

## **Abstract**

The research asks: 'What brings us here?' It explores unmet developmental need as a motive for training as a person-centred psychotherapist.

The research methodology is qualitative using heuristic inquiry and aspects of narrative analysis. The researcher has a personal connection with the research question and uses the study as a means of developing as a person-centred practitioner highlighting the importance of therapist congruence. Interviews with co-researchers and researcher were recorded and transcribed. Individual depictions, a condensed re-storying of each interview, were written by the researcher and shared with the co-researchers for amendment and verification.

Further analysis of the data resembled a systematic construction of narrative accounts in relation to areas of the research question to arrive at descriptors of the phenomenon. These are presented alongside ideas from the research literature and illustrate points of convergence capturing implications for therapist development and person-centred practice.

Reflections on the use of heuristic methodology include the challenge of conveying aspects of the research process and the ways in which involvement leads to change. The relative paucity of co-construction of the narrative accounts highlights this tension of representation and validity although researcher reflection on 'changed subjectivity' is included.

This research is reflective of the importance of therapist congruence and suggests that exploration of early relational experience as a motive for training is part of wider self-development. The intention is to increase the extent to which