

Abstract

This was a qualitative study that focused on how relational depth was established and maintained between white female therapists and black male clients from Caribbean descent.

For the purpose of this study “relational depth” is defined as a ‘real meeting and connection with another human being’ (Mearns and Cooper, 2005, p.xi).

Relevant literature that focused on black men’s issues/identity was discussed within the text, which highlighted significant considerations for trainee and qualified therapists.

A Grounded theory method was used to analyse raw data which was collected through nine semi-structured interviews. The co-researchers were asked three questions relating to relational depth with black male clients.

The conclusion of the study emphasizes the importance of therapist self-awareness of their valuing system and identity in their client work. Furthermore, the therapeutic alliance seemed to be the springboard from which relational depth occurred.