

Presence and Involvement: The Healing Dimensions of Psychotherapy

June 15,16 & 17, 2023

International Integrative Psychotherapy Association
11th Professional Education Conference

This 11th International Conference will present the philosophy, theories, and methods of a Developmentally-based, Relationally-focused Integrative Psychotherapy as conceived by Dr. Richard G. Erskine and Associates of the Institute for Integrative Psychotherapy, founded in New York City in 1976. In this conference we will focus on *Therapeutic Presence and Involvement* as the *Healing Dimensions of Psychotherapy*. This conference will explore both the art and science of facilitating our client's internal integration of affect, physiology, cognition, and behavior. We will accomplish this through a variety of theoretical presentations, demonstrations of various psychotherapy and counselling methods, case discussions of our therapeutic work, and an exploration of the philosophies and ethics of a Developmentally-based, Relationally-focused Integrative Psychotherapy.

Presenters and workshop participants will explore and augment the concept of *Therapeutic Presence and Involvement*. We will begin with these definitions: **Presence** is provided through the psychotherapist's sustained attuned responses to both the verbal and nonverbal expressions of the client. Presence occurs when the behavior and communication of the psychotherapist respects and enhances the integrity of the client. **Involvement** arises from the therapist's empathetic inquiry into the client's experience and is developed through the therapist's attunement with the client's affect, level of developmental functioning, and validation of their needs. It includes a genuine interest in the client's intrapsychic and interpersonal world and a communication of that interest through attentiveness, inquiry, and patience.

The Board of Trustees of the International Integrative Psychotherapy Association will meet on Sunday June 11 and Monday June 12. All members are invited to observe the meeting. The meeting will be held 10:00 to 17:00, each day, in Bios, Instituto de Psicoterapia Integrativa, Calle Bertendona n 1, Bilbao.

Thursday, June 15

Please arrive at Deusto University *BEFORE* 9:00 a.m. to allow time to check-in at the Conference Desk and receive your packet and materials. There will be a separate desk where you can obtain your headsets for the translation.

The International Integrative Psychotherapy Association is ethically committed to preserving the welfare of our members and the people that our members professionally serve. This 11th International Conference will be composed of sessions devoted to either discussions of psychotherapeutic practice or workshops that will include demonstrations of live therapy. Therefore, we remind you of the importance of both confidentiality and respect for the rights and dignity of all. In this conference of professional psychotherapists, the Board of Trustees of the IIPA request that attendees abide by both the code of ethics of their professional jurisdiction and the statement of ethics of the International Integrative Psychotherapy Association. By registering to attend this conference you are agreeing to maintain confidentiality both inside and outside the conference structure and uphold and respect the rights and dignity of all other attendees.

Photos and videos may not be taken during ANY conference workshops, other than by those authorized by the conference committee and the Board of Trustees. We ask that you respectfully adhere to this policy.

- 9:00 - 9:15** **Welcome to Deusto University**
María Carrasco, Dean of the Faculty Health Sciences
- 9:15 - 09:30** **Welcome to the Conference**
Amaia Mauriz-Etxabe (Basque Country, Spain)
Conference Chairperson
- 9:30 - 10:00** **Opening Address: “Reflections on Presence, Involvement, and IIPA”**
Carol Merle Fishman (USA). President - IIPA
- 10:00 - 10:30** **Ignacio Gómez Marroquín, Professor, Deusto University and
Professor Manuel Marroquin, Professor, Deusto University**
*“Humanistic perspective: an Essential Ingredient in Integrative
Psychotherapy”*
- 10:30 - 11:00** **Carol Merle Fishman (USA)**
“Tributes and Awards”
- 11:00 - 11:30** **Refreshment Break**
- 11:30 - 12:00** **Keynote Address by Richard G. Erskine (Canada)**
*“Presence and Involvement: Reactive or Responsive
Countertransference?”*

Richard Erskine is the past-president of the International Integrative Psychotherapy Association. In 1972, as a professor at the University of Illinois, Dr. Erskine developed the initial concepts of Integrative Psychotherapy. In 1976 he established the Institute for Integrative Psychotherapy in New York City. He is the author of numerous articles and ten books of the theory and methods of psychotherapy.

