

Abstract

The aim of this study was to investigate the phenomenon of the felt sense of an internal secure base developed in therapy, from the client's perspective. The research was of a qualitative paradigm, and in a phenomenological study, six female participants were interviewed about their experience of an internal secure base developed in therapy. The research was conducted using semi-structured interviews which looked for units of meanings and themes in order to provide for a deep understanding of the phenomenon.

Findings indicated that the experience of the felt sense of an internal secure base developed over time, as a journey from not having a sense of internal security, to experiencing the secure base of therapy, through a process of internalisation of the secure base to degrees of felt security which could then be passed to future generations.

The study did not identify any ethical issues.