

Integrative psychotherapy: A systematic review of its development and clinical efficacy

Psicoterapia integrativa: revisión sistemática de su desarrollo y eficacia clínica

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Abstract

The use of traditional, monotheoretical approaches in psychotherapy has demonstrated low efficacy, leading to a high dropout rate among patients. In response to this limitation, integrative psychotherapy offers an innovative and flexible perspective, integrating diverse theories and techniques to provide more personalized treatment tailored to individual needs throughout the therapeutic process. Within this framework, the present study aimed to evaluate integrative psychotherapy, its evolution, and its effectiveness in clinical settings. To this end, a systematic review was conducted using the PRISMA method, applying rigorous inclusion and exclusion criteria to select high-quality studies. The main findings indicate that constructivism provides the theoretical foundation for this approach. Furthermore, the efficacy of integrative psychotherapy is reflected in the combined application of different theories and techniques for the treatment of various psychopathologies, such as depression, anxiety, substance abuse, post-traumatic stress disorder, borderline personality disorder, childhood sexual abuse, domestic violence, and relationship conflicts. In summary, this study validates the effectiveness of integrative psychotherapy in clinical practice, especially in situations of psychosocial vulnerability, providing a more comprehensive and adaptable approach.

Keywords: efficacy, clinical, psychotherapy.

Resumen

El empleo de enfoques tradicionales y monoteóricos en psicoterapia ha evidenciado baja eficacia, lo que ha generado una elevada tasa de abandono por parte de los pacientes. Frente a esta limitación, el integracionismo ofrece una perspectiva innovadora y flexible, integrando diversas teorías y técnicas para brindar un tratamiento más personalizado y acorde a las necesidades individuales durante el proceso terapéutico. En este marco, el presente estudio tuvo como propósito evaluar la psicoterapia integrativa, su evolución y efectividad en contextos clínicos. Para ello, se llevó a cabo una revisión sistemática bajo el método PRISMA, aplicando criterios rigurosos de inclusión y exclusión que permitieron seleccionar estudios de alta calidad. Los hallazgos principales indican que el constructivismo sustenta teóricamente este enfoque. Asimismo, la eficacia de la psicoterapia integrativa se refleja en la aplicación combinada de distintas teorías y técnicas para el tratamiento de diversas psicopatologías, como depresión, ansiedad, consumo de sustancias, trastorno de estrés postraumático, trastorno límite de la personalidad, abuso sexual infantil, violencia intrafamiliar y conflictos de pareja. En suma, este estudio valida la efectividad de la psicoterapia integrativa en la práctica clínica, especialmente en situaciones de vulnerabilidad psicosocial, aportando un enfoque más comprensivo y adaptable.

Palabras clave: eficacia, clínica, psicoterapia.

Introduction

Since their inception, traditional psychotherapeutic interventions have faced various challenges that impact their effectiveness and limit therapeutic success. These challenges include emotional exhaustion among therapists, resulting from a lack of positive outcomes; the complexity of dense theoretical frameworks that hinder practical application; insufficient ongoing training for professional development; and the rigidity of adhering to a single theoretical approach, which restricts the ability to tailor treatment to the diverse needs of patients. In response to these limitations, there has been a pressing need to develop models that integrate multiple techniques and approaches, leading to the emergence of integrative psychotherapy (Santangelo et al., 2022).

Consequently, over the past few decades, integrative psychotherapy has gained increasing recognition within the clinical community. This modality is understood as a dynamic process that combines various theoretical orientations and techniques to more comprehensively and flexibly address the complexity and diversity of psychopathologies (Horesh & Lahav, 2024). However, despite these advancements, significant challenges persist: less than 50% of patients experiencing depressive or anxiety episodes achieve significant improvement, and between 5% and 10% may experience a deterioration during treatment. These statistics highlight the limitations inherent in the exclusive use of monotheoretical approaches. Moreover, it has been noted that therapists sometimes resort to improvisation or rely on intuition when applying techniques, which can compromise the quality and consistency of the intervention.

