



Introducing Integratus: The Journal of the Catholic Psychotherapy Association

Presented by: Anthony Isacco, PhD, Jennifer Madere, MA, Fr. Martin Burnham, PhD, Brigette Erwin, PhD,
Matthew Breuninger, PhD, Robert Kugelmann, PhD, Jesse Fox, PhD, & Larry Freeney, MA

Saturday, April 30, 2022 - 8:45 - 10:15am

1.5 CEUs

Agenda

- I. Welcome and Introduction
- I. Historical Context of Catholicism and Psychology Scholarship
- I. *Why Integratus* now and Why CPA?
 - a. The CPA Taskforce Members
- IV. Journal Overview
 - a. Introduction to Inaugural Editors
 - b. Mission, aim, scope, and content areas
 - c. Publisher
- V. Peer Review Process: What is it, Why, and What Resources for CPA Members?
- VI. Wrap-Up & Concluding Remarks
- VII. Moderated Q & A

Learning Objectives

- 1) To describe the historical relationship of Catholicism and psychology over the centuries and how 2022 is a hallmark year to launch *Integratus*.
- 2) To identify key areas of professional scholarship that integrate the Catholic faith and mental health sciences.
- 3) To explain the mission, aim, and scope of *Integratus*, including details of the peer review process such as how to submit manuscripts to the journal and to provide peer reviews to submitted manuscripts.



