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CASE STUDIES AND CLINICAL RESEARCH

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Editorial

How Different Research Approaches Can Describe Transpersonal Psychotherapy Methods and Methodologies

GIOVANNA CALABRESE, M.D., Ph.D.

ITJ editor director

The seventh issue of the Integral Transpersonal Journal is the first one of a series of thematic issues focused on a particular transpersonal method. We all know that there are many different transpersonal methodologies and methods applied with therapeutic purposes, still a rigorous description of many of them is lacking. As editorial board we decided to give space to therapists to describe their methods, having special thematic issues.

Here we present how a multidisciplinary research approach, including philosophical discussion, quantitative approach and different qualitative methodologies have been used to describe

Biotransenergetics, a transpersonal method founded by Pier Luigi Lattuada and Marlene Silvera in the 80s and further developed by Lattuada.

Pier Luigi Lattuada and Regina Hess in their article discuss the epistemological basis of BTE.

Clinical application of BTE is described with two different approaches. Giovanna Calabrese presents a clinical study in which the heuristic method described by Moustakas has been originally applied to explore the experience of Transe during the therapeutic session, considering different psychotherapists and patients.

Giuliana Rasi used a narrative approach to give an account of the psychotherapeutic process as a life changing experience.

Matteo Hu mixed quantitative and qualitative methods to explore how BTE psycho-corporal practice influences the body and the mind in a sample of volunteer subjects.

Claudia Cornali, a psychotherapist expert in emergency psychology, gives her personal account on how BTE helped her during the mission in Afghanistan.

As editorial board, we hope that our readers will find this issue of interest and will read it as an inspiration of what is needed to transpersonal psychotherapy to break through.