



## Investigating the integrative approach and presenting strategies for the integrative approach in psychotherapy and counseling

**S.M. Tabatabaeifar\*** PhD Student in Counseling, Science and Research Branch, Islamic Azad University, Tehran, Iran.

**N. Eshghi** Master of Clinical Psychology, Tehran Azad University of Medical Sciences, Tehran, Iran.

**F. Songhori** Master of General Psychology, Roudhen Branch, Islamic Azad University, Roudhen, Iran.

### Abstract

**Background and Aim:** abductive reasoning is one of the methods of reasoning that, despite the fact that it has been criticized by many scientists and philosophers, today some consider its application useful in research. The purpose of this research was to explain the concept of abductive reasoning and its capacities and applications in psychological studies and counseling. **Methods:** The current research is a review and descriptive-analytical research article. Articles and books related to the application of abductive reasoning in research, especially psychology and counseling research, which were extracted from the databases of reliable scientific-research articles, were used. **Results:** A review of relevant sources shows that this method of reasoning can be a strong method for guessing scientific hypotheses. **Conclusion:** The use of abductive reasoning in making assumptions and conclusions for guesses can give more power to the conclusions, and if combined with the current common scientific methods, it can increase the power of explaining theories and conclusions.

**Keywords:** integrative approach, strategies, psychotherapy, counseling

\* Corresponding author  
[m.tabatabaeifar@gmail.com](mailto:m.tabatabaeifar@gmail.com)

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# Research Strategies In Psychotherapy

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