12:00 - 12:30 **Keynote Address by Amaia Mauriz-Etxabe (Basque Country, Spain)**
“Transgenerational Involvement: A Relational Challenge in Psychotherapy”

Amaia Mauriz-Etxabe is a Certified Group Analyst, Certified psychodramatist, and active member of the Spanish Association for Group Psychotherapy since 1989. She has presented her perspectives about relational group psychotherapy in several conferences.

Thursday Afternoon, June 15

Workshop 1

14:30 - 18:00 Contact Interruption in Psychotherapy
Natasha Yehonska-Spencer (Ukraine)

Disruptions in the therapeutic alliance are inevitable. It is the therapist's job to identify, respond to, and repair relational disruptions. In this workshop we will focus on these inevitable ruptures in contact, and the therapist's ability to maintain integrity during this process. We will also explore what happens to the therapist's relational needs, vulnerability, and child ego state when a client abruptly terminates.

Natasha Yehonska-Spencer is the training director of the Institute for Transactional Analyses and Integrative Psychotherapy, Ukraine. She has been teaching Integrative Psychotherapy for 10 years in Ukraine, Kazakhstan and Russia.

Workshop 2

14:30 - 18:00 Memory Reconsolidation as a Key to Therapeutic Change
John Hallett (Canada)

This workshop will present the theory of memory reconsolidation, outlining the necessary conditions for therapists to facilitate for clients to promote permanent emotional change. Even with our presence and involvement, it is often not clear why some interventions are powerful and life changing for some clients and not with others. Memory reconsolidation adds to the theoretical understanding of human change and helps us refine our interventions.

John Hallett is a psychologist in private practice in Vancouver, Canada and a founding member of the IIPA. He has over 45 years of experience and has presented workshops at most IIPA conferences.

Workshop 3

14:30 - 18:00 Exploring Concepts and Methods of a Developmentally- based, Relationally-focused Integrative Psychotherapy

Richard Erskine (Canada)

This workshop is only for people who have never experienced a training workshop with Richard Erskine. It is an opportunity to explore various concepts and methods of Integrative Psychotherapy. Come with your questions, your professional doubts, and successes, and/or a case to present for consultation. There may be a live therapy demonstration and an opportunity for a discussion of the theory and methods used in that demonstration.

Richard G. Erskine has been the Training Director of the Institute for Integrative Psychotherapy since 1976. He conducts several international training programs and workshops where he teaches the concepts and methods of Integrative Psychotherapy.

Workshop 4

14:30 -18:00 Relational Group Process: A Demonstration with Discussion of Concepts and Methods

Bob Cooke (UK)

This workshop will present central elements of Relational Group Process through discussion and demonstration with a small group. Some of the concepts that may be identified include the use of contracts, analysis of ego states, the enactment script beliefs, interruptions to contact, an examination of internal and external contact, the Self-in-Relationship model, identifying Relational Needs, and a focus on the Relational Group Process versus Individual therapy within the group.

Bob Cooke is the founder of the Manchester Institute for Psychotherapy (UK), where he offers a comprehensive psychotherapy training program in Integrative Transactional Analysis. For the past 25 years he has been conducting workshops internationally.

Workshop 5

14:30 - 18:00 The "Social Media" Generation: Wired for Sound, 100s of "Friends" and the Loneliest Generation in History

Lynn Martin (UK)

Young people today are rarely alone. Instead, they are "connected" to hundreds of "friends" through social media sites but are still the most isolated and lonely generation in history. They need the presence and involvement of an adult who is able to attune to their increasingly complex needs. This workshop will use case presentations and recorded interviews to demonstrate the use of Integrative Psychotherapy to help adolescents who use a variety of harmful behaviours to self-regulate. There will also be an opportunity for live supervision.

Lynn Martin is a Certified International Integrative Psychotherapy Trainer and Supervisor with 40 years' experience of working with young people, many of whom have been suicidal, self-harming, and despairing, with ideas that life can never change.

