

Abstract

This study, a product of the authors own personal experience, is a qualitative phenomenological methodological heuristic inquiry that explores the motivation behind four trainees' decision to train and practice in Integrative Psychotherapy.

From the findings, there is a clear commonality of motivations from researcher to participants with the initial need to understand their past relationships and how their experiences of personal therapy and other life changes have influenced their motivation to want to be alongside another in the therapeutic relationship. With this exploration comes new ways of understanding of what our intent is and how we see ourselves within the dyadic relationship (Clarkson 2012).

Through the literature review it was clear that there is a lack of relational developmental material in main stream psychotherapy so it was hoped the findings and recommendations from this study could be of value to the field of Integrative Psychotherapy.

The study validates the principles of Relational Developmental Psychotherapy training but poses the question that maybe there could be a more open agenda to the question of individual motivation that can have such an impact in the success of the therapeutic relationship.