

Abstract

This research explores the process of transformational healing experienced by long-term psychotherapy clients from an Integrative Psychotherapy perspective. It first looks at motivations for entering therapy, the orientation of the therapists and how each participant defined 'transformational healing'. Then it considers the process/stages of the journey to healing and the characteristics of the person both prior to healing and after experiencing healing. Finally it explores interventions of the therapist that were helpful and those that were unhelpful, together with other significant factors in the healing process.

The findings show that training in therapy significantly enhances the benefits to the client through the increased understanding of the process and awareness of themselves.

The findings also show that clients saw change to becoming 'real', in the sense of being true to themselves, as the essential ingredient of this healing.

Implications for the practice of Integrative Psychotherapy are considered.