love Compass (Timothy Leary)



P

O

W

E

R

Cold

Dominant

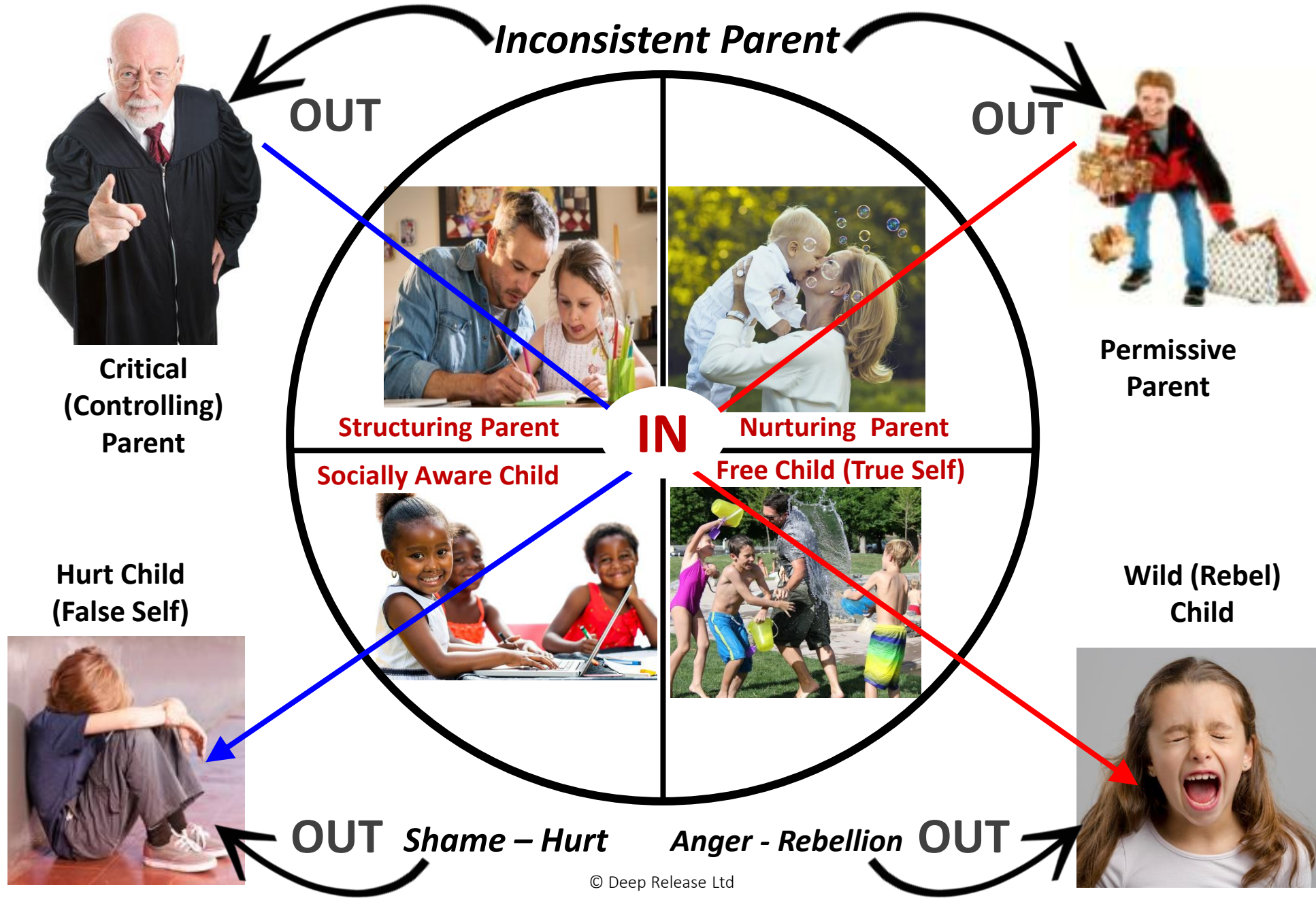
Warm

