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Method-Integration in Psychotherapy**Rainer M Holm Hadulla***Heidelberg University, Germany*

Statement of the problem: Modular and common factor approaches in psychotherapy are a central issue in psychotherapy research. It seems necessary to mark the limitations of specific approaches and to detect where interdisciplinary perspectives are indispensable. This presentation is an attempt to integrate psychotherapeutic models as well as neurobiological, psychological and socio-cultural and practical aspects of psychotherapy.

Development of a comprehensive psychotherapeutic model which integrates relational, cognitive-behavioral, psychodynamic-psychoanalytic and existential aspects. In this process neuro-biological, psychologic and socio-cultural perspectives come into play.

Methodology & theoretical orientation: The case of a patient suffering from schizotypic episodes is studied under the perspectives of relational, cognitive-behavioral, psychodynamic-psychoanalytic and existential psychotherapy. In a hermeneutic circle biological, psychological and socio-cultural factors are integrated.

Findings: It is shown that psychotherapy can and should include psychological, cultural and even neurobiological knowledge. The dialectics between coherence–incoherence, stabilization–destabilization, construction–deconstruction of cognitions, emotions, and actions are shown to be general principles that can be found in neuroscientific, psychologic and cultural approaches in the psychotherapy.

Conclusions: The interdisciplinary reflection of different psychotherapeutic methods leads to a practical model that can integrate relational, cognitive-behavioral, psychodynamic-psychoanalytic and existential aspects of psychotherapy.

Biography

Rainer Matthias Holm-Hadulla, MD is a psychiatrist, psychotherapist and psychoanalyst (IPA). He researches and teaches at the University of Heidelberg and at Centers for Advanced Interdisciplinary Studies, and as a visiting professor at the Universidad de Chile. He also teaches at the Pop-Academy Baden-Württemberg and at various psychotherapeutic training institutes.