Integrative Psychotherapy

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DEFINITION

Integrative Psychotherapy is an approach to psychotherapy that integrates and synthesizes systems — humanistic, behavioral, psychodynamic, and spiritual approaches — to psychotherapy. The goal of Integrative Psychotherapy is to facilitate an individual's growth toward becoming a balanced, holistic, integrated individual responsible for his life experiences or a family's and couple's movement toward becoming a functioning, growth-producing, harmoniously balanced group of intimately interconnected and related individuals. Theoretically, Integrative Psychotherapy relies heavily upon an integrated, three-dimensional meta-model. The three dimensions of the meta-model are:

1) focus (intrapersonal, interpersonal, transpersonal),

2) structure (concepts, techniques, roles), and

3) category (humanities, economic, political-legal-judicial, social, philosophical-ethical, spiritual-religious, pure science, applied science, recreation).

The three-dimensional meta-model can be considered a three-dimensional matrix of metaphors. The integrative psychotherapist draws upon this meta-model or matrix of concepts, techniques, and roles to guide him in his transactions with individuals, couples, and families. The matrix allows him to organize his therapeutic experiences in a way that permits him unusual clarity and flexibility of style and approach.

The meta-model or matrix allows the therapist to see the whole terrain from which conceptual, technical, and role metaphors can be selected and not just isolated plots, i.e., models. Consequently the meta-model requires a number of basic assumptions:

1) The map — i.e., the matrix of metaphors — is not the territory of the therapist's experience;

2) The matrix is a way of organizing the experience of a therapist so that he can choose wisely from a wide variety of conceptual, technical, and role metaphors;

3) The matrix permits the therapist to see the individual, couple, or family through many different lenses without being overly attached to any one lens;

4) The matrix not only contributes to clear thinking but also helps the therapist take increased responsibility for the conceptual, technical, and role metaphors he employs.

HISTORY

Integrative Psychotherapy has its roots in an earlier system of psychotherapy that I (Philip H. Friedman) developed and labeled in 1972. At that time I defined my approach as 44 Personalistic Family and Marital Therapy" (Friedman, 1972) and saw it as an outgrowth of a broad spectrum behavioral approach to therapeutic interventions, a system-oriented, three-generational approach to conceptualizing family problems and a humanistic concern for the uniqueness and worth of each family member. Even then the emphasis of that article was on integrating a systems, behavioral, and humanistic approach toward psychotherapy. I originally used the term "personalistic" to emphasize the personhood of the therapist, his compassion, humor, playfulness, wisdom, dedication, caring, perseverance, etc., and by that I meant that the personhood of the therapist is always the determining force behind the selection of concepts, techniques, and roles. I also emphasized in that article and in a 1974 technique article (Friedman, 1974b) the need for a personal fitting of techniques to the therapist's style and the family's needs. My 1972 article in addition to my more theoretically oriented 1974 article (Friedman, 1974a) also emphasized an ecological approach to therapeutic interventions. Essentially then these three articles focused on interpersonally oriented concepts, techniques, and roles.

In a brief 1970 paper on cognitive-behavior therapy (Friedman, 1970) I

had previously spelled out an intrapersonally oriented approach to working with individuals as well as a marital and family perspective. In the 1970 paper I stressed the necessity of conceptualizing intrapersonal problems along a number of dimensions, i.e., cognitive, behavioral, affective, imaginal, sensory-somatic, and physiological. At that time I referred to a group of techniques that could be utilized to intervene along these intrapersonal dimensions. Since 1974 I further developed my orientation to psychotherapy to include not only an intrapersonal and interpersonal approach but also a transpersonal one (Friedman, 1976). The transpersonal approach focuses on the spiritual dimensions of life with an emphasis on the role of forgiveness of others in interpersonal relations and forgiveness of self intrapsychi-cally. Thus, a professional cycle that began in 1970 expanded into a very integrative orientation to psychotherapy, a creative synthesis of many different concepts, techniques, and roles. Consequently, I presently refer to this approach as Integrative Psychotherapy.

TECHNIQUE

Techniques of Integrative Psychotherapy are found in the second column of the "structure" dimension of the meta-model. They are classified according to the nine subdivisions of "category" dimension. The "category" dimension is extremely useful in organizing the matrix. It appears that all or almost all of the concepts, techniques, and roles in the field of psychotherapy

can be meaningfully classified along the nine "category" subdivisions. For example, when couples and families are seen in therapy the interpersonal techniques (action metaphors) that are employed (Friedman, 1974b) include: 1) role playing, modeling, 2) contracting, negotiating, mediating, side taking, reinforcing, 3) confronting, go-between process, rebalancing, 4) persuading, re-structuring, joining, rule-setting, 5) instructing paradoxically, 6) storytelling, 7) de-triangling, transforming, catalyzing, energizing, facilitating, nurturing, 8) feeding back, programming, teaching, 9) assigning tasks, counter-attacking, and parrying. These action metaphors (techniques) are organized according to their respective categories in Table 1 and the corresponding role played by the therapist is listed to the right of each technique.

