

## ***Integratus* – Special Call for Manuscript Submissions Psychoanalysis with a Special Focus on the Unconscious**

*Integratus*, the official journal of the Catholic Psychotherapy Association (CPA), is pleased to announce a special call for manuscript submissions on psychoanalysis with a special focus on the unconscious.

Today there is more than ever a quest for deeper healing beyond psychopharmacological and mental techniques. More attention is being paid to transference/countertransference, relational issues, and forms of resistance and defenses; we have psychoanalysis to thank for that in its original development as well as how it is developing further these bedrocks of therapy.

We are interested in work that goes into regions outside of the patient's conscious awareness, that stays close to the images and emotions as well as bodily responses in that exploration in ways that lead to deep healing and consolation. The CPA's special interest group (SIG) on Catholicism and Psychoanalysis holds that such exploration of the unconscious should be attempted with faith in God and in God's wisdom and under the protection and guidance by the Holy Spirit. Here's where the work in our SIG significantly differs from secular psychoanalysis.

We have seen how the overuse of diagnoses and labels as foundational often comes out of an anxiety in the face of the psyche which can express images and emotions beyond our understanding or control. Psychology's technical jargon becomes a grid to ease the anxiety of walking with another around previously unknown regions instead of staying true to what emerges without labeling or becoming defensive and judgmental.

Letting the unconscious emerge and instruct one while being open to the presence of the Holy Spirit, without categories to frame or control it, can be challenging yet most productive in resulting in health.

If one stays close to the unconscious, its positive and "negative" aspects, and does an exploration of *oneself* to lessen judgment, then one may be open to the wealth of information about the patient, including the patient's familial patterns. Moreover, in the relationship with the therapist, one can get to the sources of suffering as well as ways to move through them. The more therapists explore how impasses and relational difficulties in the work are emblems of earlier unconscious familial patterns the less an authoritative stance is there. The unconscious influence of parents affecting their children's relationship and work choices as well as patterns of behavior still needs more research and understanding. Often parental unconscious tendencies can push the offspring to do what the parent most fears yet secretly wants. Children live the parents' unconscious desires.

Dreams, emotions, symptoms, slips of the tongue, lapses of memory, free association, and dissociative parts all convey unconscious motivation yet can remain a mystery to those unfamiliar with it. Not only a repository of repressed ideas and feelings, the unconscious also is a source of potential energy and new avenues of existence. The integration of the unconscious is an ethical responsibility, and our faith is the foundation of this endeavor. The question of how unconscious contents also can be universal relates here.

The leaders of the SIG on Catholicism and Psychoanalysis invite clinicians and scholars to contribute to our understanding of the unconscious and how its exploration is integral to responding to the Holy Spirit to bring health to those suffering.

*Integratus* is excited to partner with Dr. Angelyn Arden, Dr. Lisa Fischer, and Gabriel L.M. Crawford on this special call for manuscript submissions, which may address what encompasses regions that are understood as unconscious and therapeutic work in the unconscious alongside Christian understandings.

### **Manuscript Submission details**

#### **1. Manuscript submissions may be...**

- a. Literature review that provides an analytic overview, clinical implications, limitations, and future directions in the study of the unconscious.
- b. Discussions on the existence and influence of the unconscious in cases studies that apply theoretical and evidence-based scholarship.
- c. Theoretical, historical reflection, critique, and exploration of the unconscious and the integration of its influence in psychology with Catholic teaching.

#### **2. Submitted manuscripts will go through the standard review process as well as editorial overview by Dr. Angelyn Arden, Dr. Lisa Fischer, and Gabriel L.M. Crawford.**

#### **3. Manuscripts selected for publication will reflect the general standards of *Integratus* as well as fit with this special call.**

### **Timeline/Deadlines**

- Manuscripts are due by **October 1, 2024**, and must be submitted through the online submission portal: <https://integratus.scholasticahq.com/>
- Authors are encouraged to follow the Author Guidelines and Submission Requirements: <https://integratus.scholasticahq.com/for-authors>