

# From The Sense of Belonging to Autonomy and Back Through Integrative Approach



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## Abstract

Our wish is to guide you during the workshop through various aspects of experiential knowledge in group work: 1. personal, individual knowledge; work in pairs; work at the level of the whole group. Our emphasis is on experience, lived, the intra-psychic and inter-psychic cognition. Our workshop is designed as a movement through six unique aspects of the experience of the self Gilbert and Evans [1] and at the same time creates an atmosphere of belonging and knowledge of autonomy.

## Goal of the Work

The practical application of integrative psychotherapy in order to increase awareness, empowering of client's, but also the therapist's SELF towards choice that is optimal for that person at a given moment in an atmosphere of trust, empathy, resonance and support, we will test the reality by combining new perspective of the SELF via external feedback, with strengthening of new choices and responses in the behavior. Creation of intact emotional connection experience (feeling-connectedness) Erskine [2].

## Postulates of Integrative Psychotherapy

**Phenomenological Perspective:** Human behavior is determined more by personal experience than by external objective reality

**Field Theory:** All psychological experiences depend on the environment and client develops the capacity both to vulnerability and openness to new experiences and cultivated contacts

**Dialogue Perspective:** I-You relationship as the polarity of the I-It relationship provides the necessary interpersonal dimension Buber [3].

**Holism:** Overall experience of the person in each single moment.

The basis of the theory and method of IP by R Erskin includes the following view of human functioning: Psychodynamic,

client-centered, behavioral, perception of family psychotherapy, Gestalt psychotherapy; physical psychotherapy under Reich influence, object relations theory, psychoanalytic self psychology and Transactional Analysis. Selective integration enriches any approach that is integrated with the other. Erskine and Moursund [4]. Each of these approaches provides a valid explanation of psychological functioning and behavior. Each approach is enriched when selectively integrated with other approaches Erskine and Moursund [4].

Tends to psychosomatic integration of the individual as a whole, whereby the intervention of cognitive and emotional level is affecting the somatic and vice versa. The aim is organism integration. In the integration we use of all three semantic systems: language of words, body language and dialogue between them, including the dimension of time and space. Client expands awareness through in-depth work with the body in expression of emotions Kepner [5].

## IP Methods

How Erskine notices, for the benefit of the client, in IP are integrated Gestalt psychotherapy experiments, behavioral change contracts, body psychotherapy and intensive psychotherapy of ego condition, Parent or developmental regression Erskine and Moursund [4].

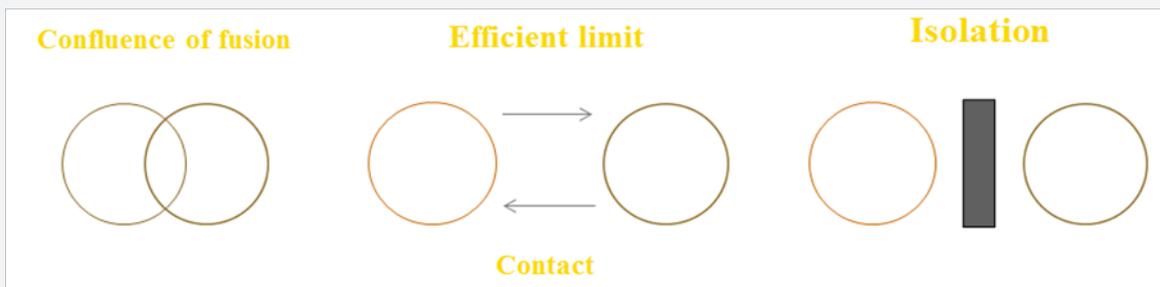
**Central Process:** ATTUNEMENT Focusing process not only on thoughts, feelings or physical sensations) this is what Stern names Vitality Affects Stern 1977.

Attunement communication validates client’s needs and feelings, and it lies in the basis of reparative process for ineffective previous relation.

**No One is Self-Sufficient**

Contact with You is The First Contact in Establishing Contacts with Others Perls [6]. Without clear interior core contact with you autonomy, the note of AR. we cannot be aware of profound emotions, nor to know whether they are authentic or derived

**Ego Limit sand Contact Process**



**Figure 1:** \*\*\*Disorders arise when the limit is completely closed - like wall – person tries to survive in self-sufficiency, not taking from the environment - trying to “feed” himself -isolation. Contrary is the confluence or the fusion where the limit is too open, moved to the autonomous existence with a loss of identity.

