

## Mission Statement

The Society for the Exploration of Psychotherapy Integration (SEPI) is an international, interdisciplinary organization whose aim is to promote the exploration and development of approaches to psychotherapy that integrate across theoretical orientations, clinical practices, and diverse methods of inquiry.



**Alexandre Vaz**  
Editor



**Sasha Rudenstine**  
Associate Editor

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## President's Column

*Catherine F. Eubanks*



The theme of our upcoming 2020 SEPI conference is “Suffering and Flourishing: Envisioning Positive Mental Health.” I greatly appreciate Program Chair Shigeru Iwakabe’s thoughtful creativity in encouraging us to move beyond the medical model’s focus on pathology, and to think about how psychotherapy can encourage optimal functioning. How can we help our patients flourish?

One quality that contributes to flourishing is gratitude. Gratitude has been associated with happiness, greater well-being, better relationships, and improved physical health (Emmons et al., 2019). The American holiday of Thanksgiving is approaching as I write this last Presidential column of my term. This seems like a good opportunity to express my gratitude to SEPI.

Before I go any further—if you are also feeling grateful to SEPI, please show your gratitude by voting in the SEPI election, reading and submitting to the journal, posting on the listserv, making plans to come to Vancouver, and considering joining a committee. If right now you are more aware of feeling concerned or frustrated, or thinking about ways in which you think SEPI needs to change, then please act on your concern by voting in the SEPI election, reading and submitting to the journal, posting on the listserv, making plans to come to Vancouver, and considering joining a committee! We need many perspectives and many ideas. Good dialogue requires different points of view.



Let me first express my gratitude to the members of SEPI. I am grateful for SEPI’s emphasis on embracing and celebrating differences, on being curious and motivated to learn from others. I am grateful to have a space where openness to different theoretical influences is encouraged. I am grateful to be part of an organization that brings clinicians and researchers together to dialogue.

I am grateful to be part of an international organization that is working to be more inclusive and welcoming of voices from around the globe.

International Conference on Pluralistic  
Counselling & Psychotherapy

8

JPI In Focus: "Mental Imagery: From Basic  
Research to Clinical Practice"

9

*"Please act on your concern by voting in the SEPI election, reading and submitting to the journal, posting on the listserv, making plans to come to Vancouver, and considering joining a committee! We need many perspectives and many ideas. Good dialogue requires different points of view."*



I am grateful to the hardworking members of the SEPI committees, and I encourage you to check the SEPI website to see all the people who contribute to these committees:

- The Research Committee, chaired by Iona Podina, which works tirelessly to review applications for research awards and to connect members through our Research Consultation program.
- The Education and Training Committee, chaired by Jack Anchin, which has led initiatives to identify best practices in training and valuable resources for education.
- The Practice Advocacy Committee, chaired by Jeffrey Magnavita, which connects members through our Practice Consultations and also seeks to provide support and resources for SEPI members who are primarily practitioners.
- The Membership Committee, chaired by Paul Wachtel, which seeks to engage and expand our membership to include an ever greater diversity of perspectives and experiences.
- The Regional Network Committee, chaired by Doménica Klinar Alfaro and Tom Holman, which fosters connection and collaboration in communities throughout Europe, North and South America, and Asia.
- The Communications and Publications committee, chaired by Joshua Swift, which oversees our wonderful publications and efforts to communicate with members. I am grateful to Jennifer Callahan, Editor of the Journal of Psychotherapy Integration, associate editors Giancarlo Dimaggio, Changming Duan, Adam Gonzalez, and Ueli Kramer, and all the authors and reviewers who make the journal possible. I am also grateful to Alexandre Vaz, editor of this newsletter, and associate editor Sasha Rudenstine, for their efforts to foster connection among SEPI members.
- The Advisory Board, chaired by Marv Goldfried and Paul Wachtel, which serves as an important sounding board and resource.
- The SEPI Executive Committee: I am grateful for the wisdom and graciousness of Past-President Stan Messer, the thoughtfulness and generosity of President-Elect Shigeru Iwakabe, the creativity and vision of President-Elect Designate Alberta Pos, and the enthusiasm and supportiveness of Secretary Kristin Osborn. I am always grateful for the dedication and talent of our indefatigable administrative officer, Tracey Martin. I also wish to express particular gratitude to our outgoing Treasurer, Steve Sobelman, who has skillfully overseen SEPI's finances for the past six years. Steve has been an excellent steward of SEPI's funds and leaves our organization in good financial shape.

