

## Dr Joshua Comyn

### *Pedagogy Statement*

Dr Joshua Comyn is a psychotherapist, lecturer, researcher, and writer based in Melbourne, Australia. Before turning to the practice of psychotherapy, Josh completed a PhD at The University of Melbourne in which he explored the nature of human subjectivity through literature, philosophy and history.

Josh's approach to teaching is to challenge students to think and experience themselves beyond narrow presuppositions about how the world is or is supposed to be. His teaching is filled with invitations to think and feel deeper and further about the world and our place in it.

For Josh, psychotherapy is the practice of listening, speaking and being with people in a way that allows them to integrate (make whole) their experience of themselves, of others, and of the world. An integrative approach to psychotherapy is one that views any single-school approach as limited – people are always more complex than psychotherapeutic theory, and integration entails an openness to the complexity of being human.

Josh uses mentalization-based practices that cultivate the ability of clients to see themselves from the outside and others from the inside. Being able to feel and understand an experience from multiple perspectives is the first step towards the integration of that experience. This is the first step we all take towards healing.