

## **Abstract**

This is a study using Grounded Theory Methodology of the Person-Centred Experience of Reintegration of Aspects of Self. The study involved semi structured interviews with 4 participants that were recorded and transcribed for analysis. The aim of the study was to confirm the understanding of Aspects of Self and to look at the processes involved with integrating them and reconfiguring the structure of self.

The study found that there were three stages,

- Creating a safe environment,
- Developing a relationship with each configuration and
- Restructuring of the internal sense of Self.

The safe environment was co-created and involved cooperation between the participant and therapist. This was obtained using a combination of the 6 Necessary and Sufficient Conditions of Therapeutic Growth (Rogers 1959, 1957) and working at Relational Depth (Cooper 2005). The relationship each participant formed with their Aspects was found to be in a 7 stage progression, each configuration was dealt with independently at first and hence configurations were found to be at different places on the continuum. There was in essence a period of understanding the needs and motivation of each of the configurations before they were sufficiently able to integrate that into a central cluster. This cluster, a Restructured Self formed the core from which it was found that participants could either; choose a configuration when necessary, as in a specific role, or; manage the needs of conflicting configurations via control or negotiation, thus existing in harmony rather than chaos.