Friday, June 16

Friday Morning, June 16

Workshop 6

9:00 - 13:00 Sexual Attraction in Therapy

Sally Openshaw (UK)

This workshop will explore the presence of sexual attraction between clients and therapists. We will consider the impact of our sexual thoughts and fantasies, sexual feelings, body arousal, pleasure, and horror responses. Live supervision will be offered to enable safe processing of sexual arousal experiences, to make meaning, and involved therapeutic decisions around client benefits.

Sally Openshaw is a Psychosexual Psychotherapist and an IIPA Trainer and Supervisor. She previously Chaired the IIPA Commission on Standards and Certification. She specializes in working with sexual trauma and addiction.

Workshop 7

9:00 - 13:00 Working Together to Co-create Unique Experiences

José Manuel Martínez (Spain)

When chronic neglect or trauma overwhelms the capacity of the central nervous system to integrate experience, individual history and time become replaced by specific patterns of neuromuscular and vegetative reactivity which may precede intersubjective experience. Restoration is possible through an attuned response to non-symbolized needs. This helps lead the client to new areas of intersubjective experience where solitude and loneliness can be part of a process leading to shared experience, and the possibility to open to new co-created experiences.

José Manuel Martínez is a psychiatrist who works with children, adolescents and adults. He is the Director of the Institute of Transactional Analysis and Integrative Psychotherapy in Valladolid, Spain.

Workshop 8

9:00 - 13:00 Presence and Involvement in Supervision

Lindsay Stewart (Canada)

This workshop will focus on enhancing clinical supervision by consciously bringing both presence and involvement into the process. By moving out of the role of expert and creating a collaborative and transparent dynamic, we will explore how to create a path of optimal growth for both the supervisee and the clients they seek consultation on. This workshop will be primarily experiential in nature.

Lindsay Stewart is a founding member of the IIPA and a Clinical Social Worker who has been in private practice for over 30 years in Vancouver, Canada.

Workshop 9

9:00 - 13:00 Working with the schizoid process: How does it feel to be there?

Ebru Toksoy (Turkey)

The schizoid process is one of the most challenging issues for presence and involvement in psychotherapy. In this presentation, I will share the psychotherapy of a schizoid client through the IP methodology.

Şafak Ebru Toksoy is a Certified International Integrative Psychotherapist, Trainer and Supervisor. She has 29 years of experience in the field of mental health, 20 of which were primarily in the psychotherapy and rehabilitation of psychological trauma in Turkey.

Workshop 10

9:00 - 13:00 Contact and Interruptions of Contact: Indicators and Tools of Integrative Psychotherapy

Sylviane Eckert (France)

The appearance of the client's SELF and thus "healing" is the result of the full contact in relationship between the client and the therapist. Bringing the client into this relationship is a task for the psychotherapist. In this workshop there will be experiential moments to better integrate the different dimensions and levels of contact to appreciate its subtlety. To understand how contact and contact interruptions are indicators and tools and how to use them. In order to offer a full contact in relationship with his client, the psychotherapist needs to know where he himself is at the level of contact. Come and take a closer look.

Sylviane Eckert is a Certified International Integrative Psychotherapist and a provisional trainer and supervisor. She is a clinical psychologist and is trained in Psychodrama and Gestalt. She has been working independently for 16 years as an individual; she conducts therapy- and supervision groups.

Friday Afternoon, June 16

Workshop 11

14:30 - 18:00 Relational Ethics

Linda Finlay (UK)

Relational ethics sees ethics in terms of relationship rather than professional directive. Therapist integrity and duty of care are foundational relational-ethical principles, along with being open to collaboration and dialogue that respects the other's difference, while also acknowledging the broader social context. Relational ethics can be seen in the way we hold and contain our clients' processes in attuned, bounded ways. This workshop will explore how we can be more present to, and involved with, relational ethics. Participants are invited to bring examples from their own practice to discuss (with respectful sensitivity) how to marry professional standards, personal values and relational concerns.

Linda Finlay is an existentially-orientated relational integrative psychotherapist in private practice in York, UK. She has written numerous textbooks and articles, teaches psychology, counselling and research across institutions in Europe, and is the Chairperson of the IIPA Ethics Committee.

