

ABSTRACT

Semi-structured interviews were conducted with three Christians who reflected on their work as Person-Centred therapists and about how their Christian spirituality impacts their therapeutic practice. The interviews were analysed using Interpretative Phenomenological Analysis (Smith, Flowers and Larkin, 2009). This research gives a view of how three people make sense of themselves as Christians working as Person-Centred therapists and how this affects the way they relate. It gives some understanding of how their spirituality is a support to them and also ideas of ethical issues which might arise concerning, for example, both client and therapist's frame of reference, and when, if at all, therapists self-disclosed. It demonstrates the meaning the participants attach to their own presence and the experience of transcendence in the therapeutic relationship.

The findings suggest that for the three participants Christian spirituality is a way of being which is integral to their identity. Suggestions are made regarding discussing spirituality as part of the experiential learning on training courses. This would promote understanding of the diversity of spiritual experience (religious or other) with reflection on ethical implications to therapeutic relationships.