Historically, treatments have been designed to respond to specific psychopathologies, which has proven insufficient in practice. Each patient presents individual and cultural characteristics that influence their therapeutic response, necessitating an ongoing adaptation of the therapeutic approach (Tamara et al., 2024). In fact, a discrepancy has been identified between the therapist's perception of the patient's progress and the reality experienced by the patient, leading to difficulties and potential inaccuracies in assessing therapeutic change (Valdiviezo-Oña & Montesano, 2024).

In light of this diversity of individual needs, integrative psychotherapy facilitates the merging of different theoretical frameworks. This flexibility allows for the selection and application of the most appropriate techniques for each specific case, thereby avoiding the clinical limitations associated with adherence to a single approach. Félix-Alcántara et al. (2021) point out that traditional approaches centered on cognitive and behavioral techniques exhibit evident restrictions, proposing integration with other models to achieve a more holistic and effective intervention.

With this approach, integrative psychotherapy is defined as a strategic and coherent combination of multiple theoretical orientations and therapeutic techniques, which, when applied jointly and complementarily, constitute a robust tool for psychological intervention (Grevenhaus et al., 2024).

It is important to highlight that the pursuit of integration is not a recent concept. Dollar and Miller (1984) had already suggested the possibility of merging behavioral techniques with psychoanalysis to enrich therapeutic practice. Subsequently, in 1966, Harper analyzed the similarities among different psychotherapeutic modalities and emphasized the need to avoid using them in isolation or monotheoretically (Balarezo, 2015). In that same year, Lazarus developed the concept of technical eclecticism, which integrates behavioral, affective, cognitive, and interpersonal aspects, emphasizing that the approach must consider all levels that constitute a person (Lazarus & Messer, 1992).

In the Latin American context, contributions to the development of integrationism have been significant. In Argentina, Fernández established in 1992 the foundations of an integrative psychotherapy model that has influenced the region (Fernández, 2020). In Chile, Roberto Opazo formulated the supaparadigmatic theory, which highlights the need to avoid individualistic approaches in clinical intervention, promoting a more comprehensive treatment (Castro & Letelier, n.d.). Likewise, in Ecuador, since 2002, the integrated psychotherapy model centered on personality, primarily promoted by Lucio Balarezo, has gained popularity and is regarded as one of the most influential models in that region (2015).

The growing need for an integrative model arises because, in recent decades, therapists have encountered constant changes in the characteristics and needs of their patients, generating uncertainty regarding the efficacy of applied interventions. Additionally, significant limitations have been identified in monotheoretical and traditional approaches, along with low patient adherence to therapeutic processes, revealing that a single approach cannot address the psychological complexity of individuals (Grevenhaus et al., 2024).

Therefore, implementing an integrative model is crucial, as the psychotherapeutic dynamic is complex, variable, and unpredictable. Limiting intervention to a single theoretical framework may increase the risk of therapy dropout, induce the development of inappropriate defense mechanisms, and reduce the effectiveness of technique application (Saur et al., 2025).

Finally, clinical evidence has demonstrated the efficacy of integrative psychotherapy across a wide range of disorders, including sexual abuse, depression, anxiety, problematic alcohol use, obesity, and relationship difficulties, particularly considering that the diverse individual characteristics of patients impede the successful application of a single therapeutic paradigm.

Consequently, this article aims to thoroughly investigate the historical and conceptual evolution of integrative psychotherapy, assess its clinical efficacy, and analyze its applicability in varied contexts. The intent is to provide robust scientific evidence that supports its implementation as a valid and necessary alternative in response to current psychopathological and psychosocial demands, promoting a more effective, flexible, and innovative intervention compared to traditional psychotherapeutic models.

Methodology

The study was conducted through a systematic review following the PRISMA method. The research design was analytical, with the primary objective of understanding the applicability and development of integrative psychotherapy. To this end, an initial question was formulated using the PICO approach, enabling a focused search and avoiding unnecessary inquiries during the process.

