

APPENDIX B (Continued)

Graves's (1971) Levels of Values Development

ogy. At the yellow level, flexibility, spontaneity, and functionally hold highest priority. Diversity can be integrated into flowing systems. Knowledge and competency supersede power (red), status (blue), achievement drive (orange), or group sensitivity (green).

Global View: This level brings about the possibility of a grand unification. It may involve the emergence of a new spirituality but will work with the entire spiral. At this level, feelings are united with knowledge and multiple levels are interwoven into one conscious system. There is a universal order, but it is not based on external rules or causes but in an order that sees its greatest good as the preservation of life itself.

Integral Counseling and a Three-Factor Model of Defenses

Willow Pearson

This article introduces 3 major factors of K. Wilber's (1999b) "all-quadrants, all-levels" model of defenses: the category of defense, the level of self development and defense, and the threat zone against which the self is defending. Through theoretical discussion and select clinical examples differentiating healthy and unhealthy expressions of psychological defense, the author explores their developmental nature. Implications for clinical assessment and intervention are raised throughout.

There are three major factors of defense in integral counseling: the category of defense, the level of self development and defense, and the threat zone against which the self is defending (based on Wilber's, 1999b, "all-quadrants, all-levels" model). These three factors provide a dynamic compass for assessment and treatment. Excluding any one of these factors limits counselors' capacity to understand psychological defenses and work with them effectively. In this article, I introduce the three factors of psychological defense through theoretical discussion and clinical examples. The bold assertion made here is that integral counseling offers a more sophisticated map of psychological defenses for counselors. By attending to these three factors of defense, counselors will be better equipped to help clients navigate the mercurial waters of growth and development. (Additional factors of defense are detailed in Marquis & Ingersoll's, in press, *Handbook of Integral Psychotherapy*.)

In Defense of Defenses: An Integral View

Counselors typically ask themselves, How can I help this client become less defended? Regardless of theoretical orientation, counselors' professional bias tends toward reducing clients' defensiveness. This bias usually derives from counselors' desire to help clients minimize unhealthy defenses that hinder optimal functioning (at best) and that can reify deep pathology (at worst). However, there is a price counselors and clients pay for this bias.

Minimizing unhealthy defenses is just one task within a more complex clinical equation. If counselors do not understand the more complex equation, they may fail to understand the relative importance of defenses altogether. Ironically, without a comprehensive view, counselors jeopardize their attempts—however well intended—to minimize a client's unhealthy strategies of defense.

Integral counseling comes to the defense of defenses by asking a different question. The integral counselor does not ask, "How can I help this client become less defended?" but rather "How can I help this client strengthen

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healthy defenses?" (K. Wilber, personal communication, January 9, 2005). That shift in perspective enhances counselors' clinical understanding. Counselors realign themselves with the fundamental human need for developmentally appropriate defenses in service of psychological growth by asking, How can I help this client strengthen healthy defenses?

Sigmund Freud was the first to bring the unconscious mechanisms of defense into our collective awareness. From the outset, Freud asserted that defenses can be adaptive as well as pathological (Valliant, 1992). Yet counselors have sometimes failed to attend to the adaptive dimension of defenses. Freud underscored that although specific defenses are often symptoms of major psychiatric syndromes, defenses are dynamic by nature and not static. In other words, defenses are neither categorically bad nor good. Rather, from an integral vantage, defenses can be healthy or unhealthy. This integrally informed orientation is rooted in the belief that a cornerstone of healthy development is the self's ability to successfully assert a functional self-boundary, which protects the self from both interior and exterior psychological threats as it traverses the spectrum of development. Adaptation takes time; the self is better able to "metabolize" (see Wilber, 1999b, p. 264) enduring change when it can make adaptations selectively by grappling with what is digestible and filtering out what would otherwise overwhelm or derail the self. Healthy defenses provide a necessary filter, not only to screen out change beyond the self's current capacity but also to select for those dimensions of change the self can competently engage. Without healthy defenses, the self simply could not thrive. In fact, in a certain light, one could say that defenses actually create the self, by demarcating it from what is considered other.