Submissive

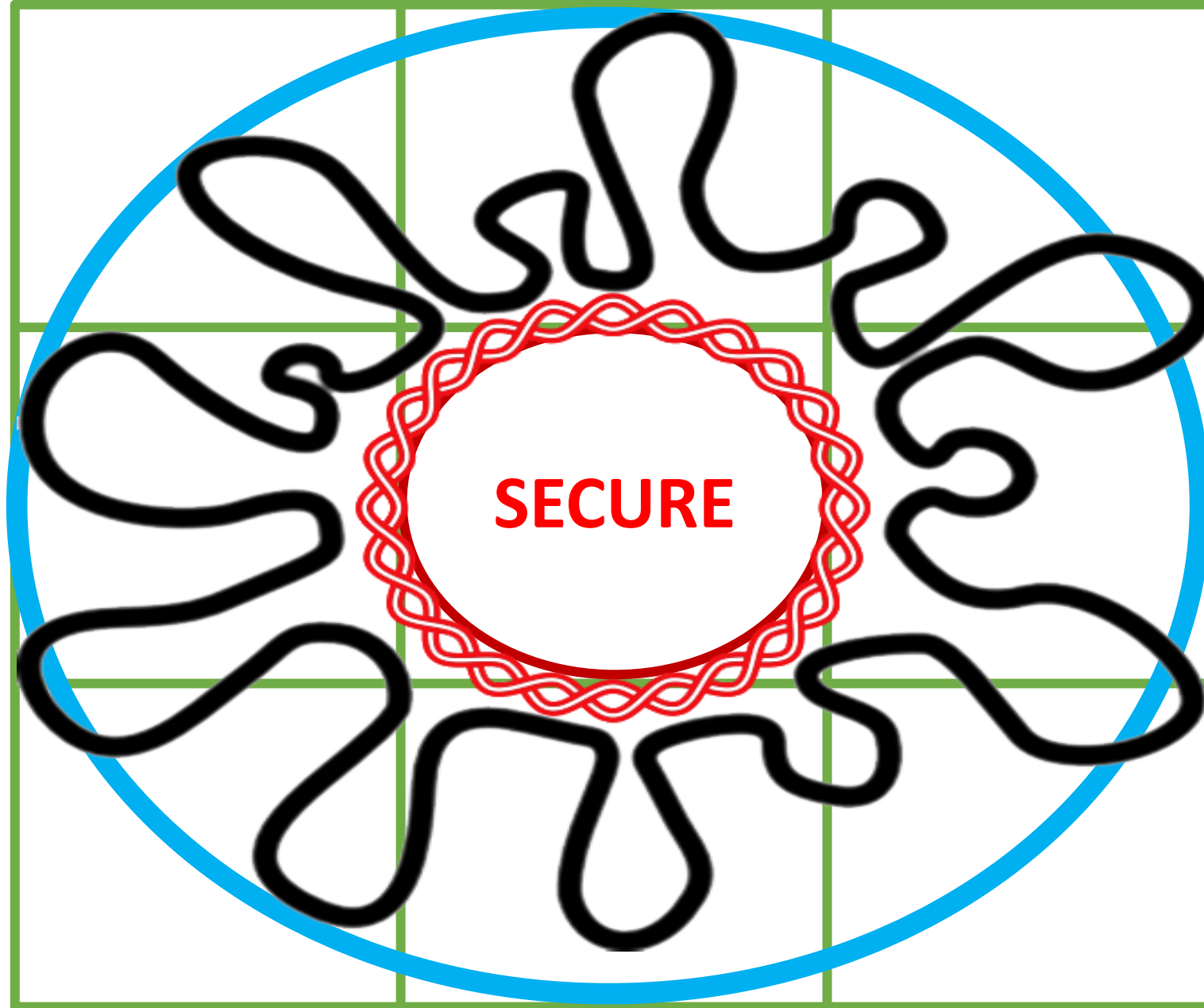
L O V E



The In-Out Model



ATTACHMENT STYLES

