

QUALITATIVE RESEARCH OF THE PHENOMENON OF INTEGRATION IN INTEGRATIVE PSYCHOTHERAPY

ABSTRACT: The aim of this research is to examine the phenomenon of integration in the context of the psychotherapeutic modality of integrative psychotherapy. The sample consists of 20 representatives of schools of Integrative Psychotherapy from all over Europe, with the focus group research conducted after the meeting of the European Association for Integrative Psychotherapy in Zagreb, Croatia. Phenomenological interpretive analysis has singled out the results we grouped in the following topics: Integration in therapist-to-client relations, Integration of professional and personal, Integration of theory and techniques, and Integration of different dimensions of the client. The qualitative research presented offers a more complete understanding of the integration phenomenon, helping us understand the levels integration occurs and happens at, how it occurs in relationship, and which dimensions of the client and therapist personalities are the focus of integration.

KEY WORDS: Integrative psychotherapy, Psychotherapy, Qualitative research, Phenomenology, Therapeutic relationship