

Abstract

The study focuses on the field of Integrative Psychotherapy, considering responses from co-researchers with an Integrative background. My aim is to learn more about avoidant client's processes, how they experience therapy and what would help keep them engaged in therapy.

Five developmental-relational psychotherapists, who had been in personal therapy for at least two years participated, where qualitative, semi structured interviews were conducted to explore their subjective experiences. The study focused on participants who define their attachment style as avoidant and were willing to discuss how this could be played out in therapy. The phenomenological research method enabled deep engagement with the participants and facilitated immersion in the data.

An understanding of the term avoidant was considered with the participants. Using Phenomenological Analysis, the data revealed thirteen themes which were drawn out from considering each of the questions posed within the study. The theme of the experience was conflicting, further themes identified were researching the therapist, relational needs, resentment, creating a relationship. Themes from the middle stages of therapy identified what is needed to be experience to achieve a deeper level of work to variance at ending.

Findings are discussed within the context of both historical and current literature and recommendations are proposed for future research and training. Implications for Integrative practice is also discussed in the light of these findings