

Contents

| | |
|-----------------------------------------------------------------------------------------------------------------|-----|
| <i>Foreword by Jack Anchin</i> | xi |
| <i>Preface</i> | xix |
| <i>Acknowledgments</i> | xxv |
| Part I. Unifying Psychotherapy: Context and Theory | |
| 1 Setting the Context: From Single Schools, Eclecticism, and Integration to Unification | 3 |
| 2 Integral Metatheory and Integral Psychotherapy: A Model of Interrelationships | 19 |
| 3 Developmental Dynamics and States of Consciousness | 39 |
| 4 The Development of Psychopathology: An Integral Perspective on the Etiology of Anxiety Disorders | 74 |
| Part II. Treatment | |
| 5 Assessment in Integral Psychotherapy: The Integral Intake | 109 |
| 6 An Integral Taxonomy of Therapeutic Interventions: The Role of Interventions in Integral Psychotherapy | 131 |
| 7 Principles of Treatment in Integral Psychotherapy | 155 |
| 8 An Integral Perspective on the Treatment of Anxiety Disorders: An Example of Integral Psychotherapy Treatment | 184 |

Part III. The Role of Research and Conclusion

| | | |
|----|------------------------------------------------------------------------------------------------|-----|
| 9 | The Methodological Tower of Babel: Integral Methodological Pluralism in Psychotherapy Research | 209 |
| 10 | Conclusion | 228 |
| | <i>Appendix: Integral Culture, Spirituality, and a Category Error</i> | 232 |
| | <i>References</i> | 237 |
| | <i>Index</i> | 257 |