

Foreword to Volume 15, 2024

Dear Readers,

I am delighted to present Volume 15 (2024) of the *International Journal of Integrative Psychotherapy*. This volume brings an array of riches. You will have an opportunity to explore cutting-edge research from our Spanish colleagues and immerse yourself in some deeply personal statements from a few of our most wise and esteemed leaders in IP.

As I edited this volume, I became keenly aware of how the theme of “relationship” is intricately woven through all of these writings. As IP therapists we know, experientially and empirically, that relationship is truly the core element of healing in our work. We live and breathe this concept in our offices—and in our lives. However, in recent years “talk therapy” has come under increasing scrutiny, as we are challenged to scientifically justify and quantify the efficacy of our work, whether from insurance companies, healthcare funding sources, or governments that hold authority over what is considered legitimate healthcare. For those of us familiar with these queries, this volume opens with two important research articles.

We begin with “Development and Preliminary Evidences of the Validity of Erskine’s Relational Needs Scale,” written by Ioseba Iraurgi, Ignacio Gómez-Marroquín, Susana Gorbeña, Amaia Mauriz, and Richard G. Erskine. This article introduces a way to measure the expression of relational needs that are inherent in all human interactions. This important study provides preliminary and statistically significant results between the theoretical model of Erskine’s Eight Relational Needs (1998; Erskine and Moursund, 2014; 2023; Erskine et al., 2012), and how those needs are expressed in relationships. This work has particular relevance for clinical practice, as it has the potential to corroborate our understanding that relationship and a solid therapeutic alliance provide the basis for a successful psychotherapy.

Our next article is “*Psychometric Properties of a Brief Spanish Version of the ECR Instrument (Experiences in Close Relationships) Applied to Significant Persons*,” written by Ana Martínez-Pampliega, Naia Molinos-Laborda, M^a Sergi Corbella, Rafael Jódar, and Ignacio Gómez-Marroquín. Drawing on the perspective of adult attachment theory, this article presents a robust study of a psychometric instrument that can be used to measure and understand the factors that underlie interpersonal relationships. The results of this study, although preliminary, support and corroborate the central importance of the therapist-client relationship and the necessity for the therapist’s focused inquiry and attunement.

Please join me in applauding and congratulating these writers and researchers as they work to develop ways to investigate and validate the core principles of IP theory and methodology. We look forward to publishing many more double-blind peer-reviewed studies of this kind, as we strive to establish a scientific foundation to help solidify the presence, prestige, and appreciation of IP in the world of psychotherapy and counseling.

After a deep dive into research, we turn to a more clinical perspective in “The Manchester Trilogy: Keynotes of Note,” and the words of Ruth Birkebaek, Richard Erskine, and Sally Openshaw. Each keynote invites you to step into the heart, the office, and the internal musings of these three seasoned IP practitioners and trainers. Each presents a unique view of IP, while also offering some challenges to our ideas of diversity, shame, and the potential overuse of empathy.

I hope you enjoy this inspiring and diverse collection of writings. I would also like to take this opportunity to thank the members of the IJIP Editorial Review Board for your excellent contributions in reading and reviewing submissions. Please know that you are truly the power behind the scenes that makes publication possible. I truly appreciate your hard work! Many thanks also to Stacy Williams, IJIP Managing Editor and copy editor par excellence, and Timotej Glavač, our exceptional IJIP Layout Editor.

And finally, if you have thoughts, questions, or responses to a particular article, or your heart has been touched, or you are simply moved to express your appreciation, I invite you to post your comments on the [IIPA Members Blog](#). We would love to hear from you.

Happy reading!

With best regards,
Carol

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