

Abstract

The background to this study is a personal and professional desire to understand the experiences of the countertransference with clients with preverbal trauma. The aim of this research was to give value to the use of countertransference in helping clients with pre verbal trauma, giving the countertransference space to be reflected on and used to enhance the reparative therapeutic relationship. I also wished to gain an understanding of a life experience that has shaped my way of being. This study aimed too to find out the experienced psychotherapist's experience of the countertransference when working with clients who had experienced pre verbal trauma, to enable other psychotherapists to develop the skill needed in identifying countertransference with clients with pre verbal trauma. The method used is heuristic inquiry, which allowed the individual experiences and my own experience to be of value in this research and to find an essence of a phenomenon. The results demonstrated that there were theoretical themes relevant to pre verbal trauma with the essence being a reliving/communication, the impact of the experience for the therapist and the relationship as container/conduit. The value proved from participant's responses provides the assumption that other therapists will experience countertransference through bodily, feeling, thoughts and imagery responses with pre verbal themes of relational trauma. This provides integrative psychotherapy with how the countertransference is experienced with clients with preverbal trauma and how it can be used in the therapeutic relationship to provide healing.