

Abstract

This is a grounded theory investigation in to the motivations to enter Humanistic Person Centred (HPC) psychotherapy training.

The literature was reviewed to reveal significant gaps around this specific subject area to ensure that this investigation would add to the literature. Extensive research has been conducted in to the personality (Halpin 2005) and early life experiences (Fussel and Bonney 1990) of the psychotherapist, and there has also been a lot of debate around the concept of the wounded healer (Sedgwick 1994). However it was felt that there was no research, which fully explored the reasons that the trainees felt to be important motivators to enter psychotherapy training and more specifically the motivations to enter Humanistic Person Centred psychotherapy training.

Therefore trainees and psychotherapists of the HPC psychotherapy approach were invited to take part in this investigation. In total 8 interviews took place, and the data was transcribed and analysed using the grounded theory methodology (Glaser and Strauss 1967).

From the data emerged 9 categories, which were felt to form a theory around why people entered HPC psychotherapy training. These nine categories were arranged in to matrix, and the relationship between them was explored revealing a model of lots of factors which worked together to motivate the co-researchers to enter HPC psychotherapy training.