

Abstract

A heuristic study of 4 co-researchers' experiences of being quiet or silent in group process within psychotherapy training motivated by the authors' own experience of being a quiet participant. The literature review indicates that this topic is not much researched and this study offers a new strand of knowledge for the profession which may inform training. Findings indicate that silence is a defensive strategy employed to manage overwhelm evoked by being in a large, apparently taskless group. Recommendations are for further research into the possible benefits of understanding groups against theoretical models and for creativity in widening participation within psychotherapy training.