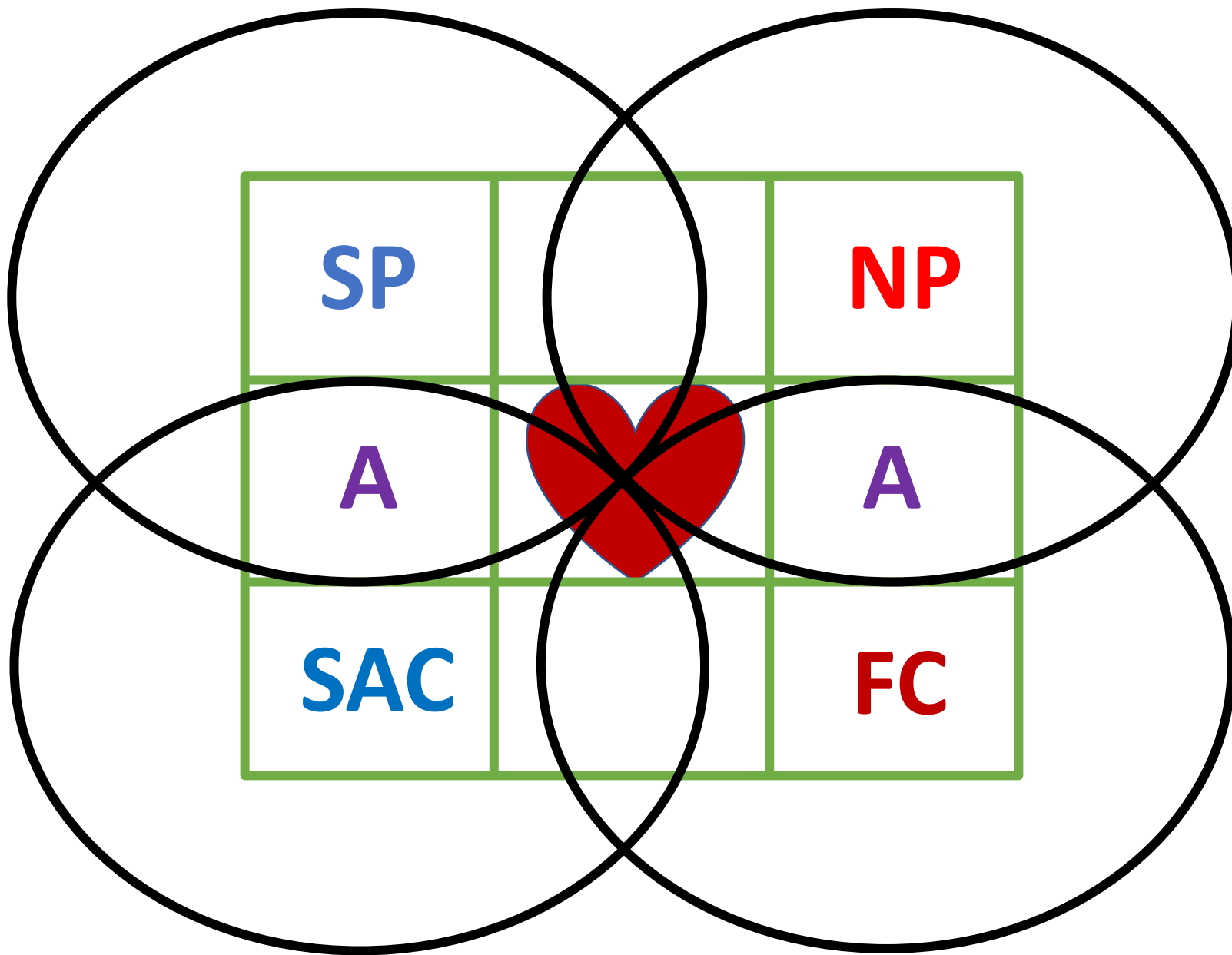


THE PENDULUM





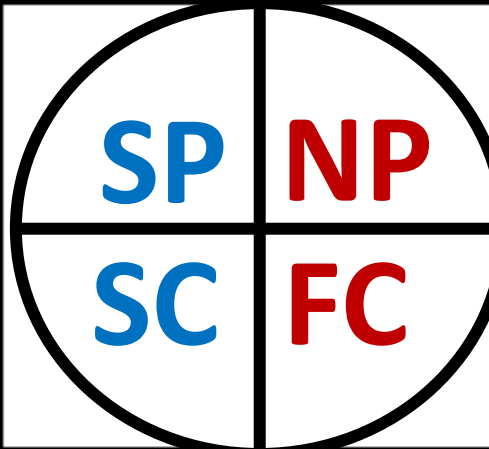
THE IN-OUT MODEL



