

ABSTRACT

This phenomenological study is an exploration to understand more about the experiences of female Black Minority Ethnic/Ethnic Minority Humanistic Person-Centred clients working with a female White British/European psychotherapist. The related literature on Black Minority Ethnic/Ethnic Minority females, some of the historical events that may have affected them as well as female Black Minority Ethnic/Ethnic Minority Humanistic Person-Centred clients and the Humanistic Person-Centred approach is reviewed and discussed against the research findings.

A qualitative study using Interpretative Phenomenological Analysis (IPA) was adopted and the data was collected through semi-structured interviews. The participants are from all over the UK. During the data analysis, themes emerged which were interrelated around the experiences of being a female Black Minority Ethnic/Minority Ethnic Humanistic Person-Centred client working with a White British/European psychotherapist.

It is proposed if all psychotherapists had some knowledge of diversity, including racial differences, historical events and how these may impact on the therapeutic relationship this would be of great benefit to the world of psychotherapy.