Workshop 12

14:30 - 18:00 Presence and Involvement: Relational Group Process

Amaia Mauriz-Etxabe (Basque Country, Spain) & Richard G. Erskine (Canada)

This 3-hour this Relational Group Process will apply the theory and methods of Relational Group Process to facilitate conference participants' sharing and integrating their emotional and relational experiences that have arisen during this conference.

Amaia Mauriz-Etxabe is a Certified Group Analyst, Certified psychodramatist, and active member of the Spanish Association for Group Psychotherapy since 1989. She has presented her perspectives about relational group psychotherapy in several conferences.

Richard G. Erskine is a Certified Group Psychotherapist, Trainer and Supervisor, and the author of numerous publications on the theory and methods of Integrative psychotherapy.

Workshop 13

14-30 - 18:00 The Safe Place Within Us: Rediscovering Oneself, efuge, or Isolation?

Silvia Allari (Italy)

Each of us structures a space within ourselves. This can be a space to reflect, or a space of refuge from the pressures of interpersonal relationships. It can be a place where we can create a world of our liking, where fantasy responds to desire and compensates for reality. The discovery and acceptance of one's own intrapsychic space will be the theme of this workshop, where we will explore the origin and functions of inner withdrawal. Time will be dedicated to both understanding the concepts and personal explorations.

Silvia Allari is an individual and group psychotherapist in Milan. Her theoretical and methodological orientations include Transactional Analysis, Integrative Psychotherapy, and Bioenergetics. She provides training and supervision in psychotherapy.

Workshop 14

14:30 - 18:00 When the Heart Shatters: Sorrow, Presence, and Post-Traumatic Growth

Carl R. Nassar (USA)

There's an old Chinese curse: "May you live in interesting times". And here we are: political divide; misinformation; authoritarianism; war; pandemics; mass extinction. And here you and I are, each of us (in our own intimate ways) facing personal heart-break. We can't cling to consistency for safety; or control for comfort. It's time to live gracefully with uncertainty and change; with sorrow and loss. In this workshop, walk with me into our deepest sorrows. Share your vulnerabilities and be seen; listen with presence and understand; show empathy and involvement and begin healing.

Carl R. Nassar is an Integrative Psychotherapist and professional counselor living in Fort Collins, Colorado. He's grateful for his daughter, wife, family, friends, and colleagues because relationships are everything.

Workshop 15

14:30 - 18:00 An Intergenerational & Gender Inclusive Perspective of Postpartum Adjustment

Carol Merle-Fishman (USA)

Postpartum adjustment impacts *ALL* people who birth, adopt, begin, and raise families. When viewed as only a women's issue, this is an easily overlooked and misunderstood developmental and intergenerational phenomenon. Lingering postpartum issues, often hidden due to shame, cultural factors, and isolation, have an ongoing presence and involvement when people carry these stories into their own parenting and family relationships. This workshop will explore a broader view of postpartum adjustment for ALL birthing people and will include lecture and live demonstration.

Carol Merle-Fishman is in private practice in New York. Carol has specialties in Creative Arts Therapies (music) and Pre-natal and Postpartum counseling. Carol has worked with countless new mothers and babies, and generally falls in love with each and every one of them.

Saturday, June 17

Saturday Morning, June 17

Workshop 16

9:00 - 13:00 Emotional Repair Through the Presence and Involvement of the Therapist

Mariella Giusti (Italy)

In this workshop I will share some reflections on the concept of emotional repair. I will focus on repair as expected by the patient, and real repair as proposed by the therapist, when working with both adults and children. The theory behind the steps to be taken to secure repair will be presented and then demonstrated through live therapy.

Maria Assunta Giusti is a trainer and supervisor in Integrative Psychotherapy and in Transactional Analysis. She works with both adults and children.

Workshop 17

9:00 - 13:00 Presence, Attunement, Empathy When Working With Therapeutic Regression

Anthony Janetti (USA)

Therapeutically supported regressive therapy is one way to help clients resolve early childhood traumas, reclaim their lost potential and to heal. The therapist's use of presence,

attunement, and empathy are vital skills to help clients learn how to have their relational needs met as adults. This workshop will include a live demonstration followed by a discussion of the theory and methods used.

