

Abstract:

The Research topic is of particular interest to the researcher as it hoped to make links with their own personal journey into Motherhood. The researcher was curious to understand the experiences of others and how this may have impacted on their lives, including any potential change to a sense of self during the journey in to Motherhood. The Qualitative study used the Heuristic Method to obtain rich data and a connectedness to the participants. The area of interest in this research is the experience of the transition to Motherhood. There were 4 participants who took part in the study, including the researcher. It was conducted using semi-structured interviews, each lasting approximately 1 hour. The data was then gathered to consider themes which emerged. The findings demonstrated some common understandings and unified experiences. The researcher hoped that it would speak to them personally, so it was important that they were able to feel that their own experience was not an isolated one and that through this learning, it would enable the researcher to grow and develop their own sense of self and understanding within their personal journey as well as enrich their ability to share this self awareness to enhance their professional practice as an Integrative Psychotherapist with the other.

Within the field of Integrative Psychotherapy, It was hoped that it would develop and contribute to a deeper sense of awareness of the experience of a sense of self for women during the transition to Motherhood.