

ABSTRACT

Black women often do not have a platform from which to tell their story, share their experiences or tell of the impact of those experiences from within the psychotherapy setting.

This is a phenomenological study the aim of which is to explore the experiences of Black women during group process on Humanistic Psychotherapy training courses.

For the purpose of this research I asked for participants who identified themselves as Black women and who had completed or who were currently undergoing training on a Humanistic psychotherapy training course in which group process formed an integral element. This study explores the experiences of eight women whose backgrounds are African, African-Caribbean and Dual Heritage that being a mixture of Black and white parentage.

I commence with an introduction and what motivated me to conduct this study. The relevant literature including Black feminism, Work, Education, Health, Group Process and communication is then reviewed. My methodological approach is discussed. Findings from the study are presented, analysed and discussed. Implications of the findings for Humanistic Psychotherapy training are considered and areas of further studies presented and the study is then drawn to a conclusion.