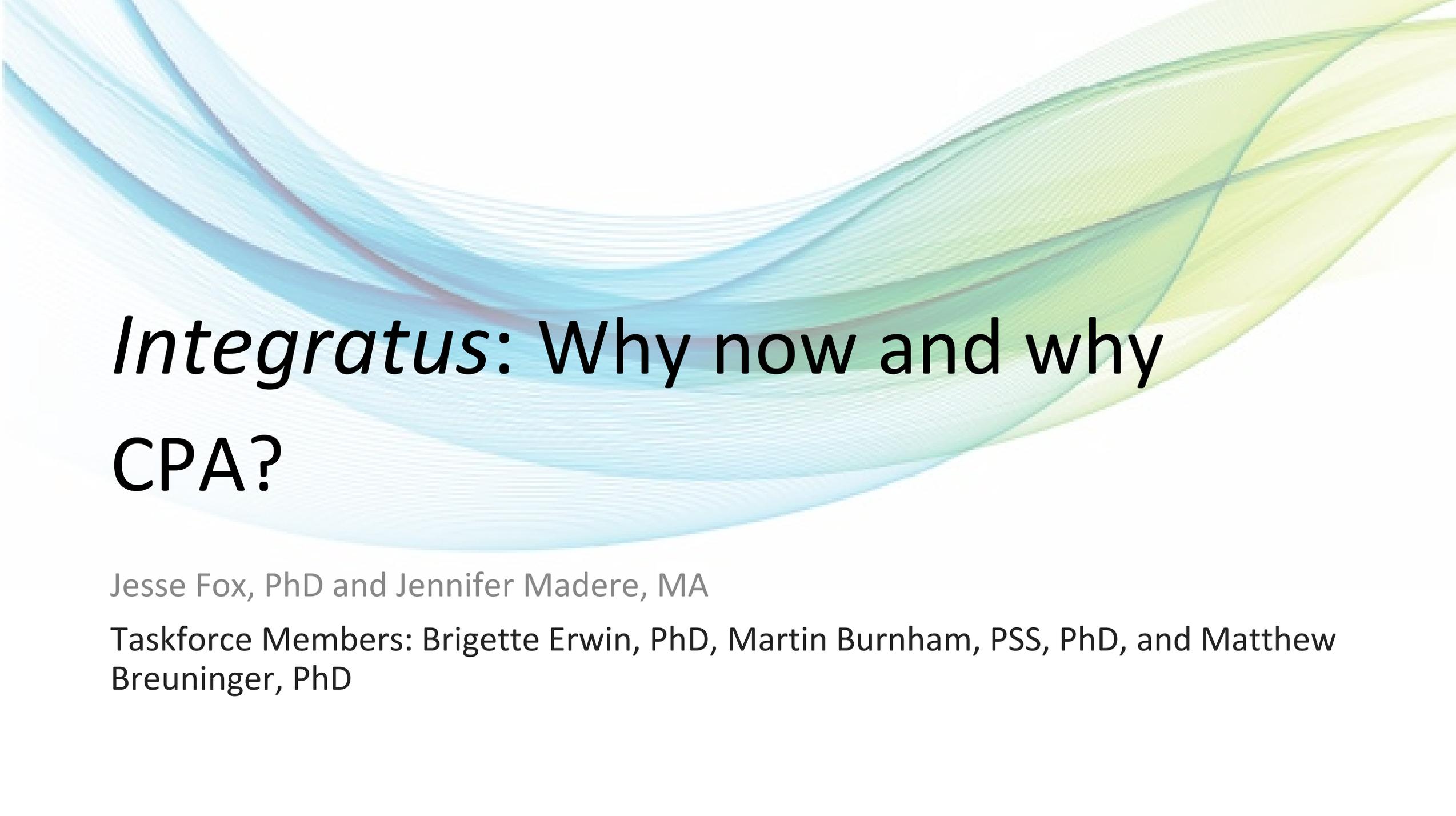
Historical Context

Robert Kugelmann, PhD

Historical Context: Catholicism and Psychology

There is a rich history of psychology in its relationships with Catholicism. Some examples:

- Anthropological accounts: conceptions of the soul;
 - In Scripture: flesh/spirit contrast, suffering (Job), conversion, etc.
 - In Augustine, with a Trinitarian conception of the soul (memory, understanding, and will); love as the perfection of the will (5th century);
 - Thomistic analyses of the phantasm, the image between sense and reason;
- Studies of the spiritual life by mystics and others; the three-fold path; dark night of the soul;
 - Bernard of Clairvaux on love; on humility as true knowledge of one's self (12th century);
 - John Cassian on *acedia* (5th century); later, tied to melancholia, ennui, and even stress (as weariness and grief)
 - Aelred of Rievaulx on spiritual friendship (twelfth century);
 - Dante's *Divine Comedy* as a way to discern the path; midlife crises? (13th century)
 - Marsilio Ficino on melancholy: its necessity and dangers (15th century);
- The American Catholic Psychological Association (1947-1975);
 - 20th century Catholic psychologists: Thomas Verner Moore, Magda Arnold, Charles A. Curran, William C. Bier, etc.
- Psychology of the unconscious: Victor White and Vera von der Heydt.



Integratus: Why now and why CPA?

Jesse Fox, PhD and Jennifer Madere, MA

Taskforce Members: Brigette Erwin, PhD, Martin Burnham, PSS, PhD, and Matthew Breuninger, PhD

Why *CPA*?

The following areas of focus were identified by the 2017 and 2020 strategic planning surveys:

1. Integration of Catholic Faith in Clinical Practice
2. Education Committee Strategy & Policy
3. Outreach to US Catholic Bishops and other Catholic Organizations
4. Spirituality in Community
5. Accessibility and Growth as an Organization

Formation of an academic journal was identified as a means by which to advance objectives 1, 2, 3, and 5. Thus, in 2020 the specific goal was set: to launch a journal by the end of 2022.

Why CPA?

The eventual publication of a scholarly journal was one of the dreams of our founding members and board members.

- CPA members affirmed this during the strategic planning review in 2020.
- The launch of *Integratus* represents a huge step forward in the fruitfulness of our mission!

The mission of the Catholic Psychotherapy Association is to support mental health practitioners by promoting the development of psychological theory and mental health practice which encompasses a full understanding of the human person, family, and society in fidelity to the Magisterium of the Catholic Church.

Why the name *Integratus*?

The Taskforce honed in on the word 'integration' in our discussions of journal naming as we believe that a core part of the journal's mission is to integrate Catholic theology and the mental health sciences. At the suggestion of several wise people, we strayed away from journal names with 'Catholic' in the title. We believe that there is wisdom in a journal name that has immediate appeal to a broad community of scholars and readers.

integrātus (*masc.*)

- [renewed](#), [restored](#), having been made [whole](#).

How is an academic journal important for CPA?

- Accreditation of graduate and continuing education programs for mental health professionals requires instructors/presenters to reference recent literature that has been published in a peer-reviewed format such as a scholarly journal.
- Academic professionals, clinicians and students can likewise grow their career and contribute to the formation of fellow and future mental health professionals by submitting and reviewing work to be published in this journal.
- Thus, formation and publication of this journal is essential to the present and future existence and availability of solid Catholic mental health services.

Catholic Evidence Based Practices

Evidence Based Practices

- “The integration of the best available research with clinical expertise in the context of patient characteristics, culture, and preferences” (American Psychological Association, Presidential Task Force on Evidence- Based Practice, 2006)
- The adaptation and filtering of empirically supported treatments to deliver evidence-based practices is exactly where Catholic formation and beliefs can be integrated into empirically supported treatments

Catholic Evidence Based Practices

Integratus, the flagship journal of the Catholic Psychotherapy Association encourages:

- Conduct of studies of Catholic psychotherapy treatments integrated with Roman Catholic doctrine
- Dissemination of Catholic evidence-based practices in a Catholic publication
- Implementation of Catholic evidence-based practices such that Catholic psychotherapists are trained in and utilize Catholic evidence-based practices

Journal Overview

Anthony Isacco, PhD

Robert Kugelmann, PhD

Jesse Fox, PhD

Integratus

THE OFFICIAL JOURNAL OF THE CATHOLIC PSYCHOTHERAPY ASSOCIATION
INTEGRATING FAITH AND MENTAL HEALTH

VOLUME ONE:

EDITORS

Jesse Fox, Ph.D. | Robert Kugelmann, Ph.D.