- **P:** Patients with psychopathologies who received treatments through integrative psychotherapy frameworks.
- **I:** Integrative psychotherapy.
- **C:** Other intervention options, particularly traditional psychotherapies.
- **O:** Development and clinical applicability of integrative psychotherapy.

For literature exploration, recognized databases such as Scopus, Scielo, and Web of Science (WoS) were consulted, employing Boolean operators *OR* and *AND* with keywords such as "integrative psychotherapy," "treatment," and "development." Inclusion criteria considered scientific articles published in these databases, open access, in English, Portuguese, or Spanish; furthermore, they needed to be related to the fields of psychology, psychotherapy, and health, with a publication date ranging from 2020 to 2025. Articles were excluded if they were duplicates, if they did not address the primary variable, or if they had restricted access to the full text.

At the onset of the search, a total of 2,477 scientific articles were identified. After applying the exclusion criteria, 2,456 articles were filtered out, resulting in a final compilation of 21 studies that form the basis of this analysis. The PRISMA method offered a rigorous framework, ensuring the inclusion of relevant studies and a clear presentation of results. The review was organized into three phases: identification, wherein available scientific articles were selected; screening, based on exclusion criteria; and finally, the determination of the definitive set of studies for the systematic review.

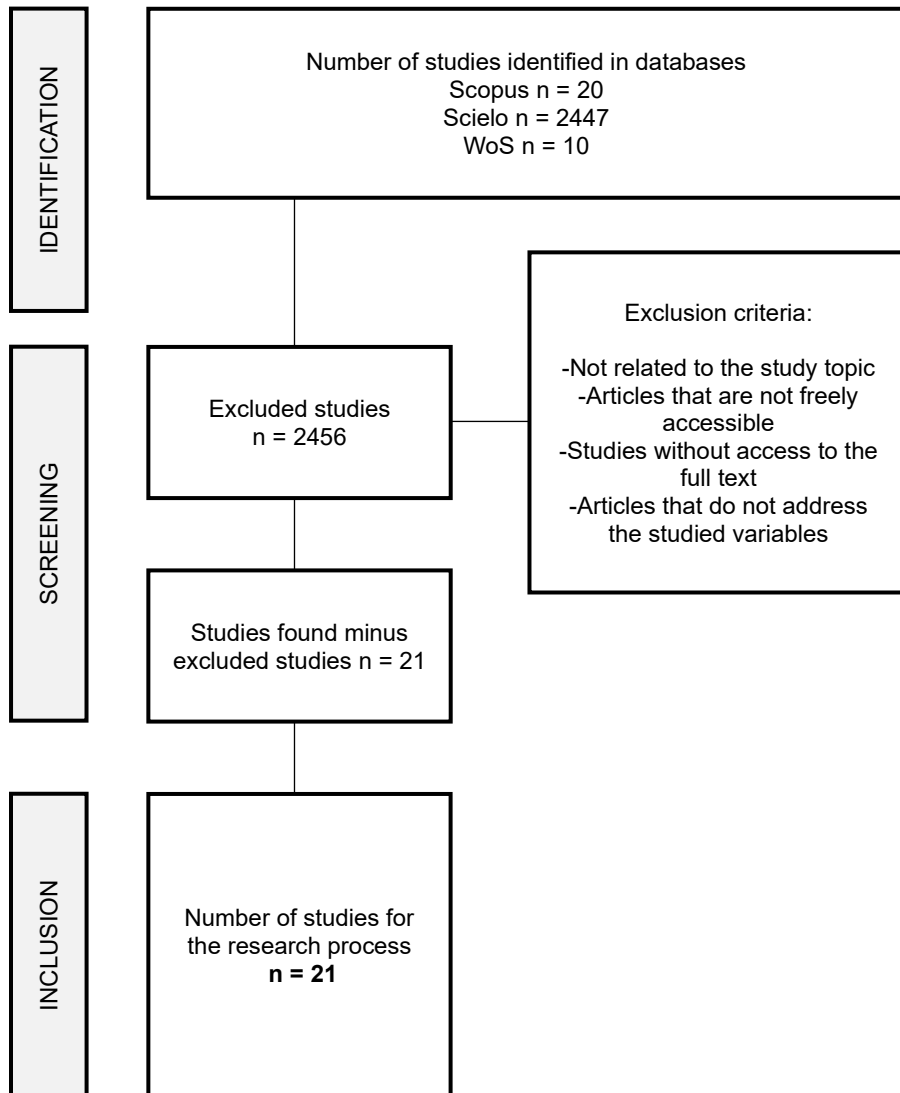
Table 1

Consulted databases

Database	Keywords	Language	Number of Articles
Scielo	<i>Integrative psychotherapy or treatment</i>	Spanish, English, Portuguese	8
Scopus	<i>Integrative psychotherapy or treatment</i>	Spanish, English	10
WoS	<i>Integrative psychotherapy or treatment</i>	English	3
Total			21

Source. Scopus, Scielo, and WoS, high-impact scientific databases

Figure 1
PRISMA diagram



Results

