



HUMANISTIC & INTEGRATIVE  
PSYCHOTHERAPY  
COLLEGE OF THE UKCP

## APPENDIX

### **Brief Statement for Peter Fonagy, Chair of the Strategy Reference Group from UKCP HIPS Executive Group, August 2008. [Drafted by Tricia Scott]**

Integrative Humanistic Psychotherapy (IHP) represents more than 5000 psychotherapists and students in training. It is a coherent approach to psychotherapy that is well established in public services and private practice. It is distinct from technical eclecticism or the integration of other theories or aspects of theories within a core modality in the following key ways:

- IHP is the umbrella term for a group of approaches that have developed within the Humanistic / Existential philosophical tradition over a period of more than seventy years. It is a scholarly and research-based tradition in which philosophical assumptions about human nature and experience have given rise to shared values and specific principles for psychotherapy practice and research.
- At its core the IHP paradigm of the person is 'unitive'. This refers to the integration of cognitive, affective, physiological, transpersonal and contextual dimensions of the person. The aim is to facilitate the capacity for self-regulation and a fuller range of responses to the challenges of life that are proving distressing or problematic for the individuals concerned. This differs from the other main modalities who aim to change primarily through insight, as in psychoanalysis, or by means of cognitive and/ or behavioural strategies, as in CBT or systemic approaches.
- The phenomenological aspects of the Humanistic / Existential tradition have given rise to a range of well-developed and researched experiential learning

methods. In these the learning and theorising processes are experience-led and underpinned by this ‘unitive’ framework. These fundamental principals are present throughout training and practice in IHP. Integration of theory, skills and personal experience in the practitioner are the essential basis for the development of a coherent system in IHP approaches. These have developed, with rich diversity, specialist core competencies, ensuring greater patient choice.

- Theoretical ‘integration’ is secondary to this ‘unitive’ integration in IHP. It means a synthesis of two or more theories to create a clearly articulated , coherent working model or system grounded in the ‘unitive’ approach to the person. Whilst a range of theoretical influences inform IHP, the hallmark of an IH psychotherapist is their ability to reconfigure theory to fit the needs of the individual. Four to six years of postgraduate training enable the development of an advanced discipline, rather than a standardised applied technique, which can accommodate the complexities of post-modern culture.
- The therapeutic relationship is the primary vehicle for facilitating change in IHP and is understood as multidimensional. Issues of inner and outer authority are negotiated as part of therapeutic process. The full range of perspectives – past, present and future – is taken into account. Conscious and unconscious, explicit and implicit dynamics are explored between client and psychotherapist. Practice is underpinned by the philosophical position that both psychotherapist and client are subject to perceptual perspectives that need to be analysed and understood as part of the intersubjective field. Both client and psychotherapist are actively engaged in shaping the processes of assessment, intervention and evaluation of outcomes.

**Ends**