I am grateful for this opportunity to serve as SEPI's 2019 President. I have gained a greater appreciation for what makes SEPI a special organization. In the survey that Local Organizing Committee Chair Nuno Conceição conducted after the Lisbon conference, respondents were invited to offer comments about the meeting. Some of the comments captured aspects of SEPI for which I am grateful, such as "cutting edge ideas" and "bridging research to clinical practice." But I will close with my two favorites, which I think are both integral to integration: "the environment of democratic debate" and "the presenters and audience members alike were kind and respectful listeners." Thank you, SEPI.

**Catherine F. Eubanks**

Emmons, R.A., Froh, J., & Rose, R. (2019). Gratitude. In M.W. Gallagher & S.J. Lopez (Eds.), *Positive psychological assessment: A handbook of models and measures* (2nd ed., pp. 317-332). Washington, DC: American Psychological Association.

## REGIONAL NETWORKS UPDATE

TOM HOLMAN

DOMÉNICA KLINAR



*"If any readers are aware of organizations or individuals that might offer financial support to our translation efforts, please let us know."*



*"We are also researching on the possibility of considering volunteers for translation."*



Tom Holman



Mg. Doménica Klinar Alfaro

### Regional Network Committee Researches Translation Services

The Regional Network Committee is currently researching the possibility of providing simultaneous translation (interpretation) and other translation services for SEPI Conferences. It is consistent with SEPI's international commitment,

and several RNs have pointed out the need for translation. Our research includes a needs assessment, cost estimates from several providers of these services, the feasibility of implementing the services, the use of volunteers for some translation, and the possibilities of securing grant funding for the services. Traditional simultaneous translation requires on-site interpreters, a soundproof booth for each language, and equipment for broadcasting the translations and receiving the broadcasts. More recent developments use smartphone apps, live streaming, and interpreters who can be off-site; these require excellent internet connections and networks in the conference venue.

If any readers are aware of organizations or individuals that might offer financial support to our translation efforts, please let us know.

We have sent needs assessment forms to each RN. In addition, if any readers feel that they, or people they know, would not be able to attend the SEPI conferences without these translation services, please email Tom ([tom@tomholman.com](mailto:tom@tomholman.com)) or Doménica ([dome.klinar.a@gmail.com](mailto:dome.klinar.a@gmail.com)). You can email Tom in either English or French, and you can email Doménica in either English or Spanish.

As we mentioned before, we are also researching on the possibility of considering volunteers for translation. If you, or someone you know could translate the text of slides or speeches, so that translations could be given to people before a conference event, this translation would be very helpful, though it obviously would not accomplish the full task. Secondly, if you or someone you know, could be available during the question-and-answer period after a presentation or plenary address, then people who are not fluent in English would be able to ask questions, understand answers, and participate in discussions.





## THANK YOU SEPI STUDENT VOLUNTEERS!

The SEPI Executive Committee, Newsletter, and (we're sure) community at large would like to thank the student volunteers from the University of Lisbon, that worked so diligently to make the 2019 Lisbon Conference a success! It truly could not have been done without you!