To introduce the results section, it is important to emphasize that the primary objective of this study was to analyze the applicability and development of integrative psychotherapy in clinical practice based on available scientific evidence. The most relevant findings derived from the selected studies are presented below, demonstrating the impact, efficacy, and areas of application of this therapeutic approach across various psychopathologies and clinical settings.

Table 2
Development of integrative psychotherapy

Author / Year / Country	Objective	Development of Integrative Psychotherapy (Applied Theories & Innovations)	Techniques Used	Conclusions
Snoek et al. (2020) Netherlands	To verify the cost-benefit effectiveness of applying two fused psychotherapeutic approaches to treat post-traumatic stress and borderline personality disorder.	Based on constructivism and fuses therapies.	EMDR. Dialectical Behavior Therapy.	The combination of EMDR and Dialectical Behavior Therapy proved effective in significantly reducing symptoms.
Aloi et al. (2020) Italy	To determine the effectiveness of an integrated therapy versus a traditional treatment for people with schizophrenia.	Constructivism.	Role-playing. Muscular relaxation. Psychopharmacology.	Effectiveness was evidenced by the clinical improvement of patients with schizophrenia, showing advances in cognitive and emotional functions.
Tirinnanzi & Bianchi (2020) Italy	To analyze how integrative therapy helps reduce anxious-depressive symptoms.	Constructivism.	Emotional regulation. Neuroplasticity. Relational and intersubjective work.	Integrative psychotherapy has shown efficacy in reducing anxious and depressive symptoms in confinement situations.
Orvati et al. (2020) Iran	To combine brief cognitive-behavioral and psychodynamic techniques to address generalized anxiety disorder.	Integrative theories combining CBT and dynamic therapy.	Resistance training to defense mechanisms. Interpretation of internal processes. Devil's Advocacy. Thought record sheet. Identification of cognitive distortions.	The combination of cognitive-behavioral therapy and psychodynamic therapy significantly reduced anxious symptoms associated with generalized anxiety disorder (GAD) and concomitant depressive symptoms. Integrative psychotherapy achieved a 79% reduction in the clinical presentation, surpassing the 64% achieved by cognitive-behavioral therapy alone.

