

ABSTRACT

A qualitative study was undertaken using heuristic methodology, the purpose of which was to increase understanding surrounding aspects of self, which may not carry an imperative for growth. The research sought to explore the phenomena as experienced by trainee person-centred therapists, within themselves and observed within clinical work, and how this may relate to the actualizing tendency, so integral to person-centred perspectives.

The aim was to undertake a search through which the nature and meaning of experience were discovered, reflect on a question which was deeply personal in origin, and provide opportunity for the researcher to understand both one's self, and the world (Moustakas 1994:17). The intention, was to prompt discussion for trainees, or practitioners, surrounding non-growthful aspects of self, and how this aligns with person-centred philosophies.

Heuristic methodology allowed for researcher experiencing to be incorporated alongside data collated through semi-structured interviews. A patchwork of significant words and phrases was lifted from transcripts, and colour coded into groups. The overarching quality of paradox became apparent as an umbrella under which themes sat, reflective of the counter perspective of the research question itself.