

1. Abstract

This qualitative heuristic research study aimed to explore the experiences of a client who had developed in a childhood of chaotic parenting. Semi -structured interviews, words and images provided the essence of the experience from the participants, through the grouping and mean making of the themes which evolved from the data. These themes were categorised into

- Experience of mother
- Participants Personal Experience
- Other Factors
- Relationship with Self
- Self/ Other Relationship
- Experience of Therapy
- Therapy Effectiveness

The personal experience and knowledge of the researcher was reintegrated through the development of a creative synthesis which encapsulated all of the experiences of the five participants.

My findings suggested there was significant impact on the development of self and self-other relationships in childhood and subsequent adult relationships that were unique to this style of parenting. There was also a relationship with the poor management of trauma in participant's history.

Findings showed that a corrective emotional experience, with repair, change and growth could be demonstrated through a therapeutic experience with a therapist who could work integratively, developing the specific nuances required within the therapeutic relationship to meet the needs of this client group.