

Foreword to Volume 16, Number 2 of the *International Journal of Integrative Psychotherapy*

Dear Readers,

I write to you today from deep in the heart of summer. Birds and cicadas are singing right outside my office window. I love summer. It's my favorite time of the year, especially because life slows down just enough so that I have extra time to read. In these times of sound bites and so many ways to receive condensed information, I find great pleasure in being able to immerse myself in the written word and hold a good old-fashioned paper book in my hands. And if you add a beach to that, then I am in heaven!

In this issue I am delighted to present the next installment of our "Keynotes of Note" series, the continuation of IJIP's mission to publish notable keynotes from our conferences. This issue features "The Slovenia Quintet," a collection of five keynote speeches by leaders in integrative psychotherapy presented in May 2025 at IIPA's 12th Biennial Conference in Ljubljana, Slovenia. Each writer—Masa Zvelc, Sally Openshaw, Carl Nassar, Richard Erskine, and Carol Merle-Fishman—offers their own interpretation and rendering of the theme of the conference, "Security, Empathy, Compassion: The Essence of Integrative Psychotherapy."

Each of these keynotes offers a different voice—or chamber music instrument—in response to this theme. Together, these voices weave together a beautiful quintet that represents the essence of what we do and how we conceptualize and practice developmentally based, relationally focused integrative psychotherapy. In other words, how we make beautiful music out of IP theory and methodology. Each keynote stands alone as a unique composition. But together, they are a delightful quintet representing the themes and variations of security, empathy, and compassion. Enjoy the music of each of these keynotes and the different voices, rhythms, and sounds that may come to you as you read.

Conference attendees often ask presenters for a copy of keynote speeches because these presentations are often personal, moving and inspirational—straight from the hearts of the presenters and representing years of experience in IP. And of course, those who are unable to attend conferences miss these valuable opportunities to hear leaders in IP speak from the depths of their hearts and experience. For these reasons, and many more, the IJIP is committed to continue to publish "Keynotes of Note" and bring these riches to our readers.

Although the IJIP comes to you online, I hope you can open up your imagination now. Sit back and allow yourself to visualize and experience the joy of holding this issue in your hands. Slow down and allow the articles in this issue to bring you some new thoughts, feelings, and reflections—perhaps on a lazy summer day or a warm and gentle evening.

I wish you an inspiring read.



Carol Merle-Fishman
Editor-in-Chief
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