**CRITICAL
PARENT**



**PERMISSIVE
PARENT**

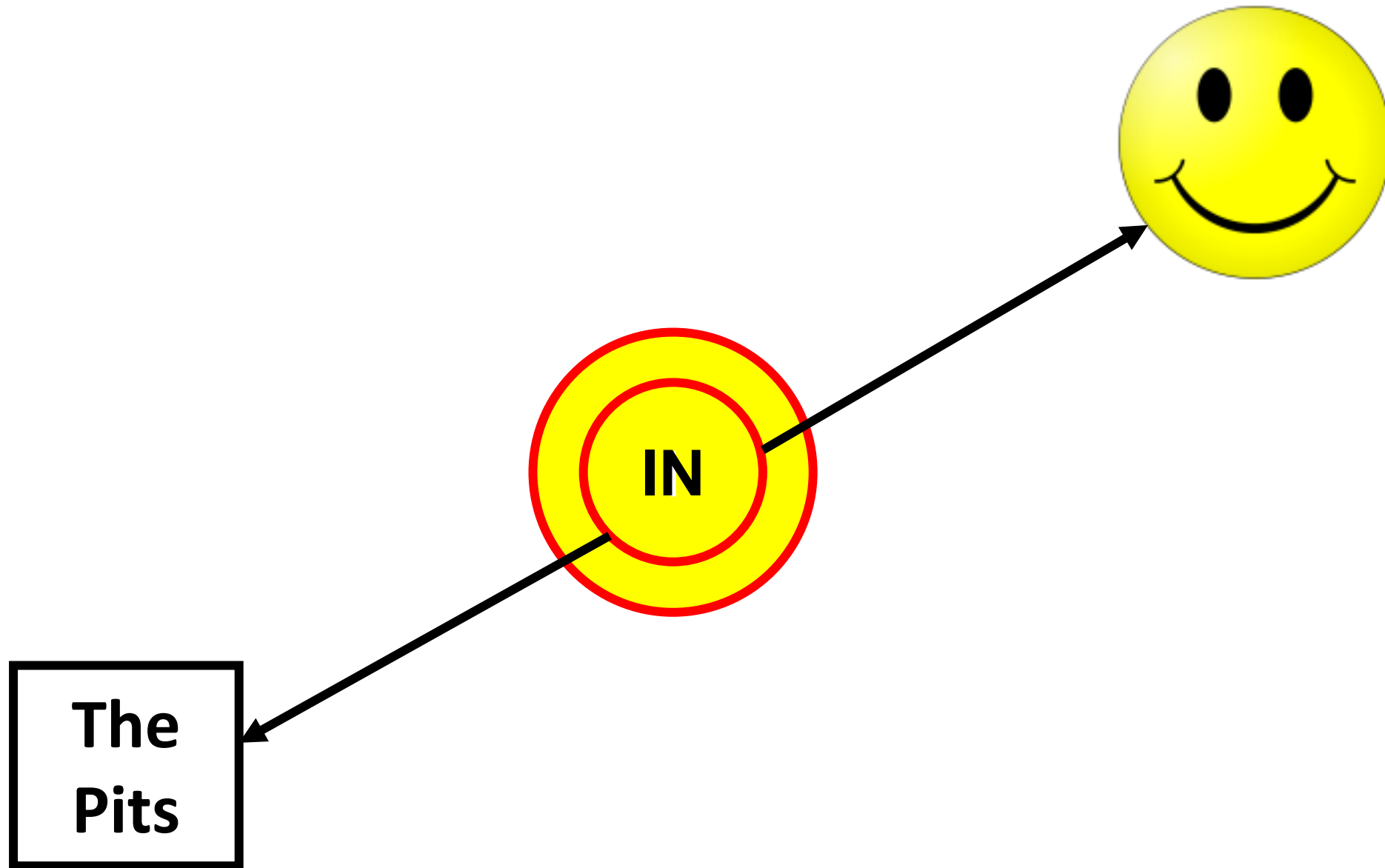


**HURT
CHILD**