Therefore, integral counselors are interested in helping clients minimize unhealthy strategies of defense and maximizing healthy strategies of defense. This shift from a view of defenses as obstacles to be overcome to a more dynamic, developmentally attuned view that discriminates between healthy and unhealthy defenses is the beginning point of an integral approach.

So how does a counselor distinguish healthy defenses from unhealthy ones? What are the criteria to assess these distinctions? To answer this, I explore the categories of defense, the levels of self, and the threat zone within the developmental context of translation and transformation.

Translation and Transformation: An Integral Context

Integral counseling addresses two types of complementary, interdependent human growth: *translation* and *transformation* (see also Ingersoll & Cook-Greuter, 2007). Translation and transformation work together, and counselors cannot skillfully engage one without understanding the other. Translation is a process of stabilization, by which the self establishes health at its current level of development. It is like arranging the furniture in a house that the self has already moved into. Transformation, by contrast, is the process of dynamic change by which the self establishes a new core sense of identity, with new capacities, at the next vertical level of development (more on this when I address levels). Transformation is like the self moving to a new residence altogether. The shift involved in transforma-

tion is more dramatic, and it occurs with less frequency. For this reason, most of the time, counselors are facilitating client translation.

With regard to the four quadrants or perspectives of integral theory (Marquis, 2007), *healthy translation* is defined as balancing attention in each of the quadrants at the self's current level of development. *Healthy transformation* is defined as anchoring the self at the next new vista that appears as the self climbs the rungs in the ladder of development (Ingersoll & Cook-Greuter, 2007). In healthy translation, how do counselors "balance the quadrants"? As noted previously in this issue, quadrants and levels are two of five core elements of the integral approach (the other three being *states, types, and lines*). Simply restated for our purposes here, the quadrants are the interdependent, mutually arising, indigenous dimensions of our existence. They include the psychological/spiritual, biological, cultural, and social aspects of the self's being-in-the-world. Therefore, healthy translation is balancing the psychological/spiritual (or interior-individual), the biological (or exterior-individual), the social (or exterior-collective), and the cultural (or interior-collective) dimensions of self at its current level of development. Balancing these quadrants is the litmus test of healthy translation. All four dimensions must work in concert to achieve health.

Unhealthy translation arises when the quadrants are out of sync at a given level of development. Although the self is using the defense mechanisms available at its level, it is not using them well. Unhealthy translation is akin to confining the self to just 200 square meters of its 1,000-square-meter home. When the self is unable to fully inhabit its current station in life (which is a prerequisite to further vertical growth), there is a disjuncture among the quadrants and, thus, maladaptive translation.

Unhealthy translation can mean that one is giving too much emphasis to one of the quadrants, or indigenous perspectives of the self (namely, "I," "We," and "It," also identified as first-, second-, and third-person perspectives). For instance, clients may place too much emphasis on the I perspective and not enough on the We or It perspectives in their lives. Or clients may place too much emphasis on the We perspective and not enough on I or It, and so forth.

Put another way, counselors can use the metaphor of the climber (self), rung (level of development), and view (how the world looks from that level of development). As the climber ascends the ladder of development, she or he negates the prior view but preserves the prior capacity of the rung she or he has already traversed. Negating one's prior view (values, self-concept, etc.) and adopting a new view are the art and science of transformation. Skillfully and appropriately embodying new capacities at one's current level of development is the art and science of translation.

