

Abstract

In this research project I endeavoured to uncover what makes therapy a safe experience for the client. Using the heuristic method of research I interviewed four Integrative trainees or newly qualified Psychotherapists who had experienced good therapy to determine what made their therapy a 'safe experience'. It was important that the experience of therapy was a current or recent undertaking as this would help to provide more accurate answers to my research questions.

I displayed my research flyer at a Research Information day at a Psychotherapy Training Institute and contacted two organisations who offer placements to Integrative students and the counselling managers displayed my flyers.

I expected to find some common themes, for example, attunement, trust, the relational aspect of therapy and validation. I also expected to find that there is not one universal answer but that it lies within the skill-set of the therapist to understand how to make the client feel safe, alongside the willingness of the client to be immersed in therapy.