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## *Integratus*

The Journal of the Catholic Psychotherapy Association

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### [Welcome to \*Integratus\*](#)

Jesse Fox, PhD, and Robert Kugelman, PhD

*Online now*

Welcome to *Integratus: The Journal of the Catholic Psychotherapy Association*. The aim of *Integratus* is to draw on the rich resources that the Catholic intellectual and spiritual traditions can offer to the mental health fields—to make innovative contributions to psychological theory, research, and practice.

### [From the Editors](#)

Jesse Fox, PhD, and Robert Kugelman, PhD

*Online now*

With this its inaugural issue, *Integratus* passes from aspiration to reality. The journal will have—has—a distinct voice in the field of mental health care. As the journal of the Catholic Psychotherapy Association, it brings Catholic voices into the scholarly and praxis-oriented conversations about human suffering and healing, mental health and flourishing, forms of therapy, and reflections on the deeper meanings and significance of this domain of human living and dying. Readers of this journal will be able to find these and related topics, relevant to Catholic approaches to psychotherapy, addressed in every issue.

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[Origins of the Journal of the Catholic Psychotherapy Association:  
\*Integratus\*](#)

Jennifer Madere, MA, LPC-S, Rev. Martin Burnham, PSS, PhD,  
Anthony J. Isacco, PhD, Brigette Erwin, PhD,  
Matthew Breuninger, PhD

*Online now*

As the inaugural issue of *Integratus: The Journal of the Catholic Psychotherapy Association* is published, we celebrate the actualization of one of the dreams of the founding members of our organization. The Catholic Psychotherapy Association (CPA) grew out of a small group of professionals in the Atlanta, Georgia, area who began meeting to support each other in the ethical integration of the Catholic faith in clinical practice. This original group gained recognition as a Catholic organization by Archbishop John Francis Donohue in 2002. Upon joining together with others across the United States, the first meeting of the professional organization that we now know as the CPA occurred in 2007. At that time, the eventual publication of a scholarly journal was high on the list of dreams of how the organization may one day bloom. To our knowledge, *Integratus* is the first journal to integrate Catholic theology and anthropology with the mental health sciences and fills a gap in the respective spheres of professional and theological scholarship.

## Coming soon

**What is Catholic Psychotherapy and How Should It Move  
Forward for Better Impact?**

**Thomas G. Plante, PhD**

*Abstract*

Catholic psychotherapy is a critically important specialization that underscores the need for culturally competent best practices when integrating state-of-the-art psychotherapeutic professional services with the rich religious, spiritual, and cultural contributions and traditions of the Roman Catholic Church. Since the Church is the single largest religious denomination in the world and represents about a quarter of all Americans living in

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the United States, there is ample need for Catholic-informed and engaged psychotherapists with expertise in working thoughtfully and sensitively with Catholic clients, including with laypersons and clerics, and with Church institutions such as schools, hospitals, and charitable groups. While the Catholic Psychotherapy Association has been an important organization to promote Catholic psychotherapy, a new journal dedicated to this topic provides a mechanism to share quality peer-reviewed science, practice, and reflection on how to move the field forward in a way that serves the most people possible. This article reflects on what Catholic psychotherapy is and who are good candidates to both provide and receive these specialized services, and it offers examples of cases that fit well into the Catholic psychotherapy approach. Future directions as well as potential ethical challenges are discussed.

### **A Note on Catholic Psychotherapy**

**Randolph Severson, PhD**

*Abstract*

This article presents a rationale for an Existential Catholic Psychotherapy based in the thought of St. Thomas and the tradition of Existential Thomism. The question of what *Catholic* means in this context is answered by a description of virtues identified as a Catholic way of being-in-the-world. Three integral characteristics of Existential Therapy—authenticity, availability, and the argument—are given a Thomistic definition. Catholic Existential Therapy is situated and shown to correspond to the three appeals of Classical Rhetoric.

### **Metaxy, Forms, and Healing: A Neoplatonic-Augustinian Approach to the Integration of Catholicism and Depth Psychology**

**Angelyn Arden, PhD**

*Abstract*

In the last decade, the Catholic Church increasingly has been open to psychology, yet depth psychology still is foreign to it and often not accepted. Likewise, few depth psychologists are open to Catholicism. This article attempts to rectify such in an investigation of the integration between the two. It does so by drawing on the philosophical assumptions from

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the Neoplatonic-Augustinian tradition. I define *depth psychology* as the examination of a realm, lying behind, around, or within the surface of one's life, consisting of patterns, figures, and landscapes affecting one's thoughts, emotions, bodily reactions, and behaviors, but of which one is unaware, relating to the universal, enduring figures in classic literature. I discuss the relationship of universal figures and landscapes to the "intermediate" region between spirit and matter, metaxy, through following Diotima in Plato's *Symposium* and some of Simone Weil's work. I relate metaxy to both Forms and the material, human world as communication, a circuit. I discuss where I depart from the Platonic sense of emanation and descent with exclusive derivation upon Forms. I illustrate such with St. Augustine's conversion. I further explore the "betweenness" of metaxy with the works of prominent Catholics, St. Pope John Paul II, Pope Emeritus Benedict, and Josef Pieper.

### **Catholic Psychological Approaches to Flourishing**

**Robert Kugelmann, PhD**

#### *Abstract*

Flourishing, or happiness, has become a prominent topic in contemporary psychology. It has deep roots in American psychology, extending back to "healthy-mindedness" movements of the late 19th century, and even deeper roots, with Aristotle having addressed *eudaimonia* in his ethics. Typically, flourishing in psychological investigations has a secular backdrop. However, Catholic psychologists over the past century and more have addressed the topic, extending it to include beatitude and sanctity, with perfect happiness possible only after death, with the Beatific Vision. The article develops the formulations of happiness or flourishing by the Catholic psychologists Michael Maher, Thomas Verner Moore, Joseph Nuttin, and Antoine Vergote, and the group who have published the Catholic Christian meta-model of the human person. Human flourishing has universal dimensions—some things we must seek—and simultaneously, it is a call unique to each individual.

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