Aim, Mission, & Scope

Aim of this journal is to harvest the untapped, rich psychological resources of the Catholic spiritual tradition and offer them to the mental health fields to make novel contributions into psychological theory, research, and practice. *Integratus* provides scholarship that informs and is informed by clinical practice, with a commitment to the full breadth and depth of the Catholic tradition and to the Magisterium, the teaching authority of the Church.

Mission: *Integratus* will publish professional, peer-reviewed scholarship that integrates mental health sciences and Catholic theology. In addition to mental health professionals, *Integratus* will be a resource for Catholic clergy, pastoral ministers, lay ministers, and the broader public.

Scope: *Integratus* will publish interdisciplinary scholarship from various mental health fields (e.g., psychology, counseling, social work, marriage and family therapy, counselor education, psychiatry) focused on integrating varying degrees of Catholic spirituality, anthropology, and human formation.

Key Content Areas *(not an exhaustive list)*

Catholic practices used in clinical practice (Plante, 2021)

Catholic clergy, seminarians, and women religious

-Assessment (Isacco, Songy, & Plante, 2022)

-Treatment

-Formation

-Specific issues: spiritual bypassing, clericalism (Burnham et al., 2020), burnout

-Prevention of child sexual abuse in the Church

The role of Catholic prayer in improving mental health outcomes (Fox et al., 2015)

Religious features to mental health disorders, Ex Scrupulosity

Developing Catholic-based models of treatment

Testing the efficacy of Catholic-based models of treatment

Empirical investigation of the Catholic Christian Meta-Model of the Human Person (Vitz, Titus, Nordling, 2020)

Mechanisms underlying engagement in sacraments and mental health outcomes

Psycho-Spiritual and theological perspectives of masculinity and femininity

Clergy-mental health professional collaborations

Psychological mechanisms to church attendance, prayer, parish involvement

Role of faith in psychological healing

What is *Catholic* psychotherapy?

Guilford Press, <https://www.guilford.com/>

“Partnership”

Great tradition of publishing mental health (psychology, social work, psychiatry, counseling) books and journals.

