

Living Institute  
Existential-Integrative Psychotherapy Diploma  
**Clinical Review Questionnaire 2013**

**Narrative Review**

1. Which clinical methodologies that you have been taught do you use in your practice and which not so much?

I use psychodrama, psychodynamic and sensorimotor methods. I rarely use primal – not suitable for current clients

In my practise I mostly use psychodynamic, transpersonal and the archetypal and less of, for example, the Shamanic tradition.

I use most often transpersonal, meditation, archetypes, and art expression. The ones that I use less are shaminism, sensory motor and naturopathic

Transpersonal, holotropic, humanistic, shamanic, psychodynamic, gestalt, psychodrama, primal, art/movement , somatic, alchemy, goddess, positive existential

I use transpersonal, archetypal, HEP methodologies, emotional yoga, primal, holotropic breathwork. I tend not to use so much bioenergetics, Gestalt and psycho drama.

All except somatic – less confidence with.

**Psychodynamic** – so important to my therapy. Framing and analytically understanding is really important to my therapy.

**Vajrayana/Transpersonal/Shamanic** – Really important to frame things spiritually. Good practical techniques to use on clients (bells/ feathers). Also very good to fortify my being as a psychotherapist.

**Jung/Archetypal** – So important to be able to understand the psyche in different psychodynamic ways. The role of individuation and the absolute.

**Humanistic** – Really important for practical skills. Relationship is so important to my therapy. Empathy, care. Also the whole idea of human potential, counterpoints pathology.

**Somatic** – Body mind interaction really important. To know how the psyche is specifically stored in the body.

**Existential/Existential Mysticism** - The foundation of my work. Being able to understand, and energetically hold people down to the regressive creation of ego identity, and the existential experiences that are there. The depth of the psyche, and so important and meaningful to my therapy.

**Psychoanalysis** – Good. Understanding bases of childhood sexuality. Defenses are really important. More attention should be put on that.

**Attachment theory**- I don't frame things in this model that often. Yet, the practice of maternal bonding is really important, and glad I can do this in my practice.

**Pre and perinatal/holotropic** – So important for how I understand and see experiences. So good for deep regressive work. Holotropic is amazing to have as a technique.

**Philosophy Culture and Consciousness** – So important to be able to know the cultural foundation / ancestors to psychotherapy. To know the ocean we are swimming in. Specifically in relation to our current cultural consciousness.

**Emotional yoga** – Such good practical techniques. Awesome

**Meditation** – Not into transpersonal meditation much.

**HEP ritual** – Really good to know, and integrate, be a base to the other altar traditions.

**Trauma/Dissociation/Depression** – All really good information, and let's make sure that there is practical skills training in it. IE. role playing/dyads

**Flower essence / intuition / therapeutic touch** – don't use very much

Frequent use: Humanistic, psychodynamic, attachment theory/developmental theory, Jungian, archetypal, somatic, bioenergetics, romantic irony, existentialism.

Don't really use shamanism, sound healing, psychodrama

2. What parts of the overview that you have been presented with do you draw on in your practice?

I draw on archetypal themes and archetypes as well as a variety of typologies to understand my clients and find effective ways to connect with them.

I mostly draw from the transpersonal, archetypal and psychodynamic overviews.

Definitely draw on the humanistic, psychodynamic model of therapy. The HEP work and particularly my own HEP group work has been very helpful in starting a practice of my own. The imaginal world and a lot of the archetypes have been quite helpful in framing what is happening for a client.

Transpersonal, holotropic, humanistic, shamanic, psychodynamic, gestalt, psychodrama, primal, art/movement, somatic, alchemy, goddess, positive existential

I draw on mostly transpersonal psychology, existential psychology, archetypal psychology and HEP the most

Existential, phenomenological, humanistic, transpersonal, shamanic, systemic

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3. Do you tend to work from a humanistic, psychodynamic, archetypal, existential, transpersonal, somatic perspective, or not, and what is the mix in your practice?

I work from a humanistic, psychodynamic, archetypal, existential, transpersonal and somatic perspective – some of each, heavily humanistic and psychodynamic. Often transpersonal.