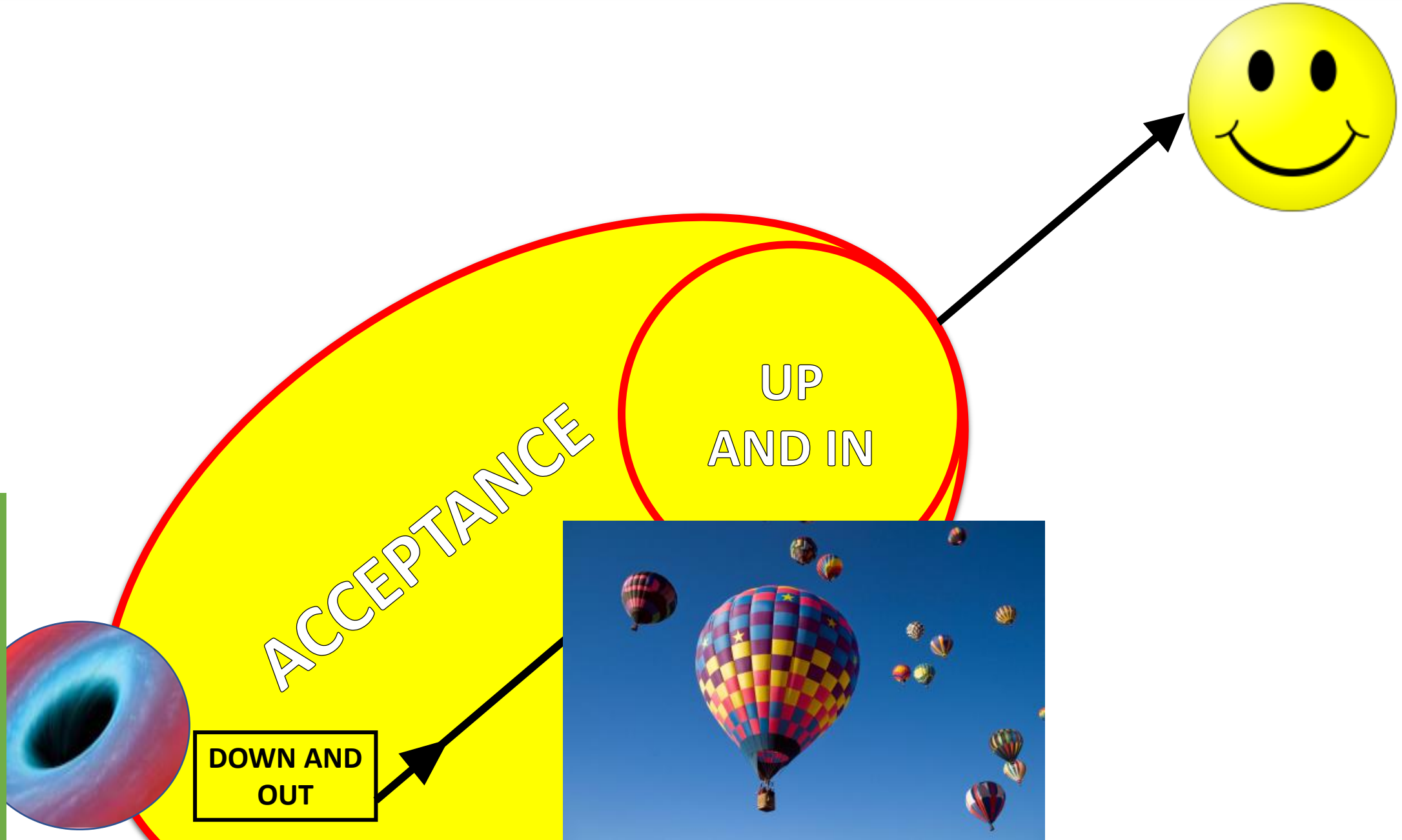
**WILD
CHILD**

Power Line





ENERGY LIFELINE





Suzanne's Integrative Model

