

Abstract

The focus of this dissertation and the research within it has been to explore the subjective experiences of Integrative Psychotherapists who have been impacted by the complex negative unconscious processes of their client days after the therapy session has ended (the phenomenon). In particular focusing on how this phenomenon has been experienced and understood. The objective of this research has been to develop and offer further insight and understanding into this phenomenon that would hopefully compliment or add to the literature available that has been reviewed in conjunction with the research about this phenomenon. The research carried out for the purposes of this dissertation took a qualitative heuristic approach, with four participants of an Integrative Psychotherapeutic background ranging from two years to eight years post qualified experience. The findings that emerged were put into themes of the Client's Unconscious Communication, The Therapist's Internal Process, Separation and Identification, Self-Care for the Therapist and Theoretical Understanding, concluding that the phenomenon as experienced by the Therapist is as much about the Therapist's own process as it is the client's, creating an entangled web of unconscious processes emerging outside of the Therapy room, where the Therapist's sense of self becomes lost as the two processes entwined act out together. It would seem the closer the process, the harder it is to identify, until such time that separation and identification takes place.