Zarandona (2021) Spain	To analyze from a theoretical perspective to understand how integrative psychotherapy influences human development.	The study is developed in two main aspects: first, from an evolutionary perspective; and secondly, from a constructionist approach.	Does not apply psychotherapeutic techniques; it is a study based on theoretical foundations.	This integrative approach provides a deep understanding of the person and their experiences, allowing an integrated approach to both cognitive and affective needs.
Pérez (2021) Spain	To describe integrative psychotherapeutic intervention in social intervention.	Humanistic model, which is aware that the person is a variable being and needs to overcome psychopathologies.	Inquiry. Attunement. Involvement.	The integrative model is valued for its versatility, as it can be adapted to any situation by combining the best techniques and processes in a unique approach.
Félix-Alcántara et al. (2021) Spain	To construct a literature review of psychotherapeutic advances to address obesity.	Integrated various approaches, CBT and TTG.	Cognitive restructuring. Behavior modification. Acceptance of discomfort (TAC). Mindfulness. Dance therapy.	The adoption of a merging perspective validated a reliable intervention plan for the treatment of obesity.
Moreno (2022) Ecuador	To study the efficacy of integrative psychotherapy in women suffering from domestic violence.	Integrative psychotherapy with emphasis on personality.	Direct suggestion. Confrontation. Counseling. SWOT of personality.	Integrative psychotherapeutic techniques focused on personality were effective in reducing anxious and depressive symptoms in women victims of violence. The integrative model showed high cultural adaptability, adjusting to the particular characteristics of the patients studied.
Iruegas & González (2023) Mexico	To evaluate the efficacy of an integrative intervention plan to reduce stress levels in children confined by the Covid-19 pandemic.	Cognitive-behavioral therapy (CBT) and solution-focused therapy were used, the latter based on a constructivist systemic approach and supported by Lazarus' transactional theory of stress.	Cognitive restructuring. Psychoeducation. Confrontation training. Self-instructions. Emotional regulation. Mindfulness. Problem-solving.	The combination of cognitive-behavioral therapy and solution-focused therapy contributed to the reduction of stress in children confined during the Covid-19 pandemic, with psychoeducational techniques being highly effective in this population.

<p>Padilla & Gimeno-Bayón (2023) Spain</p>	<p>To demonstrate the functionality of integrative psychotherapy in mixed anxious-depressive conditions and existential anguish.</p>	<p>It works with theories of Logotherapy, Rogers' approach, Gestalt therapy, and personality models.</p>	<p>Focusing. Dialogue of the three chairs. Emotional regulation. Application of metaphors. Visualization techniques. Playful drawing. Cognitive techniques.</p>	<p>Efficacy was evidenced by combining multiple psychotherapeutic techniques to treat mixed anxiety and depression, highlighting the limitations of using a single approach.</p>
<p>Schwambach & Queiroz (2023) Brazil</p>	<p>To analyze and group integrative models for the treatment of depression.</p>	<p>It merges theories related to comprehensive and holistic care.</p>	<p>Acupuncture. Yoga. Music therapy.</p>	<p>Complementary and alternative interventions proved to be a valuable auxiliary complement in the treatment of depressive conditions.</p>
<p>Horesh & Lahav (2024) Israel</p>	<p>To use different therapeutic techniques to improve the effectiveness of the treatment of Post-Traumatic Stress Disorder.</p>	<p>It starts from constructivist theories, with an integrative approach, where it combines different techniques with the aim of addressing Post-Traumatic Stress Disorder.</p>	<p>Dialectical behavioral. Validation of the patient's experiences. Neurostimulation. Psychoanalysis for early experiences.</p>	<p>Integrative psychotherapy, by merging various approaches, theories, and techniques, allows a precise adaptation to the patient's needs, achieving high effectiveness in the treatment of post-traumatic stress disorder.</p>
<p>Van Rijn (2024) United Kingdom</p>	<p>To support and develop integrative humanistic psychotherapies through case study.</p>	<p>Applies constructivist theories.</p>	<p>Immediacy. Empathic transaction. Life script. Therapeutic contract to prevent suicide. Assistance by avatar.</p>	<p>Humanistic and integrative approaches show great efficacy in mitigating clinical pictures of depression with suicidal attempts.</p>
<p>Núñez & Sánchez-Sandoval (2024) Spain</p>	<p>To study scientific literature on the psychological approaches applied in victims of child sexual abuse.</p>	<p>Eclectic therapies integrate diverse theories, methods, and techniques, without being subject to a single paradigm as an exclusive reference.</p>	<p>Cognitive behavioral techniques. Dialectical behavioral techniques. Trauma-focused group techniques. Brief intensive exposure.</p>	<p>In the treatment of child sexual abuse, although effective methods are limited, cognitive-behavioral therapy and the integration of techniques adapted to individual needs stand out.</p>

