

## Abstract

This research was a phenomenological inquiry into Humanistic Person-Centred trainees and relational depth. Eight participants, who were in training and had a minimal amount of experience of personal therapy and client work, were interviewed. This participant group was specifically sought as they were potentially receiving and expressing relational depth in a variety of roles. Four main themes emerged from the data: understanding relational depth, sharing relational depth, working with relational depth and experiencing relational depth. In the discussion, the four main themes of the findings were compared with relevant literature, as well as contemplated for what contribution the findings could make towards future research as well as professional practice and training.