

Abstract

International mobility and work requirements bring more people from other countries to Britain. Increasingly, proficient bilingual/bicultural individuals access therapeutic services with usually monolingual therapists. This small-scale qualitative study based on the constructionist principles of IPA (Interpretative Phenomenological Analysis) investigates their bilingual/bicultural experience and the meanings they give to undergoing therapy with a monolingual Integrative psychotherapist using English as a second language and what they may need, if anything, from the therapeutic relationship.

Advertisements for the study were posted in British psychotherapy training-institutes training Integrative psychotherapists. Five individuals were interviewed in semi-structured interviews to collect the data. Results indicated that bilingual/bicultural clients experience an inter- and intrapersonal "distance" and an increased "effort" when relating in their second language. The study looks at the implications for Integrative Psychotherapy and what it can offer to this particular client group.