Bennett et al. (2024) England	To determine the effectiveness of a mental health treatment for children and adolescents who were diagnosed with epilepsy.	Behaviorism, cognitivism, modular intervention.	Behavioral training for parents. Psychoeducation. MICE.	The combination of different approaches and techniques was more effective in treating depression and anxiety in children and adolescents with epilepsy.
Gkintoni et al. (2024) Greece	To evaluate the combination of various therapeutic models applied in post-traumatic stress.	Behavioral, cognitive, psychoanalytic.	Psychoeducation. Hyperventilation. Relaxation. Cognitive restructuring.	The relationship between different integrative approaches is effective in addressing post-traumatic stress disorder.
De Ponti et al. (2024) Netherlands	To provide scientific studies that demonstrate its effectiveness for the treatment of social anxiety.	Cognitive-behavioral therapy (CBT), third-wave cognitive-behavioral therapies, and psychodynamic approach.	Cognitive behavioral techniques. Systematic exposure. Written images. Interpersonal T.	The psychotherapeutic approach that integrates several models is effective for the treatment of social anxiety.
Lins & Falcke (2024) Brazil	To evaluate integrative behavioral therapy in couples, comparing initial and final data in three couples.	Integrated theories of traditional behavioral therapy fused with ACT theories.	Mindfulness techniques. Emotional validation based on experiences. Conflict restructuring. Behavioral modeling.	Integrative behavioral therapy significantly improved conflictive relationships in couples, promoting the acceptance of both negative and positive behaviors.
Reddick (2025) Mexico	To evaluate the effectiveness of Integrative Psychotherapy to reduce stress in therapists who begin their clinical practice.	It is based on pragmatic constructivism.	Confrontational. CBT. Cognitive restructuring. Mindfulness. Imaginative. Group.	The integrative program that combines cognitive-behavioral therapy, mindfulness, and group therapies was effective in reducing stress in psychologists who begin their clinical practice.
Arratía & González (2025) Mexico	To evaluate the efficacy of the application of integrative psychotherapy, cognitive-behavioral therapy, and solution-focused stress management therapy in golf players.	It uses cognitive-behavioral theories. TCS is based on Lazarus' transactional model that describes stress.	Self-diagnosis of dysfunctional automatic thoughts. Relaxation (Jacobson). Meichenbaum self-instructions. Motivational techniques. Imaginative techniques.	In golf athletes, the approach to competitive stress achieved a moderate reduction; although the symptoms were not eliminated, the combination of techniques helped significantly and suggests the future inclusion of psychoanalytic techniques.

Mills et al. (2025) Sydney Australia	To analyze the efficacy of an integrative cognitive-behavioral approach for adolescents with post-traumatic stress and substance use.	Integrated or combined treatment theory.	Typical techniques of CBT focused on trauma and addictive behaviors. Systematic desensitization. Psychoeducation. Motivational techniques. Stress inoculation.	Integrative cognitive-behavioral therapy is recognized as functional and cost-effective for the treatment of trauma and addictions, highlighting its favorable cost-benefit ratio.
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Source. Created by Antonio Paúl Aguilar Maita and Edwin Martín García Ramírez