The Categories of Defense

What are the implications of translation and transformation in terms of the categories of defense? The good news is that there are at least two kinds of healthy defenses: healthy horizontal defenses and healthy vertical defenses. The bad news is that there are also at least two kinds of unhealthy defenses:

TABLE 1

The Sliding Nature of Defenses

Fulcrum ^a	Cognitive Stage/Tools of Defense ^b	Self Stage ^b	Major Defense Mechanisms/Structures of Defense ^c	Threat Zone ^c
1. Physical Self	Sensoriophysical Defense ^b	Presocial	Level of defensive dysregulation, delusional projection, psychotic denial, psychotic distortion	Consensual Reality
2. Emotional Self	Phantasmic-Emotional	Symbiotic	Major image-distorting level, autistic fantasy, projective identification, splitting of self-image from image of others	Object Relations and Their Potential
3. Self-Concept	Representational Minds	Impulsive, Self-protective	Action level, acting out, apathetic withdrawal, help rejecting, complaining, passive aggression	Loss
4. Role Self	Rule/Role Mind	Conformist	Disavowal level, denial, projection, rationalization Minor image-distorting level, devaluation, idealization, omnipotence	Private Feelings and Instinctual Expressions
5. Mature Ego	Formal Reflective	Conscientious	Mental inhibitions (compromise formation) level, displacement, dissociation, intellectualization, isolation of affect, reaction formation, repression, undoing	Integration of Reality, Interpersonal Intimacy, Private Feelings and Instinctual Expression
6. Genautoric	Higher Mind (Vision Logic)	Individualist	High adaptive level, anticipation, affiliation, altruism, humor, self-assertion, self-observation, sublimation, suppression	Integration of Mind/Body
7. Psychic	Mature Vision Logic	Autonomous	Self-Actualized level, inauthenticity, devaluing, aborted self-actualization, bad faith	Integration of Mind/Body/Soul
8. Subtle	Illumined Mind, Intuitive Mind	Construct-aware/Ego-aware	Integrative level, failed integration, archetypal, fragmentation	Integration of Mind/Body/Soul/Spirit
9. Causal	Overmind, Supermind	Unitive	Suprapersonal levels, failed emptiness—embrace of what always already is	Dissolution of Separate Self-Sense, Yoking of Emptiness and Form in the Nonduel Clearing of Big Mind/Big Heart

^aWilber, 1999b. ^bWilber, 2006. ^cAmerican Psychiatric Association, 2000; Integral Psychotherapy Team (bi-monthly conference calls, January 2004–January 2005); personal communications; Vaillant, 1992; Wilber, 1999b.

unhealthy horizontal defenses and unhealthy vertical defenses. These concepts are more than theoretical abstractions. Rather, these concepts illuminate actual defenses that are more readily spotted in clinical assessment when we counselors are trained to scan for and identify them. I explore both horizontal and vertical categories of defense when I present case Illustrations, bearing both healthy translation and healthy transformation in mind.

Therefore, the integral counselor is scanning for four categories of defense: unhealthy vertical defenses, healthy vertical defenses, healthy horizontal defenses, and unhealthy horizontal defenses. The degree to which therapeutic interventions explicitly or implicitly target a client's strategies of defense depends on the scope of the therapeutic contract. Regardless of the issues targeted as "hot spots," these four categories of defense will better equip the integral counselor to meet therapeutic goals.

Defenses and the Levels of Self Development

A hallmark of integral counseling is an ability to appreciate every defense mechanism, even the most immature defenses, given the congruence between that level of defense and the level of self development (see Table 1, which correlates self stages, ego stages, threat zones, and defenses). Again, defense mechanisms themselves are neither all good nor all bad. Splitting, for instance, is an appropriate defense strategy at Fulcrum 2, or the Symbiotic self stage. *Fulcrum* "refers to major milestones in the self's development—in other words, what happens to the proximate self when its center of gravity is at a particular level of consciousness" (Wilber, 1999b, p. 921.) However, it is not an appropriate defense strategy at the Conformist self stage of development. In other words, the relative health or pathology of a defense is not intrinsic to the defense mechanism. Rather, the relative health or pathology of the defense is determined by the level of the client's self development.

Of course, this idea is easy enough to agree with in principle. However a counselor's therapeutic skill, patience, and compassion are tested when called upon to support a client's healthy defense strategy. Still, keeping this principle of congruence between the level of self development and the level of defense strategy closely in mind can help the counselor to cultivate compassion for the client's predicament.

