

ABSTRACT

This dissertation explores clients' experiences of being 'missed' within Psychotherapy. I adopted a qualitative, phenomenological approach to research this phenomenon in order to identify the experience from clients' personal perspectives and lived experiences. I explore related and relevant literature and then move on to discuss my own research study of eight participants who felt they had experienced being missed within Psychotherapy. The literature search and my research participants collectively shed light on the experience of being missed and explicate how this can be both harmful and therapeutic (Guistolise, 1996; Erskine et al, 1999; Orange et al, 1997; Wosket, 1999). The transcripts from my interviews with participants served as the raw data for analysis on the basis of emergent themes. The findings were reflected upon in relation to reviewed literature, with conclusions and implications for Humanistic Person-Centred Psychotherapy specifically being established, together with suggestions for further relevant study.