Table 3
Efficacy of integrative psychotherapy in clinical practice

Author/Year	Country	Treated Psychopathology	Efficacy
Snoek et al. (2020)	Netherlands	Post-traumatic stress, borderline personality disorder.	The combination of EMDR and DBT techniques showed greater efficacy, significantly reducing symptoms. DBT applied alone was less effective.
Orvati et al. (2020)	Iran	Generalized anxiety disorder.	The integrative intervention produced better results than CBT alone, achieving a 64% reduction in symptoms such as physical fatigue and cognitive muscle tension.
Tirinnanzi & Bianchi (2020)	Italy	Anxiety and depression.	Patients who completed the treatment exhibited a decrease in anxious-depressive symptoms, while those who dropped out continued to experience distress.
Félix-Alcántara et al. (2021)	Spain	Obesity.	The integration of psychotherapeutic techniques adapted to the complex dynamics of obesity resulted in significant improvement in anxiety symptoms related to compulsive behavior.
Moreno (2022)	Ecuador	Domestic violence (DV), depression, anxiety.	A statistically significant reduction in anxiety was observed (from 37.70 to 23.30, $p = 0.005$), along with subjective improvements in mood post-treatment.
Iruegas & González (2023)	Mexico	Stress factors.	The integration of CBT and solution-focused therapy (SFT) effectively reduced perceived stress from 54.1 (SD = 9.3) to 44.0 (SD = 5.5) following treatment.
Padilla & Gimeno-Bayón (2023)	Spain	Anxiety and depression.	In a case study, the patient experienced a significant reduction in depressive and anxious symptoms, also improving self-esteem.
Horesh & Lahav (2024)	Israel	Post-traumatic stress disorder.	After 18 months of sessions, the patient exhibited behavioral and cognitive stability, with a reduction in traumatic memories and improved emotional regulation.

Nuñez & Sánchez-Sandoval (2024)	Spain	Child sexual abuse (CSA).	The combination of trauma-focused therapy with EMDR demonstrated high efficacy, as measured by CAPS (d = 1.70), PSS-SR (d = 1.35), and IES (d = 1.80).
Bennett et al. (2024)	England	Epilepsy with comorbid anxiety and depression.	At six months, the integrative treatment significantly reduced anxiety and depression compared to the control group, with a difference of 1.7.
Lins & Falcke (2024)	Brazil	Couple relationship conflicts.	Positive changes were observed in couple interactions, including increased affection and effective communication.
Reddick (2025)	Mexico	Stress.	In clinical psychologists, a reduction in perceived stress was achieved through an integrative program.
Arratia & González (2025)	Mexico	Stress.	The intervention reduced levels of stress and negative thoughts associated with the practice of golf.
Mills et al. (2025)	Sydney, Australia	Substance use.	When combined with other interventions, integrative psychotherapy was effective in reducing addictive behaviors.

Source. Created by Antonio Paúl Aguilar Maita and Edwin Martín García Ramírez

Discussion

Utilizing the PRISMA (2020) framework, studies addressing integrative psychotherapy, its development, and efficacy in clinical practice were synthesized. A total of 19 high-quality scientific studies were analyzed in depth, with 10 indexed in Scielo, 9 in Scopus, and 1 in Web of Science (WoS). The geographic distribution includes 10 studies from Europe, 6 from Latin America, 2 from Asia, and 1 from Oceania. The publication range spans from 2020 to 2025, reflecting a growing interest in this integrative model in recent years. To assess the scientific impact of the collected studies, the H-index metric was applied, with an average of 7, indicating that each study has at least seven citations.

The results were organized into two main areas: (1) the development of integrative psychotherapy, describing the theories combined to form a unified therapeutic approach, and (2) the efficacy of integrative psychotherapy in clinical practice. The narrative synthesizes the most relevant findings, facilitating their organization and contributing to future research and clinical applications.

Development of integrative psychotherapy

The theoretical advancement of integrative psychotherapy is based on the combination of theories and techniques from different psychotherapeutic approaches. Among the most utilized and influential in advancing the integrative movement is constructivist theory. This theory enhances understanding of the individual based on their characteristics and contexts, integrating various theories and techniques to provide more effective interventions. Constructivist theory fosters a fusion of cognitive-behavioral, systemic, interactional, existential-humanistic, and psychodynamic psychoanalytic models (Saur et al., 2025).