Whereas the congruence between the self's level of development and its mechanism of defense constitutes the relative health of that defense, the disjunction between the self's level of development and its mechanism of defense constitutes the relative pathology of that defense. In this way, knowing a client's level of self development helps counselors evaluate the relative health of her or his expressed defenses (see Cook-Greuter & Soulen, 2007). When a client uses a strategy of defense that resides well below the self's center of gravity, the integral counselor spots the "red flag": a subpersonality is announcing itself. In order to free the fragmented self that has been left behind, the integral counselor must look into the threat zone (as I discuss shortly), which that subpersonality is defending against. It is that very energy, expended in warding off the threat zone, that the self will need to stabilize at its current level of development and then, ultimately, to expand to the next level.

Broadly understood, human development requires that people navigate the following spectrum of defense: (a) In the prepersonal stages of human growth and development, the climber learns to effectively and adaptively defend the increasingly individuated self; (b) in the personal stages of human growth and development, the climber learns to relax the prepersonal strategies of defense and adopt more mature defenses; and (c) in the suprapersonal stages of human growth and development, the climber learns to relax the personal strategies of defense and adopt more subtle methods of self-defense. The increasingly subtle modes of defense that characterize the suprapersonal stages of development are only possible once people have exercised and strengthened foundational strategies of self-protection. At each level of growth—prepersonal, personal, and suprapersonal—the climber uses unique strategies of defense based on the new tools acquired at that self stage. As climbers traverse the spectrum of development, they adopt more mature and increasingly subtle mechanisms of defense; furthermore, as I discuss, the threat zone itself diminishes, and the magnitude of fear generated in response to the threat zone diminishes as well.

Paradoxically, in the process of ascending the ladder of development, the climber incorporates an ever wider self-sense that is both increasingly permeable and increasingly refined (i.e., it can screen more out of the orbit of the self at will). The hallmark of increasing maturity of healthy strategies of defense is an expanded capacity to discern what to include and what to exclude from the self-system. The self simultaneously becomes capable of instantaneously erecting an impenetrable self-boundary, and, consequently, the self becomes more capable of allowing potential threats to enter the orbit of the self by joining with them. At the upper level of development, the strength of the self-boundary is defined by its simultaneous capacity for lock down and radical permeability. In summary, then, human growth is marked by the essential acquisition of primal defenses, the maturing of those defense strategies, and, ultimately, the strength-in-permeability of that boundary between self and other that defenses are deployed to maintain. At each level of healthy self development, the defenses are strengthened.

Putting It Together: Twofold Assessment of the Sliding Nature of Defenses

Understanding this sliding nature of defenses helps counselors appreciate that what constitutes a healthy defense at one stage of development can be an unhealthy defense at the next. For instance, it is not accurate to say that schizoid fantasy is, categorically, an unhealthy defense. Rather, as underscored by Vaillant's (1992) invaluable work on the prepersonal and personal levels of defense, it is accurate to say that schizoid fantasy is an immature defense and that, as integral counseling further clarifies, this immature defense is in fact developmentally appropriate to the Self-protective self stage but an unhealthy vertical defense for someone operating at the Conscientious self stage of development.

However, an assessment of the vertical appropriateness of a given defense mechanism is just the first step in a twofold process. The second step is to

assess horizontal health, or healthy translation, and differentiate the healthy schizoid fantasy from the unhealthy schizoid fantasy. For example, a client at the Self-protective self stage may well need to retreat from contact with others through schizoid fantasy, for fear of the overwhelming anxiety of intimacy. An unhealthy schizoid fantasy would be total isolation. A healthy schizoid fantasy would be finding a way to secure regular physical contact with select others whom one can effectively manipulate but also whom one can simultaneously prevent from making authentic emotional contact (what Guntrip called the "schizoid compromise," as cited in Little, n.d., ¶ 29). Notice that the fundamental shift made here is an increased balance among the quadrants. Whereas the unhealthy schizoid fantasy is characterized by clients' exclusive focus on the I perspective, an exclusive focus on the self, the healthy schizoid fantasy is characterized by clients' ability to expand their awareness to include more of the We perspective, to expand their tolerance of interpersonal contact, in however limited and controlled a fashion.

