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Developmentally-based, Relationally-focused Integrative Psychotherapy

with

Richard G. Erskine & Amaia Mauriz-Etxabe

Sponsored by Instituto Bilbao de Psicoterapia Integrativa

A 5-day Residential Workshop, September 26 through September 30, 2025 Bilbao, País Vasco, España

This five day experiential workshop will focus on the centrality of the therapeutic relationship while emphasising the in-depth methods of a psychotherapy that integrates the client's affect, cognition, physiology and behaviour. The themes of this residential workshop may include life scripts, unconscious pre-reflective patterns, non-verbal communication, introjection, and physiological survival reactions. Various methods may be taught and demonstrated:

- therapy from a child development perspective;
- establishing an involved therapeutic relationship;
- facilitating a safe, supportive regression;
- providing body-centred psychotherapy; and,
- the effective use of the relational methods of inquiry, attunement, and involvement.

This experiential workshop is for mental health professionals who want to apply theory in clinical practice and to enhance their effectiveness through identifying aspects of their own contact interruption, life script, and countertransference.

Dr. Erskine will do live therapy with some of the members of the group. He will then discuss the theory and methods used in the live therapy.

Participants are requested to read ***The Art and Science of Relationship:The Practice of Integrative Psychotherapy by Richard G. Erskine and Janet P. Moursund (2022, Phoenix/Karnak)*** and come to the workshop prepared to ask questions and engage in a lively discussion about the theory and methods of a developmentally based, relationally focused Integrative Psychotherapy.

This experiential program will be in English with translation into Spanish.

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