

Abstract

This study was designed to understand the menopausal experience of female Humanistic Person-Centred (HPC) therapists and its impact, or not, on their therapeutic work using a phenomenological method of research. The related literature on the menopause is reviewed and discussed in the light of the findings.

The data was generated through informal semi-structured interviews, analysed using a phenomenological approach and organised into two distinct areas of interrelated themes that describe the participants' personal experience of the menopause within the context of their work. A synthesis of the meanings and essence of their experience is provided.

The purpose of the study was to arrive at a greater understanding of the menopause and its potential impact on female HPC therapists and their practice, in order to begin to highlight the gap in the field and contribute to finding and making links to HPC theory. The implications the findings have for HPC practice are considered and possible future research explored.