This perspective aligns with the study conducted by Reddick (2025), which evaluated the efficacy of integrative therapy in treating post-traumatic stress disorder and personality disorders. Reddick concluded that constructivism represents the theoretical future for mental health interventions, integrating "the best of the best" into a single therapeutic product of higher quality and adaptable to the varying needs of the patient.

Effectiveness of integrative psychotherapy in clinical practice

For a considerable time, the effectiveness of integrative psychotherapy was debated among experts; however, in recent decades, its efficacy has been demonstrated and supported by robust scientific evidence. The diversity of individual characteristics among those receiving treatment necessitates the design of a therapeutic framework that comprehensively addresses psychopathology or vulnerability situations. Consequently, the integration of various therapeutic approaches that have proven useful for treating conditions such as anxiety,

depression, substance use, post-traumatic stress disorder (PTSD), eating disorders, suicidal ideation, stress factors, couple conflicts, and child sexual abuse has emerged.

Particularly, PTSD represents a significant clinical challenge. Approaching it through the combination of different therapeutic methods and techniques has proven effective, successfully reducing traumatic memories, avoidant behaviors, and associated emotional distress (Horesh & Lahav, 2024). For instance, the study by Snoek et al. (2020) highlights the effectiveness of combining EMDR with Dialectical Behavior Therapy (DBT), yielding better results not only in treating PTSD but also in managing borderline personality disorder.

Moreover, interventions for anxiety disorders through the integration of various techniques and approaches have demonstrated superiority compared to the exclusive application of cognitive-behavioral therapy (CBT) (Orvati et al., 2020). Similarly, Moreno (2022) illustrated the effectiveness of merging psychotherapeutic techniques among Indigenous women in Ecuador who were victims of violence, successfully alleviating depressive and anxious symptoms.

Additionally, Padilla and Gimeno-Bayón (2023) reported that therapeutic eclecticism helped patients with depressive disorders cope with symptoms such as persistent sadness, easy crying, feelings of loneliness, and low self-esteem. In the context of the complex treatment of obesity—a condition that frequently presents with anxiety comorbidities—Félix-Alcántara et al. (2021) confirmed successful outcomes using varied psychotherapeutic approaches.

Lastly, Reddick (2025) corroborated in his study on the efficacy of the integrative model for mixed anxiety-depressive conditions that traditional models applied in isolation are often ineffective, while therapeutic eclecticism demonstrates greater efficacy in clinical practice. In summary, the greater the combination and application of diverse psychotherapeutic techniques, the better the outcomes for patients. This efficacy has also been confirmed in somatoform, personality, and dissociative disorders (Grevenhaus et al., 2024).

Conclusions

Integrative psychotherapy is grounded in constructivist theories and is characterized by combining the best elements from various therapeutic approaches and techniques to create a unique and coherent framework. This integration effectively addresses the wide range of therapeutic needs presented by patients, achieving a significant and positive response in clinical practice.

Furthermore, the collected evidence confirms the efficacy of integrative psychotherapy in addressing multiple psychopathological conditions and vulnerability situations. Among these, primary psychopathologies such as anxiety and depression, as well as eating disorders, PTSD, suicidal behaviors, chronic stress factors, couple conflicts, addictive behaviors, and cases of child sexual abuse stand out. This breadth reflects the versatility and adaptive capacity of the integrative model to respond to varied contexts and demands.

In addition, notably greater effectiveness was observed particularly in the treatment of PTSD, depression, and anxiety, with clinical reductions exceeding 64%. This statistic underscores that the combination of multiple psychotherapeutic techniques and approaches yields better results in practice than the exclusive application of a single model. Thus, integrative psychotherapy not only enriches intervention but also enhances the adaptability and personalization of treatment, critical elements in fostering patient recovery and well-being.

Overall, integrative psychotherapy represents a fundamental advancement in psychological care, consolidating a paradigm that reconciles theoretical diversity with clinical complexity, promoting more holistic, flexible, and effective treatments. Continued exploration of its theoretical development and evaluation of its efficacy in various clinical contexts is recommended to maximize its impact on mental health.

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