Integrating psychotherapy and alternative healing methods: A phenomenological study.

by

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SUMMARY

In addressing the client's needs for both complementary and alternative medicine (CAM) healing methods and psychotherapy (White, 2000; Saks, 2001), the psychotherapist's role is challenged. Research is needed in this area. From an applied phenomenological perspective, this research explores the problem of integration by interviewing psychotherapists who integrates their accredited psychotherapy and CAM qualifications into one practice. This research aims to ascertain what conscious experiences led these psychotherapists to integrate their two qualifications. Semi-structured interviews were conducted with such psychotherapists and the text was then thematically coded. Themes emerged from this thematic coding that describes the essences of these experiences. Such themes form the results of this dissertation. One of the main results indicated that there was a change in philosophy of life for most of the psychotherapists during their integration processes. Further the process of integration was natural and self-perpetuating and self-reinforcing for these psychotherapists.
Wanneer die kliënte se behoeftes vir komplimentêre en alternatiewe medisyne (CAM) en psigoterapie aangespreek word (White, 2000; Saks, 2001), word die psigoterapeut se rol in die verband uitgedaag. Daar is 'n behoefte in hierdie area vir narrorsing. Van 'n toegepaste fenomenologiese perspektief, ondersoek hierdie narrorsing die probleem van integrasie deur onderhoude te voer met psigoterapeute wat hulle psigoterapie en CAM kwalfikasies in een praktyt integreer. Die doel van hierdie narrorsing is om die bewuste ervarings wat daartoe geleë het dat hierdie psigoterapeute hulle twee kwalfikasies integreer te bepaal. Half-strukturele onderhoude is gevoer met hierdie psigoterapeute, waarna die tekste tematies gekodeer is. Temas is deur middel van die tematiese kodering uitgewys, wat die kern van hierdie ervarings beskryf. Hierdie temas vorm die resultate van hierdie skripsie. Een van die vernaamste resultate dui aan dat daar 'n verandering was in die lewensfilosofie vir die meeste van die psigoterapeute gedurende hulle integrasie prosesse. Verder was die integrasie prosesse natuurlik van aard en self-onderhoudend en self-versterkend vir hierdie terapeute.
TABLE OF CONTENTS
# CHAPTER ONE
## INTRODUCTION
1. THE MOTIVATION FOR THE STUDY
2. AIM OF THE STUDY
3. OUTLINE

# CHAPTER TWO
## MAINSTREAM PSYCHOTHERAPY AND CAM
1. THE WORKING DEFINITIONS FOR THE PURPOSE OF THIS STUDY
   1.1. CAM and Holism
   1.2. Mainstream Psychotherapy
   1.3. Dual-licensed Psychotherapist
   1.4. Chakra
   1.5. Advanced Science
2. HEALING IN CONTEXT: ONE HISTORICAL ACCOUNT
   2.1. Ancient Healing Wisdom
     2.1.1. Mysticism and Shamanic healing
     2.1.2. Ancient Egyptian and Greek notions of healing
   2.2. The Hippocratic Tradition of Medicine
   2.3. The Emergence of Western Dualism
   2.4. The Scientific Advances
   2.5. COMMON MAINSTREAM AND CAM HEALING METHODS
     2.3.1. Imago Relationship Therapy (IRT)
     2.3.2. Heart-Centered Hypnotherapy and Hypnosis
     2.3.2.1. The history of hypnotherapy
     2.3.3. Reiki

