

What is the therapist's experience of integrating Yoga and Yogic Philosophy to support their practice as an Integrative Psychotherapist?

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Abstract

This study aimed to uncover the therapist's experience of integrating yoga and yogic philosophy to support practice as an integrative psychotherapist. This qualitative heuristic inquiry has endeavoured to explore what yoga, and yogic philosophy may constitute and whether or not they may be positioned under the umbrella of body psychotherapy within the context of a relational developmental approach to integrative psychotherapy. The study has sought to illuminate themes relating to how yoga and meditation may assist participants as a method of self-care to protect from the dangers of working with traumatised people as well as a means of enhancing a personal embodied integration of self. I have conducted my research among five participants of which I was one. I used semi-structured interviews and yoga journals. The six phase heuristic inquiry found a subjective sense among participants that connection with the body through yoga and yogic philosophy, allowed for a greater experience of balance and self-regulation which offered a feeling of an enhanced connection with the embodied self, other and the wider environment.