

## Abstract

This research explored how person-centred psychotherapists bring meaning to and work with their processes of unexplained and powerfully experienced embodied responses within the therapeutic encounter. In the literature of person-centred writing, this specific topic is not currently addressed, and although embodied experiences are covered within person-centred theory as well as wider psychotherapeutic literature, there is not an exploration of the process by which psychotherapists bring meaning to and work with such experiences which are mysterious and powerful. The researcher, having encountered such a mysterious experience in their own practice, adopted a heuristic method in conducting the study, and as part of the researcher's use of self, they were included as an interview participant along with two other co-researchers. The raw data was from interviews as well as concurrent reflections documented throughout the research process. Weaving a tapestry of methods, incorporating narrative and transpersonal elements into the qualitative, heuristic methodology, three individual poetic distillations were created from the research interviews, which informed the overall creative synthesis and findings. The synthesis revealed an overarching sense of journeying which the person-centred psychotherapist undertakes when working with such mysterious embodied experiences, with five themes within this journey revealed to be common across all three participant experiences. These themes are discussed in relation to the current literature, with reflections on the research process as well as possibilities for future research raised.