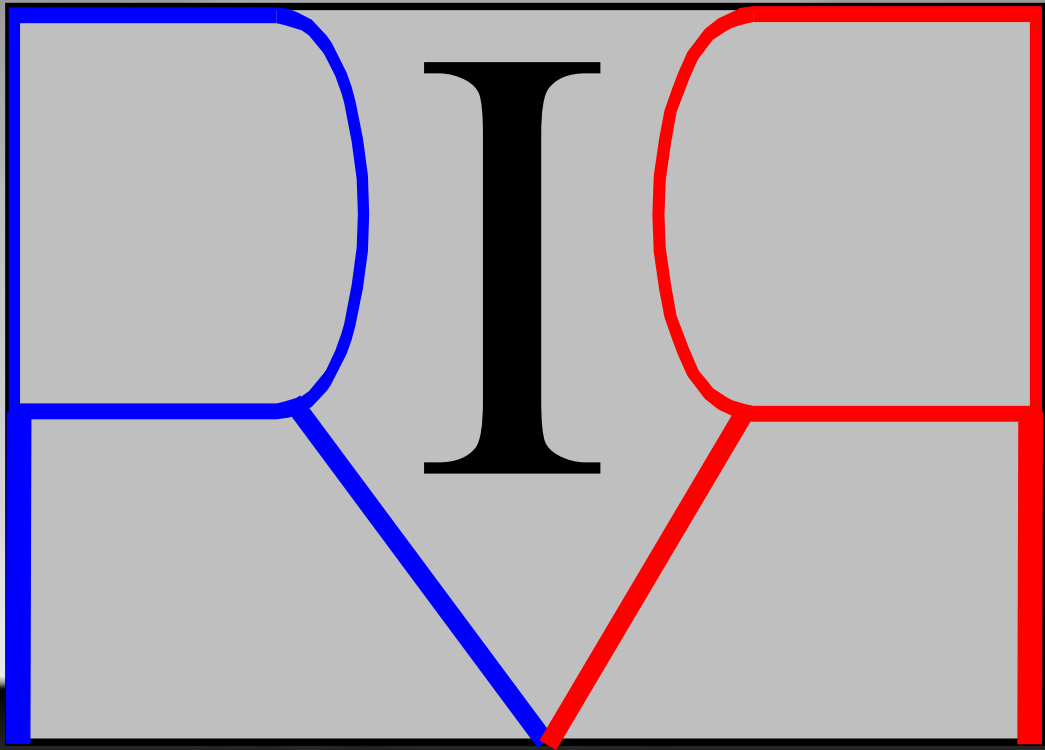
**Please turn your
video off for the
film**

THANK YOU!