A very warm thank you to:

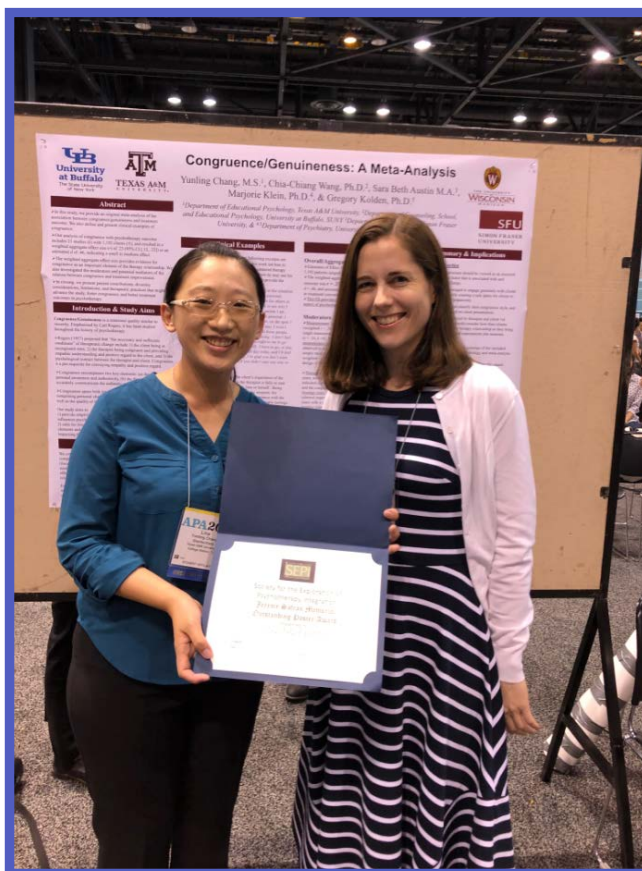
Adelino Vale, Ana Montenegro, Ana Oliveira, André Ferreira, Beatriz Calo, Beatriz Lucas, Carolina Bernardes, Inês Bogalho, Marco Mendes, Pedro Henriques, plus the leadership of Local Program Chair Nuno Conceição!



## SEPI AWARDS SPOT

Yunling Chang was awarded the inaugural SEPI Jeremy Safran Memorial Poster Award for her poster entitled "Congruence/Genuineness: A Meta-Analysis," co-authored by Chia-Chiang Wang, Sara Austin, Marjorie Klein, and Gregory Kolden.

SEPI President Catherine Eubanks presented the award at the Society for the Advancement of Psychotherapy (Division 29) programming at the American Psychological Association Annual Convention in Chicago, Illinois, USA.



*2019 SEPI Jeremy Safran Memorial Poster Award winner Yunling Chang and SEPI President Catherine Eubanks*





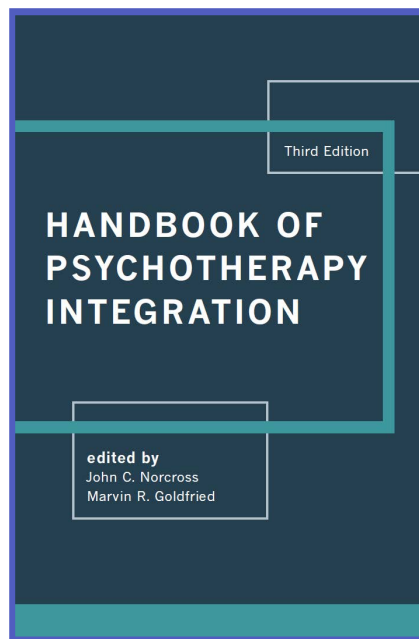
## BOOK HIGHLIGHTS

*"This third edition provides a state-of-the-art, comprehensive description of psychotherapy integration"*



*"The 'bible of the integration movement' has been modernized with more practice-friendly and student-learning qualities."*

### **3rd Edition of the Handbook of Psychotherapy Integration** *Edited by John C. Norcross & Marvin R. Goldfried*



Building on the success of its predecessors, this third edition provides a state-of-the-art, comprehensive description of psychotherapy integration and its clinical practices by its distinguished proponents. Along with the integrative approaches, the book features the concepts, history, training, research, international themes, and future of psychotherapy integration as well.