With respect to the integral counselor's panoramic view, the crucial point is that the self cannot surrender any given defense until it has first actualized or stabilized that defense. As such, integral counselors aim to help clients deal with the unhealthy defenses at their current level of development by assisting them in balancing the quadrants. At the same time, the integral counselor is scanning for defenses used by subpersonalities that reside below the self's center of gravity, because it is that very energy that the self needs to liberate in order to stabilize at the current level of development. That stabilization, in turn, is a prerequisite to actualizing even higher levels. In summary, "counselors do not simply help clients get rid of defenses that were appropriate yesterday [vertical health], they also help clients find the defenses that are appropriate today [horizontal health]" (K. Wilber, personal communication, January 9, 2006).

Threat Zone

The third core factor in the integral assessment of defenses is the threat zone—that which the self is defending against. Simply put, the threat zone is that object—internal or external—that the self will avoid at all cost in order to maintain a workable self-boundary. It is the threat zone that demarcates the ever-fluctuating boundary between self and other. Like the categories of defense and the levels of self development, the threat zone is also dynamic. Confronted in the threat zone, the self is compelled to push the perceived threat out of the self sphere rather than being overtaken by or joining with that threat. Regardless of the actual origin of the threat—internal or external—it feels like an invasion of the territory of the self.

A healthy defense at any stage handles the perceived threat by balancing the quadrants. As the self develops, its primary tools tend to be cognitive, and it will use those tools to deploy the defense mechanism and avoid the perceived threat. These cognitive tools are the programming code in which the mechanisms of defense are written. The essential point is that the self experiences a threat, however gross or subtle, at each level of development.

Therefore, it is crucial that the integral counselor map that threat zone in order to establish an effective therapeutic alliance and attuned interventions. To map the threat zone of avoidance—the land mines of the client's psyche—counselors must understand that it is based on proximity to the self-boundary and is trilobated.

First, the threat zone is based on proximity to the self-boundary. Climbers are not afraid of a landslide that is occurring 20,000 kilometers away. They are afraid of the landslide they can see out of the corner of their eyes, just across the valley. In my view, human beings fear that which is close enough to potentially harm them; they fear that which is in their spheres of awareness. Humans do not focus their fears on that which is out of range and out of awareness. People are afraid of the self they have just recently transcended because they fear slipping back down the ladder of development when they have yet to truly integrate this stage. They are also afraid of the emerging self clipping at their heels, the next stage of selfhood quickly approaching. Thus, the integral counselor must ask, What is the client's self-boundary asserting itself against? What is impinging on the client's self-boundary?

Also, the threat zone is trilobated. People can defend against lower levels of consciousness, higher levels of consciousness, and the current level of self development. Just as humans can defend against the lower selves they have relegated to the shadows, they can defend against the higher self that is yet to come into being. Furthermore, individuals can defend their conscious minds against the very territory in which the self is embedded.

Another way to say this is that the defenses involve material that is located in the *repressed submergent unconscious* (or lower levels—that which was once in awareness that has since been pushed out of awareness), the *repressed emergent unconscious* (the higher levels—that which is pressing down on the self), or the *embedded unconscious* (residing at the current level of self development but nevertheless outside of conscious awareness). (Consult Wilber, 1999a, for a complete discussion of the types of unconscious.) The threat zone constitutes a triple threat, and the integral counselor who keeps an eye on each of these potential zones of attack on the self will establish an exceptional attunement to her or his client's active strategies of self-avoidance.

