

**Methods of a Developmentally-based,
Relationally-focused Integrative Psychotherapy
with
*Richard G. Erskine & Amaia Mauriz-Etxabe***

***Sponsored by BIOS Institute for Integrative
Psychotherapy Training, Bilbao, Spain***

**A 5-day Residential Workshop in Bilbao, Spain
Monday, June 19 to Friday, June 23, 2023
following the International Integrative Psychotherapy
Association's Conference, June 15 to 17, 2023, in Bilbao**

Through lecture, case discussion, and live therapy demonstrations this 5-day workshop will present the therapeutic philosophy and various methods of Integrative Psychotherapy. Throughout this workshop we will emphasize psychotherapeutic work that is an integration of physiological, affective, cognitive, and behavioural. We will discuss the relational methods on *Inquiry, Attunement and Involvement* as well as working developmentally through *deconfusion, therapeutic description, and supported age regression*. We will explore the significance of transference and how to distinguish between a *reactive countertransference* and a *responsive countertransference*.

This experiential workshop is for mental health professionals who want to apply theory into clinical practice and to enhance their effectiveness through identifying aspects of their own contact interruption, life script, and countertransference. Richard and/or Amaia will do live therapy with some of the members of the group. They will then discuss the theory and methods used in the live therapy.

This workshop will be in English with professional simultaneous translation into Spanish.

A certificate of Continuing Professional Education will be issued.

Contact: Amaia Mauriz-Etxabe.

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