# CHAPTER THREE
## DISCOURSES OF PSYCHOLOGY AND PSYCHOTHERAPY
1. MODERNISM AND POSTMODERNISM IN PSYCHOTHERAPY
   3.1. Definitions of Psychotherapy
   3.2. Modernistic Psychotherapy
   3.3. Postmodernist Psychotherapy
   3.4. MODERN PSYCHOTHERAPY, POSTMODERN PSYCHOTHERAPY, AND CAM
   3.5. Person as Patient, Person as Client, and Person as Person
   3.6. Modernistic Medical Mechanisation and CAM Intuitive Humanisation
   3.7. Disease Elimination and Health Promotion
   3.8. ART AND SCIENCE IN PSYCHOLOGY
   3.9. The Artistic Side
   3.10. The Scientific Side
   3.11. A Both/And Approach
   3.12. SCIENTIFIC, EMPIRICAL STANDARDS AND RESULTS-BASED STANDARDS
   3.13. VERBAL THERAPIES AND EXPERIENTIAL TECHNIQUES
   3.14. DUALISM, MONISM, AND HOLISM
   3.15. The Soul
   3.16. UNIVERSALITY OF HEALING
   3.17. WORKING IN CONSCIOUS STATES AND WORKING IN TRANSCENDENTAL STATES

# CHAPTER FOUR
## METHODOLOGY
1. PHENOMENOLOGY
   4.1. Intentionality and Consciousness
   4.2. Noema and Noesis
   4.3. Epoche, Bracketing, and Horizontalisation
   4.4. Synthesis of Meanings and Essences
4.2. ASSUMPTIONS OF PHENOMENOLOGY

4.3. PHENOMENOLOGY AS IT APPLIES TO PSYCHOLOGY

4.4. RESEARCH DESIGN

4.4.1. Guidelines for Inclusion and Selection

4.4.2. Design

4.4.2.1. Step one: initial contact

4.4.2.2. Step two: gathering textual information

4.4.2.3. Step three: transcribing text

4.4.2.4. Step four: familiarity with text

4.4.2.5. Step five: data analysis: thematic coding

4.4.2.5.1. open coding

4.4.2.5.2. axial coding

4.4.2.5.3. selective coding

4.4.2.6. Step six: establishing validity

4.4.2.7. Step seven: results

CHAPTER FIVE

RESULTS AND DISCUSSION CHAPTER

5.1. INTRA-INDIVIDUAL ANALYSIS AND DISCUSSION

5.1.1. Participant One

5.1.1.1. ‘Energy’ as an agent to integrate psychotherapy with CAM

5.1.2. Participant Two

5.1.2.1. ‘Reiki’ as an agent to integrate psychotherapy with CAM

5.1.3. Participant Three

5.1.3.1. ‘Synchronicity’ as an agent to integrate psychotherapy with CAM

5.1.3.2. ‘Love’ as an agent to integrate psychotherapy with CAM

5.1.4. Participant Four

5.1.4.1. ‘Heart-Centered Hypnosis’ as an agent to integrate psychotherapy with CAM

5.2. INTER-INDIVIDUAL DISCUSSION AND INTEGRATION OF RESULTS

5.2.1. Theoretical Dialogue: Art and Science

5.2.1.1. How science, psychology, and CAM are interdependent

5.2.2. The Experience of Practical Training

5.2.2.1. The impact of experiential, growth-orientated CAM training

5.2.2.2. The importance of on-going education and skills

5.2.3. Literature as a Dialogue

5.2.4. The Psychotherapists’ Internal Experiences

5.2.4.1. Curiosity and boredom

5.2.4.2. Flexibility and openness

5.2.4.3. The psychotherapist as a healer

5.2.4.4. ‘Growth’ and ‘Healing’ as an agent to integrate psychotherapy with CAM

5.2.5. The Experiences of a Change in Philosophy of Life

5.2.6. Holism and its facets as a Dialogue

5.2.6.1. Holism

5.2.6.2. The role of the Soul in healing

5.2.6.3. The experience of a belief in a Higher Power

5.2.6.4. Guidance from a Wise Source

5.2.6.5. Destiny, synchronicity and karmic patterns

5.2.7. The Experience of Past Lives and Past Experience

5.2.8. The Experience of Previous Work

5.2.9. The Experience of Significant Others on Participants

5.2.10. Experiencing Circularity of Integration

5.2.10.1. The experience of integrating as a natural progression

5.2.10.2. Refining CAM use in psychotherapy

CHAPTER SIX

CONCLUSION CHAPTER