Among the foregoing major factors in an integral understanding of defenses, this third factor—the understanding of a trilobated threat zone—may be the most important contribution of integral counseling and psychotherapy. Although psychoanalytic theory acknowledges the defenses rooted in the repressed submergent unconscious of early development, it does not place the same attention on defenses against the emergent self (K. Wilber, personal communication, January 10, 2005). Whereas cognitive-behavioral strategies deal very well with the embedded unconscious, they tend not to directly address defenses arising from the repressed submergent and the repressed emergent unconscious (K. Wilber, personal communication, January 10, 2005). At the other end of the psychotherapeutic spectrum, humanistic and transpersonal schools foreground the repressed emergent unconscious; yet, by and large, they turn a blind eye to the defenses arising from the repressed submergent unconscious (K. Wilber,

personal communication, January 14, 2005). Integral counseling puts all three threat zone locations squarely on the map, offering counselors a more accurate view of the forces that the self is on the defense against (K. Wilber, personal communication, April 15, 2005). Just as it would be ill advised to guide a soldier in combat when only one third of the soldier's enemy forces were accounted for, any counselor who wishes to help her or his client effectively navigate the land mines of psychological defense needs to have a panoramic view of the trilobated threat zone that the client is arming in response to.

Case Examples

Case 1: Mukti

In the course of therapeutic work, a client named Mukti confided that she often forgets things when she is at the office and that this memory lapse disturbs her. She spoke of a core fear that her job performance as a computer specialist might suffer as a result of this recurring lapse. When I looked into the specific instances of memory lapse, however, I discovered that Mukti actually can recall those identified "lapses" and that each instance is marked by a fear of stating a contrary opinion to someone in a position of authority. In this instance, Mukti, whose developmental center of gravity is currently exiting the Conformist stage and entering the Conscientious stage, exhibits a dissociative mode of defense, where the part of her that wants to conform to the workplace "party line" quite literally does not associate with the part of her that has a contrary opinion about workplace policies and decisions.

To the extent that metaphorically speaking, defenses are lies that humans tell themselves about who they are, the lie that Mukti tells herself is that she has absolutely no opinion on the matter. In this way, she fragments her I of awareness. Mukti is transitioning from a Conformist stage of development, where her worst fear (the embedded unconscious threat zone) is to go against the group mind by asserting individual will and preference. She is steadily approaching, but not yet inhabiting, a Conscientious stage of development where independent opinions are entirely appropriate and even necessary. As her counselor, I believe that my job is to support the association between these two parts within. Consequently, Mukti's therapeutic work is to develop a more mature defense strategy, which allows for increased communication between these two aspects of herself. Mukti needs to consciously reinforce her capacity to play by the rules and thus bolster a healthy form of the defense mechanism at the level she is at, even as she tests the new waters of individual expression.

As Mukti's counselor, I assign the following homework: Do not, under any circumstances, express your individual opinion at work to your immediate supervisor, even when you are inclined to do so. In addition, be sure to have lunch at least once this week with a trusted peer, and speak for at least 15 minutes about how you disagree with your team about specific issues at work. This intervention is designed to help Mukti openly acknowledge her difference of opinion (both overtly with her coworker and covertly with her counselor), while safeguarding her from overwhelming stress on the self-boundary. This

approach is designed to strengthen Mukti's Conformist need to assimilate (fortify healthy horizontal defenses), while gently nudging her emergent Conscientious self (engage healthy vertical defenses), and bring this psychic friction into conscious awareness. Ultimately, a twofold approach to the sliding nature of defenses provides the outlook for a balanced intervention.

Case 2: HARRISON

In another case, Harrison entered psychotherapy to cultivate a more open heart and extend compassion to others. He is often overwhelmed by sadness. He avoids acknowledging the suffering of others in order to avoid feeling overwhelmed and helpless on the one hand and angry about his helplessness on the other. With a center of gravity anchored stably at the Conscientious stage of development, Harrison was actively paving the way to an Individualist stage of development. Consequently, my job as Harrison's counselor was to help him own his capacity for extending compassion toward himself and others. Specifically, my job was to help Harrison begin to identify with his capacity for openheartedness, sensitivity, and compassion, which he habitually disowned by projecting these capacities onto his wife. By maturing this automatic, reflexive defense, Harrison began to tolerate identifying himself as a man of heart and compassion. Harrison's stated goals of therapy, namely to cultivate a more open heart and to extend compassion to others, required that he first cultivate a more open heart toward himself and actively extend compassion to himself.