New to this edition:

- Six new chapters: common factors therapy, principle-based integration, integrative psychotherapy with children, mixing psychotherapy and self-help, integrating research and practice, and international themes.

- More diversity in the chapter contributors: half of the authors are now women, and many authors represent countries beyond North America.
- New sections in each chapter on diversity considerations and on the outcome research of the integrative treatments.
- All returning chapter thoroughly updated.

"The bible of the integration movement" has been modernized with more practice-friendly and student-learning qualities. Replete with clinical vignettes, this unique handbook will prove invaluable to practitioners, students, and researchers alike.

**John C. Norcross, Ph.D., ABPP, is Distinguished Professor of Psychology at the University of Scranton, Clinical Professor of Psychiatry at SUNY Upstate Medical University, and a former president of SEPI.**

**Marvin R. Goldfried, Ph.D., ABPP, is Distinguished Professor of Psychology at Stony Brook University, a clinical psychologist maintaining a limited practice in New York City, and a cofounder of SEPI.**

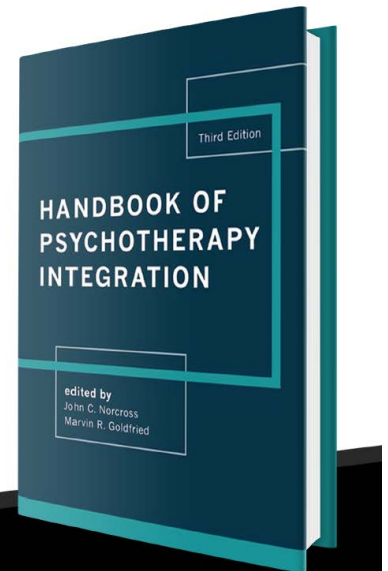




# HANDBOOK OF PSYCHOTHERAPY INTEGRATION

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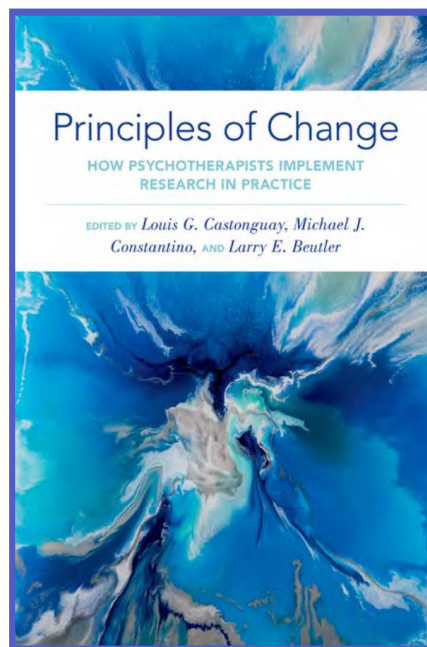
"This third edition reflects the maturing of the integration movement within psychotherapy. We have moved beyond saying that we need to integrate to having established models and solid empirical research. This edition can inspire us to move even further to determine the underlying mechanisms of change across approaches. Bravo!"

Clara E. Hill, PhD, University of Maryland

*"It first offers a review of 38 empirically based principles of therapeutic change grouped into five categories: client prognostic, treatment/provider moderating, client process, therapeutic relationship, and therapist interventions."*

## Principles of Change: How Psychotherapists Implement Research in Practice

*Edited by Louis G. Castonguay, Michael J. Constantino, and Larry E. Beutler*



SEPI members,

Drs. Louis Castonguay, Michael Constantino and Larry Beutler, are pleased to announce the publication of: Principles of Change: How Psychotherapists Implement Research in Practice (by Oxford University Press). This book constitutes a new approach to evidence-based psychotherapy that goes beyond the unidirectional dissemination of findings from researchers to clinicians. Rather, it first offers a review of 38 empirically based principles of therapeutic change grouped into five categories: client prognostic, treatment/provider moderating, client process, therapeutic relationship, and therapist interventions. Next, six therapists from diverse theoretical orientations describe in rich detail how they would implement each of these principles vis-a-vis standardized clinical vignettes. The book also offers a dialogue between researchers and clinicians on several key issues for implementing empirical findings, as well as for future research. Through its synergy, Principles of Change lays the foundation for further collaborations and partnerships between stakeholders in mental health services.

