

Abstract

Interest in this research topic was derived from personal experience of client non-attendance. The aim of this study was to explore how trainee psychotherapists experience client non-attendance, with particular focus on the impact this has on the therapeutic relationship (Mearns & Thorn, 2007) In addition whether or not the training standards regarding clinical practice impact the trainee's response to client non-attendance was explored.

A phenomenological, qualitative research study, was undertaken with four person-centred trainee therapists a semi-structured interview (See Appendix I) Interpretative analysis was undertaken on the results, and five key themes, and two sub themes were identified. The results indicated that trainees' experienced a variety of feelings in response to client non-attendance, and that these feelings were likely having an impact on their provision of UPR to the client which was therefore hindering the process of person-centred therapeutic growth for the client.

Limitations of this study included the fact that Participants were given full knowledge of the idea behind this study prior to attending interview and being qualitative in nature, it is hard to fully generalize from the results. However the beneficial aspect of this method of research is that it enabled the Participant to explore their unique responses to the phenomena being studied to a rich and deep level.

The results generated are likely to benefit placement providers, training institutes and supervisors, involved in trainees' career development and training in psychotherapy. In addition, trainees will likely have an interest in these findings, as it might offer them validation or it might support them to explore their own reactions to client non-attendance. It could also enable them to be mindful of how this experience