

Forman's five principles of Integral Psychotherapy:

Principle 1:

Integral Psychotherapy accepts that the client's life can be seen legitimately from four major, overarching perspective: subjective-individual, objective-individual, subjective-collective, and objective-collective. Case conceptualizations and interventions rooted in any of these four perspective are legitimate and potentially useful in psychotherapy.

Principle 2:

Integral Psychotherapy accepts that the identity development of the client will significantly impact the therapeutic encounter, including the shape and severity of the presenting problems, the complexity of the therapeutic dialogue, and the types of interventions that can be successfully employed. The identity development of the therapist also impacts his or her ability to empathize fully with the challenges of the client.

Principle 3:

Integral Psychotherapy accepts there are multiple lines or capacities in addition to self-system development. It expects that clients will be developmentally uneven and posits that interventions aimed at different lines can be useful in therapy.

Principle 4:

Integral Psychotherapy acknowledges the importance of temporary, altered states of consciousness, including psychological, regressive, and mystical states. Open discussion of altered states can be a major avenue of therapeutic dialogue, and the appropriate facilitation of positive altered states in therapy can provide the client with additional insight and healing.

Principle 5:

Integral psychotherapy accepts that there are a wide variety of styles or types of knowing -- according to gender, culture, and individual personality -- and they are all equally valid.

Source:

Forman, M. D. (2010). *A guide to integral psychotherapy: Complexity, integration, and spirituality in practice*. Albany, NY: State University of New York.