Anthony Jannetti is a Supervising and Training Member of the International Integrative Psychotherapy Association. He has presented and conducted workshops in several European countries. He has a private practice in San Francisco, California, USA.

Workshop 18

9:00 - 13:00 Working with Inquiry, Attunement, and Involvement in Transference Dynamics

Izaskun Andollo Hervás (Spain)

Unconscious relational patterns are often expressed in the transference dynamics, whereby archaic childhood conflicts are expressed and re-experienced in the present. The story remains in the unconscious making it difficult to integrate those experiences.

Transference is the expression of the repeated relationship and the relationship needed, and how the two are intertwined. This workshop will explore the dynamics of transference in psychotherapy through theory, discussion and live therapy or supervision. The focus will be on how to respond responsively to the transference dynamics in an Integrative Psychotherapy through the use of the relational methods of inquiry, attunement and involvement.

Izaskun Andollo Hervás is a Certified Trainer and Supervisor in Integrative Psychotherapy, Certified Integrative Psychotherapist and Certified Transactional Analyst. She has been working for more than 20 years at NOÛS Institute of Integrative Psychotherapy. She is a trainer in the Relational Integrative Psychotherapy Master's Degree at Deusto University.

Workshop 19

9:00 - 13:00 Therapeutic Mistakes and Psychotherapeutic Presence Ruth Birkebaek(UK)

How is it that we sometimes fail a client even when we are so carefully trying not to? We may even reproduce a real failure in the therapy, which resembles the client's own childhood trauma. During this workshop we will focus on the small and subtle mistakes made by the therapist because of misattunement, which can then lead to ruptures in the therapeutic relationship, and contribute to the client's use of these mistakes to reinforce their self-protective life script system. This workshop will focus on the significance of presence and involvement in the therapeutic relationship.

Ruth Birkebaek is a psychotherapist, trainer & supervisor with a private practice in London. She's a Certified Integrative Psychotherapy Trainer & Supervisor, a Provisional Trainer & Supervisor in Transactional Analysis. Ruth delivers trainings and workshops internationally.

Workshop 20

9:00 - 13:00 Physiological Synchrony and Attunement in the Psychotherapy Relationship

Maša Žvelc (Slovenia) & Gregor Žvelc (Slovenia)

The autonomic nervous systems of two or more people interact and influence each other. In the workshop, we will explore how the physiology of the therapist influences the client and vice versa. Through experiential exercises and psychotherapy demonstration, we will explore the concepts of physiological attunement, functional and dysfunctional physiological synchrony, and physiological regulation. We will show how mindful presence and self-compassion can be used in the psychotherapeutic relationship, helping the therapist to physiologically attune, self-regulate and regulate the client.

Maša Žvelc is an Assistant Professor of Psychology at the University of Primorska, Slovenia where she leads training in Integrative Psychotherapy and supervision. She is co-author of *Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach*.

Gregor Žvelc is a Professor of Clinical Psychology at University of Ljubljana, Slovenia. He is the Editor of International Journal of Integrative Psychotherapy and co-author of *Integrative Psychotherapy: A Mindfulness- and Compassion-Oriented Approach*.

Saturday Afternoon, June 17

14:30 – 15:00 **Keynote Address: *The Transformational Experience of Finding a “Relational Home” with a Psychotherapist***
Linda Finlay (UK)
Chairperson - IIPA Ethics Committee

Linda is an existentially-orientated relational integrative psychotherapist in private practice in York, UK. She has written numerous textbooks and articles, and she also teaches psychology, counselling and research across institutions in Europe.

15:00 - 15:30 **Closing Address: “*Stepping Into Someone Else's Shoes*”**
Sally Openshaw (UK)
In-coming President - IIPA

Sally is a Psychosexual Psychotherapist, an IIPA Trainer and Supervisor and previous Chairperson of the Commission on Standards and Certification of IIPA. She specializes working with sexual trauma and addiction.

15:30 - 17:00 **Certificates and Awards**

17:00 - 18:00 **Closing Ceremony: Some well-deserved recognitions**