

Case Studies in Integrative Psychotherapy – An Opportunity for Challenge and Growth (Editorial)

Gregor Žvelc

With great pleasure I announce the new issue of the International Journal of Integrative Psychotherapy, which is dedicated to the exploration and discussion of an integrative case study written by Richard G. Erskine. Richard Erskine has written a thought provoking case study in three parts. In this issue we publish the first part of the case study titled: Early Affect-Confusion: The “Borderline” Between Despair and Rage. The next two parts will be published in subsequent issues of the International Journal of Integrative Psychotherapy.

Four respectable psychotherapists from different countries were asked to write responses to all three parts of Erskine’s case study. They are: James Allen (USA), Grover E. Criswell (USA), Ray Little (GB) and Maša Žvelc (Slovenia). They were asked to write from the perspective as if they were the psychotherapist working with Erskine’s client. They were invited to reflect on the following questions: If you would be working with the client, what would you have in mind regarding theory and practice? What would you do similarly and what perhaps differently? The responses of four psychotherapists are edited into one collective response to each part of Erskine’s case study.

Richard Erskine was then asked to write a response to each of the psychotherapist who commented on his case study. His responses are joined into the article titled Treatment Planning, Pacing, and Countertransference: Perspectives on the Psychotherapy of Early Affect-Confusion.

Finally we publish a post-script written by Marye O’Reilly-Knapp, co-editor of the International Journal of Integrative Psychotherapy. She comments on all the discussion so far and makes conclusion to the first part of Erskine’s case study.

In the next issues of the International Journal of Integrative Psychotherapy the discussion will continue and next two parts of the case study and their comments will be published.

I hope that you will be as excited as I was when I was reading the case study and comments. I learned a lot from each of the authors and they challenged my

theoretical thinking and practice. From discussions I learned that many diverse paths can be effective to understanding the treatment of clients and that none should be declared as ultimate 'truth'. I think that the detailed case study approach and collegial discussion give us opportunity for challenge and growth as practitioners and also provide opportunity for development of the field of integrative psychotherapy as a whole.

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