

Abstract

The 'relationship' is at the heart of Psychotherapy, offering a space of holding, encompassing invisible threads and tying us to our existence. (Josselson,1992). An environment, which allows the emerging self to grow. Kohut (1984) emphasises, 'twinship' as an essential self-object need, describing a similarity between the therapist and client to be met for the self to fully develop. The researcher questions: where there is cultural difference between two people how is this met? Literature affirms the importance of understanding cultural difference, yet little focus on the concept of twinship and culture. The study aims to explore the experience of 'twinship' between Southeast Asian British clients and White British psychotherapists, capturing the essence of this experience within relationship.

To explore subjective experiences, four relational-developmental psychotherapists were interviewed by means of qualitative, semi-structured interviews. The heuristic method permitted for immersion into the data and deep connection with participants. The emergence of themes particularly relational connection and disconnection, indicate being seemingly opposite yet, interconnected, bringing forth the complexities of this unconsidered phenomena within the relationship.

A safety within difference alongside deep yearnings for similarity were discussed in the findings. Evidenced is the rich knowledge discovered and insight for the wider profession to consider within the therapeutic relationship and needs of individuals. Further recommended within the study are important proposals for future research.