<https://www.guilford.com/browse/psychology-psychiatry-social-work>

Credibility to the journal

Pivotal to operation of the journal

Associate Editors

Rev. James Burns, PhD, President, St. Mary's University of Minnesota

José María Gondra, PhD, University of the Basque Country, San Sebastián, Spain

Keith Houde, PhD, Ave Maria University

Gina Magyar-Russell, PhD, Loyola University Maryland

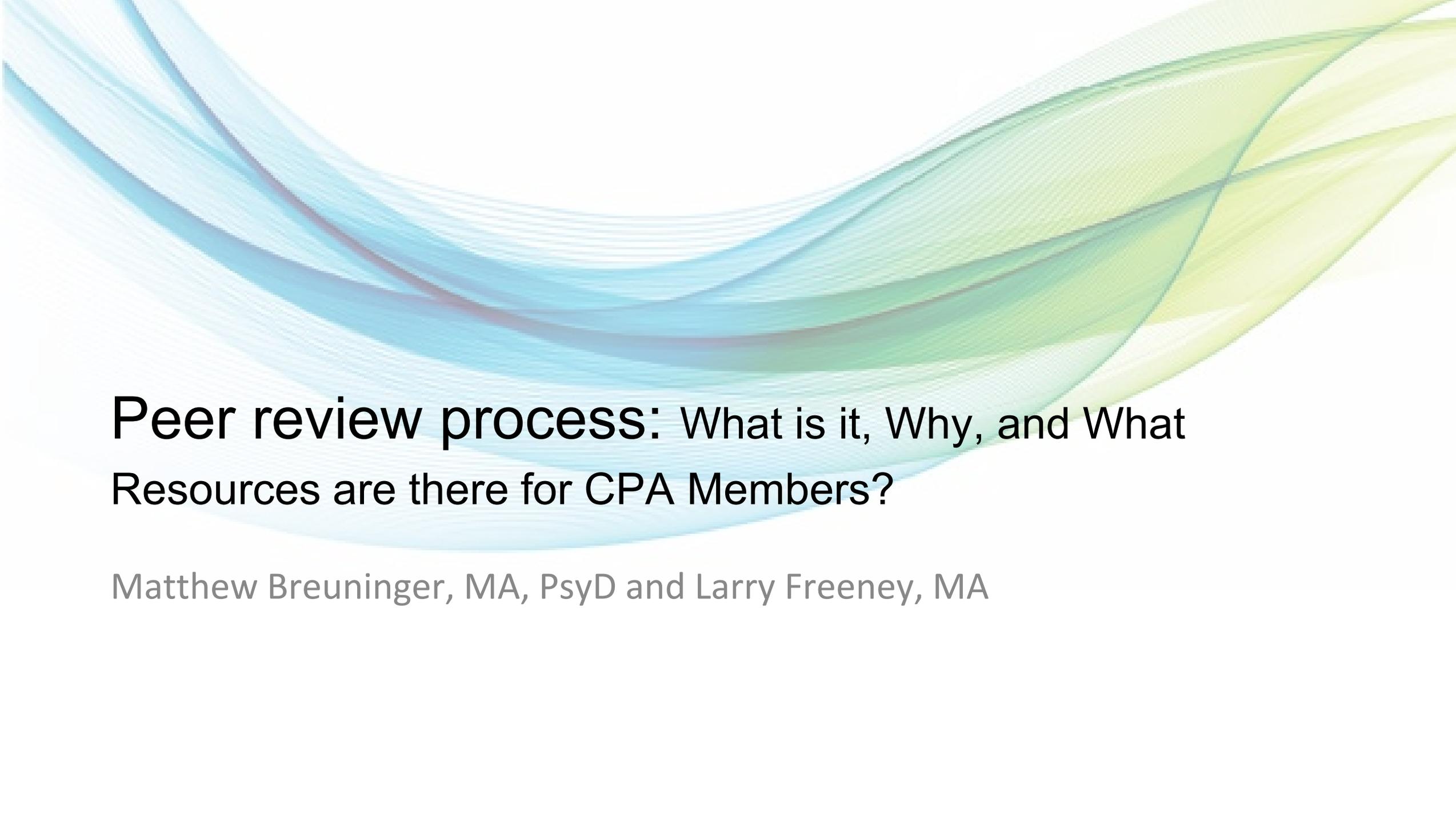
Stephanie Swales, PhD, University of Dallas

Editorial Board Members

- The Editorial Board will include mental health professionals as well as theologians for an initial 3-year term;
- Members would agree to review a limited number of submitted manuscripts as part of the peer review process, matching manuscripts with the member's areas of expertise;
- EB members are encouraged to submit manuscripts themselves to the journal;
- EB members participation offer advice for topics for the journal and help us evaluate past issues, recommend potential authors and topics, and other reviewers.

First Issue & Beyond: A Call

- Nine articles lined up for our first issue.
- In several months, submissions will be made through the Guilford portal (under construction).
- Until then, if you are interested in **submitting a manuscript** and/or you are interested in being a **peer reviewer**, please use the following link: <https://catholicpsychotherapy.org/Integratus>
- The co-editors will be sending out detailed instructions for manuscript submissions. EX:
 - APA Manual Formatting.
 - Institutional Review Board for research with human subjects.



Peer review process: What is it, Why, and What Resources are there for CPA Members?

Matthew Breuninger, MA, PsyD and Larry Freeney, MA

Peer Review: The What & the Why

- What is It?
 - Process of having research vetted by experts in the field to ensure that the method, statistics, and concepts in the manuscript correct and consistent with best practice and theory in the field.
- Why?
 - To ensure that the research that reaches the public and other researchers is of the highest quality.
 - Reduce error, mistakes, and biases from being disseminated and enshrined in research.

Future Resources & Support

- Continuing Education (CE) Series: Introduction to Research
- Opportunities to be paired with researchers and individuals who are proficient in research methods proper to psychology
- Book and video recommendations on topics related to research and methodology.

Wrap Up & Conclusions

Anthony Isacco, PhD



Concluding Thoughts

Acknowledgements: **So Many!**

- CPA Board
- Student Representatives: Larry Freeney, Daniel Roberson, Giovanni Santangelo, and Joseph Nelson
- Early “cheerleaders”: Drs. Len Sperry & Barbara Golder

Connecting Past - Present - Future

- American Catholic Psychological Association had a newsletter (not a journal) in 1950's/60's
- ACPA became Division 36 of APA and a Catholic presence was eventually lost
- A Catholic presence is back in mental health practice and research
- Integratus will be *the place* to publish the research



Questions & Comments

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