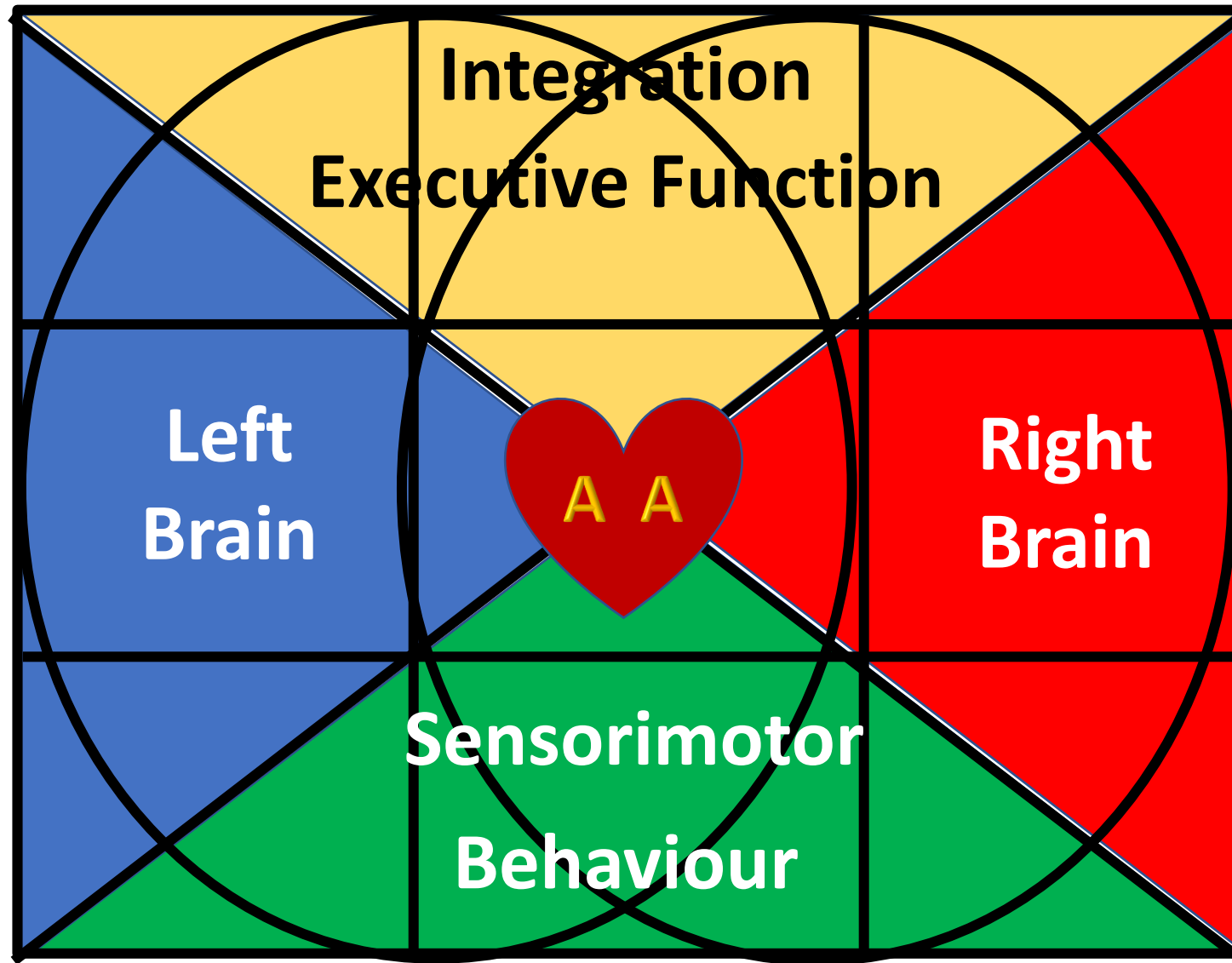
5 MINUTES



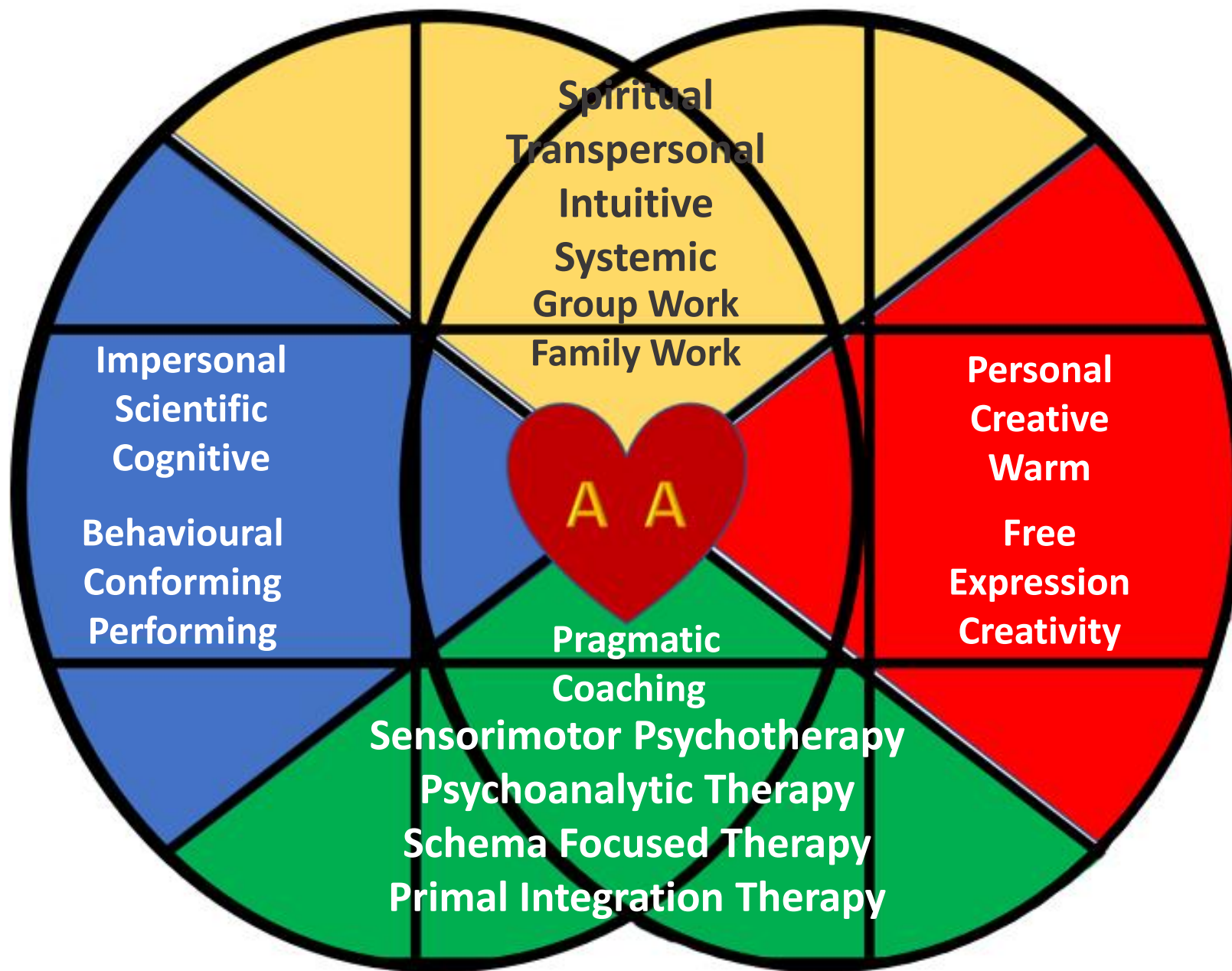
COOKIE CUTTERS



INTEGRATION



INTEGRATION



Humanistic

- Person-Centred Therapy
- Transactional Analysis
- Gestalt Therapy
- Art Therapy

Cognitive/
Behavioural
CBT
REBT

“The counsellor’s journey towards integration mirrors the client’s central if unconscious task in therapy: to join up the discontinuities of one’s life, so that inconsistencies are remedied and ‘cut off’ parts reintegrated and accepted...

We might hypothesise that clients seek in therapy to achieve their own personal integration.

In like vein, we suggest that it is the task of the counsellor to tease out the philosophical inconsistencies in their lives, and to find a theoretical approach which [enables them] to achieve a personal integration.”

Buddy Group Discussions

- Discuss your response to the teaching so far
- Do you have some questions / comments?
- How did you respond to Suzanne's video?

15 minutes – divide the time between you all





?
DO YOU
HAVE
ANY
QUESTIONS OR
COMMENTS?

Resources



PACT LTD

Original & Creative Counselling Resources

www.pact-resources.co.uk



Erikson's Life Stages



Wheel of Life



Working with Animal
Figures Online Pack



Therapeutic Sandscapes™
Online Pack



AVAILABLE NOW

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Buy 2 get 1 free on all videos – discount automatically applied at checkout



Disordered Eating and Attachment – Training Video

£30.00



Working Creatively with Dreams – Training Video

£30.00



Working Creatively with Aspects of Self – Training Video

£30.00



Mending Broken Relationships – Training Video

£30.00



Using TA Creatively in Counselling – Training Video

£30.00



Working Creatively with the Inner Child in Counselling Training Video

£30.00

3 videos for the price of 2!



Working Creatively with Blocked Anger – Training Video

£30.00



Working Creatively with Nesting Dolls in Counselling – Training Video

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22
NOV



Online Event

A Masterclass in Working with the Roles Played in Anger Cards
Tues Nov 22

Price Starts from: £10.00

November 22, 2022
9:30 am - 11:30 am

03
DEC



Online Event

Making the Most of Supervision (for Counsellors and Supervisors)
Sat Dec 3

Price Starts from: £10.00

December 3, 2022
9:30 am - 1:00 pm

13
DEC



Online Event

Free Course: Introducing the new Roles Played in Groups cards
Tues Dec 13

Price: Free

December 13, 2022
9:30 am - 11:30 am

Coming Soon:
The 2023 programme, including residential courses and our annual conference!

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