

Abstract.

This paper will examine and explore the relationship between a trainee integrative psychotherapist's personal therapy, that is a UKCP course requirement for the Masters in Integrative Psychotherapy, and the impact that can have on the ability of the trainee psychotherapist to work with the unconscious process of the client, within their clinical work. By definition, unconscious process can happen out of the awareness of the therapist. This can lead to subtle influences on the therapeutic relationship occurring and sometimes passing largely unnoticed by the therapist. One of the key factors to working with this phenomenon effectively, is to be able to decipher which part is the client's and which part is the therapist's own stuff that may be being triggered by the client's revelations in the therapy room, in the co-created relationship with the client. This research set out to examine and explore trainee's experience of how they felt their own personal therapy contributed to their ability to work effectively with the client's unconscious process and go on to state why it is felt that personal therapy is an integral and essential part of an Integrative psychotherapist's training to work with this phenomenon.

1) Introduction