G Yontef [8] states that the CONTACT is the elementary aspect of basic dialogue process. Contact is the process of knowing SELF AND OTHER with respect for diversity and includes 4 aspects: Entering into contact; Separation; Movement; Awareness. Limit is the process of separation and connection - Ego-limit (Figure 1).

**Body, Autonomy, Belonging**

Marcher L through awareness about energy, sensations and emotions we establish a deeper communication with others. Through self-consciousness, we have the awareness about ourself in relation to others. Body awareness is the point of beginning. Inseparability of the concept of entirety «body awareness”- capacity to sense of self in its being and mutual connection capacity to experience the self in relation with other.

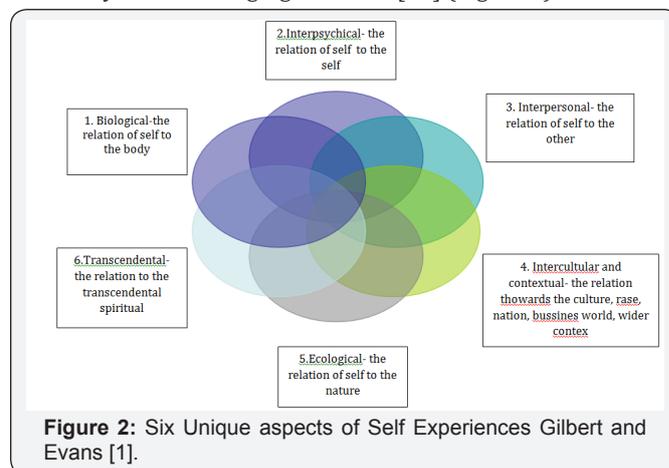
**Relational – Developmental Approach of Integrative Psychotherapy**

Under this approach, the self is the central concept. We believe that self continues to grow and evolves through growing levels of complexity and response of the person to new relationships and challenges. Personality does not exist out of the context. “Self is organizing principle in the personality that is the heart of the self and uniqueness and it makes the bridge towards others and physical world around us» kohut [9]. Our approach style to others (whether being safe in childhood or not) is based on the style of contact and includes our picture of the world. Speaking on the topic of autonomy and belonging, we are actually talking about distances, travel through a range of self. Numerous are perceiving of experience aspects of the of

from some defense mechanism or psychological / physical block. Contact with others enables being in reality, establishing connections with others in way inviolable way.

According to Perl’s nobody is sufficient to himself, «so that the most of the time concurrently we are in contact with ourselves and others. Veeler and Macqueen [7] say that f-I has two polarities and that we all find «comfortable place“for ourselves in this continuum (continuum autonomy –belonging, AR footnote).

the self. We, being faithful to one of the founders of our school, the late Prof. Dr. Ken Evans, decided for his and determination of Gilbert as per the following slide. We want to take you on the road where we can touch at least for a moment these aspects of the self experience. Travelling from the first to the last aspect of the self and again in a circle we are in fact moving from of the autonomy to the belonging and back [10] (Figure 2).



**Figure 2:** Six Unique aspects of Self Experiences Gilbert and Evans [1].

**Why IP now a days?**

Results of hundreds of studies, dealing with outcome of the psychotherapy, clearly show that the factor most associated with success-therapy is always the same - that is the quality of client-therapist relationship. This line is much more important than the theoretical orientation or individually used method/ technique. Ip offers sufficient integration, both more postulates, methods and techniques, as well as all aspects of a client I am, that continues even outside sessions, in the absence of therapist.

All this encourages client's right to self-determination and personal dignity gilbert and evans [1]. Learning outcomes of our workshop to increase the awareness by listening to open mind of another as well as of yourself. Identifying and experiencing own needs and thus reflection and selecting of the way as to «meet someone's wishes». To fight with (possible) feelings of anxiety, anger, pain, dissatisfaction, to become aware experience in their fullness joy, enthusiasm, love ... to develop respect of the other, as well as the self-esteem to experience, with expand of consciousness, exchange of belonging and autonomy senses. What can we experience, learn and take with us today?

As the man expands more awareness of all aspects of the self, it becomes possible to achieve even one among ip targets -identifying of social, economic and cultural sources of personal and social development and making changes in the environment in relations with others. IP application starts from the belief that the meaningfully, effective, sense full life requires that man takes the risk and to grow and develop continuously. «nowadays, when egoism is superlative, and the man is put aside» ip gives hope and chance of reaching the much needed sense of belonging and autonomy.”

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