

Abstract

This study is a qualitative exploration into the experience of being a daughter of a mother with expressions of explosive rage. Using a heuristic approach (Sultan, 2019), it captured the narratives and subjective experiences of five co-researcher participants, who are trainee or qualified therapists. Semi-structured interviews were recorded, transcribed, and all data explored. Themes and meanings were explicated, synthesized, and presented to communicate the essence of this human experience. The personal experience and tacit intuitive knowing of the researcher were integrated into the themes and meaning evolved from data, allowing a creative synthesis that encapsulated combined experiences and sought to evoke the phenomenological essence. A qualitative philosophy concerned with understanding human experience underpinned the approach (Vasquez, 2014). Ethical responsibility was considered throughout, and literature was reviewed to inform the research.

Themes identified were: the essence of the rage; phases of rage; violent visceral vignettes; given/inherited roles and labels; surviving; silence; sequelae/impact; 'saving graces'; searching and yearning; and becoming and healing. Findings illuminated what the experience is and what it means. They indicated that this experience has a profound impact on both developmental and relational levels, affecting individuals internally and in their relationships. Disruptions or deficiencies in forming a secure base prompt wounding and survival responses (Erskine, 2015). This heuristic inquiry illuminated implications for integrative relational developmental psychotherapy, particularly regarding relationship and unconscious processes (Clarkson, 2003), offering additional supportive