Remember that "the defenses used to ward off the devil will ward off God as well" (K. Wilber, personal communication, January 9, 2006). In other words, the healthy defenses that effectively anchor us at one level of development also ultimately hinder the self from rising above that stage. In Harrison's case, he needed to let go of his suppression of compassion within and rise above his outmoded Conscientious strategy of defense (unhealthy vertical defense). In addition, Harrison displayed a relatively unhealthy vertical defense in the form of a Self-protective subpersonality—to protect a very young, fragmented self (subpersonality) that was terrified of revealing its wounded heart. Harrison also displayed an unhealthy horizontal defense in the form of an overemphasis on the second-person perspective ("My wife is incredibly compassionate") and not enough awareness in the first-person perspective of compassion ("I don't know how to go there").

His newly emergent stage-appropriate defense needed to be strengthened. My aim, as Harrison's counselor, was to release his outmoded reliance on total suppression of compassion from the first-person perspective and to encourage him to risk the more mature and stage-appropriate defense of inauthenticity, as he practiced expressing his vulnerable self, at first only in the safety and privacy of his marriage. (Although Harrison stated he wanted to achieve this in his boardroom, initially, I centered the work closest to home in order to assist him in establishing a baseline of success.)

At the same time, Harrison needed to bring that Self-protective "hidden subject" (or subpersonality) into an object in his awareness (i.e., his distal self), thus freeing the energy needed by the self to stabilize at the Individualist

self stage. Two threat zones were particularly active for Harrison—both the repressed submergent unconscious and the (newly) embedded unconscious. We (Harrison and I) addressed the repressed submergent dimension of therapeutic work through active imagination and dream work. To foster Harrison's capacity to extend compassion to others, before cultivating this capacity for himself, would be to fall prey to the temptation to bypass rather than honor his fundamental objection to, and vehement defense against, vulnerability in relationships.

Threat Zone Revisited in the Case Studies

In Mukti's case, the immediate threat zone includes the entirety of the Conscientious self stage she was evolving toward (the repressed emergent unconscious). She simultaneously yearned for and actively feared the autonomous expression that characterizes that self stage. She approached, then retreated from, and even actively avoided this self-sense. Mukti's instinctive defense was to disassociate her opinion from her professional duty.

In Harrison's case, the immediate threat zone includes the Individualist self stage as expressed and embodied by his wife (Harrison's own embedded unconscious) and a subpersonality wreaking havoc in the basement of the self (repressed submergent unconscious). The child in Harrison was mortally terrified of revealing a genuine heart of sadness, for fear that he would be emotionally abandoned, as he had been at the age of 7. Harrison's praise and ridicule alike of his wife's capacity for sensitivity and openhearted compassion was a projection of those same capacities, albeit disowned, in himself. Through the unhealthy strategies of suppression and projection, Harrison kept these unwanted collisions with a dimension of himself at bay.

Therapeutic Process

As illustrated in these case vignettes, in order to understand the most effective techniques of working with client defenses, the therapist first needs to understand clients' relationships to their own defenses. First, the counselor assesses vertical defenses. Then, the counselor needs to look at the balance among the quadrants at the client's established level of development. Second, the counselor assesses healthy translation and evaluates the horizontal defenses. In addition to the level of self and defense, and the balance of the quadrants, the therapist must also consider the (triple) threat zone. Clients can defend against a threat that is higher than their current center of gravity (defending against transcendence), lower than their current center of gravity (defending against one's past), or within the current center of gravity (defending against that which one is embedded in). By assessing these three major factors in self-defense, the counselor will be better equipped to join with the client's defensive strategies—the first step in any effective therapeutic alliance upon which all subsequent therapeutic attunement is based.

