

ABSTRACT

This phenomenological study explored the experience of trainee psychotherapists during training.

The purpose of the research project was to discover how, if at all psychotherapists experience changes in their sense of self during training.

Eight participants were interviewed regarding their experiences of self throughout training. Participants had either completed a four year Masters programme in psychotherapy or were at the end of their training.

Four main themes emerged from the participants experience which concerned their sense of self at the beginning of training, experiences of self during the training process, sense of self at the end of training and the significant factors which influenced change.

The data analysed suggests that psychotherapists do experience changes in sense of self during training.

These changes relate to the process of psychotherapy training and to the relational encounters involved in that process.