

ABSTRACT

In my experience as an integrative therapist, I have found that my spiritual practise of meditation appears to impact on the therapeutic interaction. Thus, the aims of this dissertation is to find out whether this is the same for other integrative therapists who follow a similar spiritual discipline.

I followed the transcendental phenomenology research methods as formulated by Husserl (1931).

I found that there was indeed an increase of compassion, intuition and a sense of the "third" in the therapeutic interaction.