

## Abstract

The Interpersonal Phenomenological Analysis research method was used to explore daughters' experiences of being envied in childhood by their mother using a focus group. Three super-ordinate themes of *Envied Object, True and false self with self always in relation to mother or other* and, *the Unboundaried, uncontainable, all powerful, all defining Mother* emerged from the process.

Understanding how daughters' experienced being envied by their mothers and how they were shaped by the experience has deepened what is known about the phenomenon, its implications for development and its impact on unconscious processes concerned with adaptations and defences. The findings have enriched what was known about other theories and has a place amongst them. In conclusion the study contributes to the field of developmental theory and to the practice of Integrative psychotherapy through its understanding of the lived experience of a daughter's experience of malicious, maternal envy throughout childhood.