I work mostly from an integration of the humanistic, psychodynamic, archetypal, transpersonal and somatic perspective

I think I tend to work predominantly from a humanistic and transpersonal perspective. But I would say that I have used and relied on the other perspectives as well.

Transpersonal, humanistic, positive existential, somatic, primal, gestalt

I definitely do. My mix is mostly archetypal, existential, transpersonal and somatic

All – really!

Humanistic - is my most important tradition. The healing power of empathy, care presence, and the general idea of human potential and growth is so fundamental

Psychodynamic – Gives the analytical frame work to understand humanistically

Existential – Provides the understanding to do deep work.

Somatic - I don't currently do a lot of somatic work directly. Yet understanding the mind body connection is really important.

3. How would you describe your client base?

Late 20's – early 30's. Struggling with identity, maturing and venturing into careers and relationships.

My client base is varied with an age group between 25 to 55 with diverse ethnic and socioeconomic backgrounds

Over the years, I would say mostly female with a predominance towards the schizoid side. I have had a majority of clients who are in their 20s trying to find their own identity and place in the world. The majority in the minority are clients in their 40's and somehow life hasn't given them all that they thought it would have.

Clients generally have a 'big picture' spiritually and psychologically minded outlook on life...but having a hard time with the earth's pain. They are often the Absorbers of their families unresolved issues....the one person in their family who are choosing to do the work to heal

I would describe it as young adults, trying to build an authentic life from the life they have been living. I have many clients dealing with traumatic childhoods. They seem to be at a point of existential crisis and questions. And many are dealing with relationship issues, mainly abandonment issues and healthy attachment issues. Many are looking for spiritual connections and growing a relationship with their spirituality, and many are very artistic.

Quite mixed really regarding psychologically mindedness. I'd say that the more spiritually interested/ aware seem to be most comfortable with my style

Average ages are between 28-40. Even between men and women

Mid twenties to mid thirties, intelligent, existential, some cultural diversity

4. What kinds of issues are you dealing with in your practice?

Parenting, relationships, sex, finding a mission/passion to guide career, loss, health issues, culture, existential crises, nurturing intuition, developing the masculine and feminine (and relationship between them), puer/puella, dealing with change, depression, anxiety, exploring relationship with the transpersonal, developing a relationship with the body and senses

The presenting issues are varied from sexual trauma, anxiety and depressive tendencies to eating disorders, hoarding, somatization to general concerns regarding their social and work related issues.

Abuse, obesity, individuation, containment, depression, anxiety, finding internal power, gender issues, divorce,

Addiction, spiritual emergence, relationship issues, clearing of lineage issues, developing intuition, grounding techniques for spiritually oriented people, career and

soul purpose unfoldment and coaching, creativity issues, female sexuality issues

Trauma, abuse, (physical and sexual), relationships, existential crisis, and somatising

Depression, anxiety, trauma, sexual abuse, loss of meaning, identity issues

To categorize:

A) Birthing – 60%; Existential crises -30%; Relationship issues – 10%

B) Regressing – 50%; Human Potential – 50%

C) Spiritual 25%; Existential 25%; Psychodynamic 50%

Depression, anxiety, existential crisis, identity, embodiment, sexuality, mental health diagnoses

#### 5. What was missing from the clinical training?

Some of the things that have since been added – e.g. dealing with addiction and chronic fatigue

I was happy overall with the clinical training, supervision and the clients that were provided for my practise by Caroline.

I'm not sure there was anything missing.

Discernment training for where neuro-chemistry, brain injuries, and other neurological type health issues which might mimic emotional problems. Referral strategies for such.

From my experience in my practice I would like to see a class on filling out Government forms for clients, (ODSP, etc.). Maybe some more information on how some of our systems work. Welfare, disability, some addiction programs, children's programs, divorce. Things like that, just to have an idea of what a client s dealing with and to also be of some assistance.

Some kind of Nature/outdoor component that follows on from ecospirituality and shamanism – like a sweat lodge or overnight ceremony.

A little more on energetic preparation, self care and personal “protection”

A full day on music therapy.

Higher expectations of the students...re attendance, participation, professionalism  
(though I still appreciate the space given to personal process..just think there could be a  
better balance..this may have already been achieved).