

Abstract

The focus of this research is the impact of group process in training on the development of the psychotherapist. It interviews four participants about the impact group process had on them and their development as a psychotherapist. In light of the limited research on first hand experiences of group process in psychotherapy training, this research aims to highlight key themes about what happens in group process and unpack their significance. Using a phenomenological approach, the research aims to enter the participant's world, giving the reader a close and intimate encounter of the participant's experience of group process. Group process is regarded by many psychotherapy institutions as an integral part of contemporary training and this research aims to set out a framework of understanding the impact, and therefore, relevance of group process. The research aims to inform psychotherapy training in terms of the way it is delivered and received. The research concludes that group process makes an impact on the development of a psychotherapist in significant ways, in particular when considering important aspects of psychotherapeutic practice and personal growth such as sameness and difference, (therapeutic) recreation of the family, reaching out, working in the here and now, (feelings of) togetherness and interpersonal growth.