

Abstract

The perspective of this study is that using recordings of client work has the potential to facilitate effective and ethical practice, and at the centre of effective practice is congruence. Using retrospective recordings of therapeutic sessions can support practitioners' awareness of self and professional development, as well as the ability to reflect on therapeutic relationships with clients.

Qualitative research was undertaken to explore Person-Centred practitioners' experiences of using retrospective recordings of client work. The aims of the study were to gain insight into practitioners' experiences, explore and enhance understanding about the use of recordings in Person-Centred practice, and to explore and enhance understanding about impact of recordings on congruence.

Data was collected through individual semi-structured interviews with 4 Person-Centred practitioners who record their therapeutic sessions. All interviews were transcribed verbatim by the researcher and were analysed using Interpretative Phenomenological Analysis. A total of 3 super-ordinate themes and 10 sub-themes emerged. The study describes how recording therapeutic sessions occurs in the context of compulsory academic and supervisory requirements, and supports previous findings that using recordings of client work impacts on practice.

The ability to reflect on practice is linked with self-awareness and congruence, recordings are associated with supporting practitioners' self-congruence and reflections on congruence within therapeutic relationships, and a link is thus established between the use of recordings and congruence. The impact of recording on congruence has implications for Person-Centred practitioners, and implications for the training and development agendas of practitioners.

Suggestions for further research are also made.