

## ABSTRACT

This qualitative study aimed to identify and describe how Integrative Psychotherapists' worked with and evaluated their work with cult clients. Participants were selected based on their experience of working as an Integrative Psychotherapist or therapist working therapeutically with ex-cult members. The study was particularly relevant to Integrative Psychotherapy as there are many aspects of the self that need attention following this experience. It seems likely that an integrative model could respond to this.

The study followed the grounded method of qualitative research. Four participants took part in a one-to-one semi structured interview and subsequent email contact. From analysis of the data I hoped to find an emergent framework or theory that would give a better understanding of how to work with this client group.

The findings indicated a modal of relational developmental integrative psychotherapy would be useful. There is an overarching continuum of relationship. Early relationship is relevant to understand how somebody got into a relationship with a cult. There is assessment and work with the impact of the relationship of the cult. Through the relationship with the therapist there is the installation of a healthy relationship to antidote the toxicity of the relationship with the cult, in the hope that the client will internalize the therapist as the new object relationship and then transfer this into the rest of the world. Within this there is a therapeutic process that has key ingredients to facilitate the development of this relational continuum.