A copy of the book can now be pre-ordered through Oxford University Press or Amazon.



## UPCOMING EVENTS

### 3rd International Conference on Pluralistic Counselling & Psychotherapy

28 – 29 March 2020, Dublin, Ireland



Following the highly successful first and second conferences in Abertay and the University of Roehampton, IICP College is delighted to announce it will host the third International Conference on Pluralistic Counselling and Psychotherapy (ICPCP) Friday and Saturday 28th and 29th March 2020.

The conference will be held at the Royal Marine Hotel, Dun Laoghaire (pronounced Dun Leary); and will include workshops, discussions, research papers, and poster presentations on all aspects of the pluralistic approach. This includes the development of collaboration and shared decision making with clients, deliberate practice, working across diversity and difference, goal-oriented practices, client preferences, and personalisation in therapy.

The keynote speakers will include:

Tony Rousmaniere, PsyD, is a licensed psychologist on the Clinical Faculty at the University of Washington Department of Psychiatry and Behavioural Sciences in Seattle.

Andrew Reeves has been a counsellor/psychotherapist for nearly 25 years is now Chair of the British Association for Counselling and Psychotherapy, heading up the Board of Governors.

Mick Cooper is an internationally recognised author, trainer and consultant in the field of humanistic, existential and pluralistic therapies. He is a Chartered Psychologist, and Professor of Counselling Psychology at the University of Roehampton.

John McLeod is Emeritus Professor of Counselling at the University of Abertay Dundee, Professor of Counselling and Psychotherapy, IICP College, Dublin, and Visiting Professor, University of Oslo.

Rolf Sundet is a specialist clinical psychologist working in the Department of Child and Adolescent Psychiatry, Hospital of Buskerud, and as an associate professor at the University College of Buskerud, Norway. His Ph.d is on the use of client feedback as a monitoring and conversational tool in family therapy practice.

For further information about the conference please visit [www.iicp.ie/pluralistic2020/](http://www.iicp.ie/pluralistic2020/)

*"The conference will ... include workshops, discussions, research papers, and poster presentations on all aspects of the pluralistic approach."*





**JPI: IN FOCUS**



**With Simon E. Blackwell**



"JPI: In Focus" are exclusive video-recorded talks focusing on a recently published paper or special issue on the Journal of Psychotherapy Integration.

In this issue, we talk with Dr. Simon E. Blackwell, from Ruhr-Universität Bochum, Germany, about his recent paper "Mental Imagery: From Basic Research to Clinical Practice".

Click [HERE](#) to watch our exclusive video interview. (or use the link: <https://vimeo.com/373504499>)

## The Integrative Therapist: Call for Content

**The Integrative Therapist wants you to be an author.** We are seeking brief, informal, interesting and actionable articles with a personal touch. Please limit references to those that are absolutely essential. Our bias is towards articles relevant to SEPI's three missions: integration between researchers and clinicians, integration across cultures, and further development of psychotherapy integration. Contributors are invited to send articles, interviews, commentaries and letters to the Newsletter's Editor, Alexandre Vaz ([alexmagvaz@gmail.com](mailto:alexmagvaz@gmail.com))

### Submission Deadlines and Publication Dates

January 1 deadline for **February 15 Issue**

April 1 deadline for **May 15 Issue**

July 10 deadline for **August 15 Issue**

October 15 deadline for **November 15 Issue**