Table 1 is also helpful in clarifying for the therapist different ways in which a family or couple can be viewed. For example, a troubled family or couple can be conceptualized as 1) a malfunctioning, power-laden, hierarchical organization with a specific set of structures, territories, generational boundaries, rules, coalitions, tasks, and feedback systems, 2) a loyalty-based set of dialectical, intergenerational, reciprocal balances invisibly connected by a subjective expectational system of justice based on merits, accounts, and ledgers, 3) an undifferentiated system of interlocking triangles with dyadic pairs alternately over- and underfunctioning in a complementary way and triangulating third parties, 4) a triadic-based system

of coalitions, alliances, go-betweens, scapegoats, and silencers, 5) a coercive sequence of behavioral interactions with an excess of negative reinforcements and a deficit of positive reinforcements.

When the integrative psychotherapist works with individuals in addition to relying upon interpersonal metaphoric lenses for viewing a client, he may use intraper-sonal metaphoric lenses such as the intrapersonal family, intrapersonal conflicts, defenses, oppositions, resistances, and incongruities, subpersonalities, ego states, and states and levels of consciousness. He might utilize techniques such as: role playing (1), modeling (1), guided imagery (1), contracting (2), negotiating (2), directing (4), confronting (3), cognitive-restructuring (4), persuading (4), instructing paradoxically (5), sermonizing (5), philosophizing (5), hypnotizing (6), storytelling (6), desensitizing (7), relaxing (7), eliciting catharsis (7), educating (8), biofeedback (8), coaching (9), bioenergetic exercises (9), and assigning tasks (9). The category which each of these techniques belongs to is listed in parentheses after the technique.

Finally, when the integrative psychotherapist uses transpersonal techniques for spiritual growth, he usually does so in conjunction with intrapersonally and interper-sonally oriented techniques. Various techniques that can be utilized include: guided imagery (1), dream induction (1), inner dialoguing (1), journal keeping (1), contracting (2), service (4), paradoxical

instructing (5), storytelling (5), self-hypnosis (6), meditation (6), prayer (6), energy stimulation or polarization (7), deep relaxation (7), catalyzing (7), educating (8), reading assignments (8), Yoga postures (9), psychocalisthenics (9), Aikido (9), or Tai Chi exercises (9). These techniques are also classified according to the nine "category" subdivisions.

Of central importance in the use of transpersonal or spiritual techniques are exercises having to do with forgiveness. Utilized in conjunction with meditation, deep relaxation, self-hypnosis, prayer, and reading assignments, individuals, couples, and family members are asked to review their lives and to see which resentments, bitter feelings, hurts, and condemnations toward themselves and significant others they are willing to let go of and whom they are willing to forgive. The healing power of forgiveness to themselves and others is emphasized and they are encouraged to incorporate forgiveness as an ongoing spiritual force in their lives.

APPLICATIONS

Integrative Psychotherapy has been and can be used with a wide variety of individuals, couples, families, or groups. To date, it has been used primarily with nonpsychotic populations, although there is certainly no a priori reasons why it cannot be used, frequently in conjunction with psychotropic medication, with psychotic populations as well.

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Three-Dimensional Meta-Model

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Table 1. Interpersonal Dimension of the Meta-Model
(Matrix of Metaphors for Marital and Family Therapy)

	CATEGORY	CONCEPT	TECHNIQUE	ROLE
1.	Humanities	Dramatic Action	Role Playing Modeling	Director Actor
2.	Economic	Contracts Negotiation Mediation Coalitions Reinforcements	Contracting Negotiating Mediating Side-taking Reinforcing	Contractor Negotiator Mediator Side-taker Reinforcer

3.	Political
	Legal
	Judicial
		Power
		Go-between
		Loyalty, merit justice
		  balance
			Confronting
			Go-between process
			Rebalancing the
			  ledger
				Confronter
				Go-between
				Judge or lawyer

4.	Social (Sociology, Anthropology, Ecology)	Organizational Hierarchies, Structures, Boundaries Territories, Rules Attitude, roles	Directing Restructuring Joining Rule setting Persuading	Director Tribal leader or chief Rule setter Persuader
5.	Philosophical Ethical	Paradox Dialectic	Instructing paradoxically	Zen master
6.	Spiritual Religious	Parables Forgiveness	Storytelling Meditation	Priest-Rabbi Guru-Healer
7.	Pure Science (Math, Chemistry, Physics, Biology, etc.)	Triangles (Triads) Transformation Chemical Catalyst Energy Cycles Seeds	De-triangling Transforming Catalyzing Energizing Facilitating Nuturing	Mathematician Transformer Catalyst Energizer Facilitator Nurturer
8.	Applied science (Cybernetics, Computers, Education)	Feedback, systems Programs Education	Feeding Back Programming Teaching	Systems analyst Programmer Teacher
9.	Recreation (Athletics, etc.)	Football, team Karate Aikido	Assigning task Counter-attacking Parrying	Coach Master Master