In working with the defenses, the integral counselor learns the art of true warriorship. Here, we can take cues from master martial artist Morihei Ueshiba,

who taught his students that "A true warrior is invincible because he or she contests with nothing" (Ueshiba, n.d., ¶ 51). Ultimately, by appreciating the dynamic spectrum of defenses and their sliding nature, we learn that there is no defense that is beyond acceptance. As such, there is no defense that requires opposition, in the reactive sense. In fact, clinicians can join with every defense in a unique dance and support its healthy flourishing in service of their clients' growth. Each defense is an encrypted secret code. The integral counselor honors clients' method of encryption, their armor, and their strategy for avoiding the threat zone. By attending to the gateway of the client's defended self with respect and a fearless heart, the integral counselor may be welcomed into those sacred walls of defense that guard the sanctuary of the ever-evolving self.

Conclusion

In the course of psychological development, defenses will shift according to the sliding nature of the self. If counselors inquire into the dynamics of any psychological defense—the category of that defense, its specific mechanism, and its tool of deployment—they learn a great deal about the self that is being defended. These dynamics of defense will point to the unconscious waters in which the self sinks and swims. That defense will also tell the counselor something about what threatens the self. And that threat zone will, in turn, tell the counselor something about the mercurial waterline between the client's conscious and unconscious dimensions of mind. With these three major factors in view, the integral counselor is well equipped to attune to the client's level of development. By inquiring into how clients can strengthen their healthy defenses, the counselor helps them optimize their psychological health.

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An Integral Approach to Counseling Ethics

Durwin Foster and Timothy G. Black

The authors offer an integral approach to counseling ethics using K. Wilber's (2000a, 2000b) integral metatheory. The article examines traditional counseling ethics through the lens of K. Wilber's (2000a, 2000b) "4-quadrants, 8-levels" model, consisting of quadrants, levels, lines, stories, and types. The authors begin with the 4 quadrants and how they can inform understanding of traditional counseling ethics. Vertical development in relation to counseling ethics is addressed, followed by a case study of an ethical dilemma in counseling. The authors offer an integrally informed process of ethical decision making that can be seen to complement less comprehensive ethical decision-making models.

There are few areas in the practice of counseling that require more tolerance for ambiguity than ethical practice and decision making. Corey, Corey, and Callanan (2003) stated that, when it comes to ethics, one must avoid the trap of dispensing simple prescriptions for complex problems. Integral theory is an excellent map that can be applied to ethical practice in counseling to help counselors honor the complexity of ethical decisions and avoid oversimplification of complex issues. Integral theory helps counselors approach a more complete understanding of ethics by viewing multiple "truths" or perspectives as complementary. This in turn increases counselors' ability to make informed ethical decisions. The study and practice of ethical counseling contains a dichotomy in that clearly articulated ethical principles and codes of conduct exist alongside a marked lack of guidance on how to apply the principles and codes in many real-life counseling situations. In this article, we outline what the four quadrants or perspectives of integral theory imply for counselor ethics, we discuss the role of development and supervision, and we offer a brief case example.

In some ways, the idea of integral ethics is somewhat of an oxymoron. Wilber (1998) has discussed ethics and morals in the context of the lower left (LL) quadrant or the "We" space of cultural understanding and intersubjectivity. However, in order for ethics to be more integral in nature, we must expand our conceptualization of ethical practice in counseling and attend to the remaining three quadrants of "I," "It," and "Is." We would like to suggest that, on the whole, current counseling ethics is less than integral and that an integral approach to counseling ethics must expand its scope of practice to include and incorporate the four quadrants in Wilber's (2000a, 2000b) model.

The Four Quadrants: Ethics, Law, Behavior, and Morals

We remind readers, before discussing counseling ethics and the four quadrants, that the distinctions between the quadrants, although semantically convenient, do not actually reflect reality. Rather, all quadrants arise simultaneously in

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