

Abstract

This research study reports on a heuristic inquiry into whether Integrative Psychotherapy training supports trainees to embrace race. The question derived from a feeling of if British people don't understand the past, they can't fully understand the present. As it is vital to understand how Britain thrived from slavery and colonialism, and how racial language discourse/narratives continue to be played out today, nationally, and globally.

Therefore the aim of my study was to explore and capture whether training provisions are sufficient in embracing race and the impact on trainee's training/clinical practice. The literature review identified race/ism being an important commodity: self, professionally, society-wider context and ancestral histories.

Therefore using the heuristic research method I explored experiences of five trainees' and one qualified therapists, who participated in qualitative, short, semi-structured interviews to share their subjective experiences. This enabled deep engagement with co-researchers and facilitated immersion in the data however the death of George Floyd and others has heavily impacted on self. Nevertheless they are discussed within the context of calling for change and adhering to historical and ancestral literature. As the findings highlighted 'racial micro-aggressions' and potential of systemic issues deep-rooted in 'white middle-class' structures occurring enabling the perpetuating of institutional/structure racism within PTI's