

Abstract

This qualitative research uses creative expression alongside traditional text to gain knowledge and understanding both of myself and my co-researchers in terms of the process of becoming and being a therapist.

I have drawn upon Narrative and Organic methodology using a heuristic process (Moustakas 1990a, 1990b) to weave a “quilt-like bricolage” (Denzin and Lincoln 2000). The research involved interviewing five co-researchers. I was also interviewed so that there were six participants in the study. I saw myself as an *interviewer-traveller* who wandered ‘through the landscape with my co-researchers in purposeful conversation’ (Kvale 1996).

I invited my co-researchers to tell me their narratives of becoming and being a therapist using creative expression. The two questions I posed were, could my co-researchers identify with the wounded healer archetype and did they consider the journey to becoming and being a therapist a spiritual one.

My findings were, that in terms of the journey of becoming and being a therapist there was the ‘concept of vocation’ or ‘calling’ which emerged from the individuals’ life experiences (Maslow 1967; Bogart 1994). I found that my co-researchers related to the concept of the wounded healer and their journeys, as well as my own, were of a spiritual nature.

Above all I came to realise that creativity is a fundamental characteristic of human nature and manifests itself in many different ways. It permeates therapy and is particularly pertinent to the person-centred approach.