

Abstract

This dissertation aimed at understanding the client's intrapsychic experience of *reconnecting* with hidden aspects-of-self within the context of Integrative Psychotherapy. The study adopts a qualitative methodology allowing a deep, relationship-based inquiry that in its method and values is consistent with the philosophical principles of integrative psychotherapy. The Literature Review contextualizes the study within relevant research and demonstrates the importance of further inquiry into the process of *reconnecting* from the client's perspective. Seven one-to-one semi-structured interviews were conducted with self-selecting participants with relevant experience; the participant-descriptions were analyzed using Giorgi's Descriptive Phenomenological Method. The research findings, illustrated with participant descriptions, map out the psychological structure or design of the client's experience of *reconnecting*. The findings identify the client's felt-sense of "something important but not understood" which is accompanied by existentially powerful affect and the reactivation of behavioral systems governing attachment. In the discussion of findings the importance of focusing and emotionally utilising the client's felt-sense is critically discussed; the concept of regression is critiqued and a way to circumvent the binding power of shame is explored. An overall critique of this study is given and implications for clinical practice, training and future avenues for research is identified.