

Abstract

Interest in the therapeutic relationship gathered momentum over the course of the last century. This has continued with increased diversity of research approach and application into the early part of the 21st century. A significant proportion of research has focused on identifying common factors across a range of therapies to ascertain the most efficacious components (Bachelor and Horvath, 2006, pg. 133). However, less research has focused solely on the specific factors within the therapeutic relationship which facilitate transformation. In a small-scale phenomenological study, with six participants, all of whom are clients in Integrative psychotherapy, I have explored the specific factors within the therapeutic relationship which facilitate transformation. Drawing upon data gathered from semi-structured interviews, the data has been analysed using a phenomenological approach to identify how each participant gave meaning to their experience. The findings highlight a relational, developmental model of therapy with ten specific factors unique to the practice of Integrative psychotherapy. Recommendations for further inquiry are offered, particularly into areas which could not be addressed by this research.