

When *'It's Got to Be Paris'*

Abstract

The Key aim of this study was to capture the researchers experiences of working with clients with problem substance use (PSU). The researcher, who works in this field as a Person-Centred and Experiential Psychotherapist (PCEP) in training, achieved this by looking inward at her personal history, at her therapeutic relationships with clients in this field in general terms, and at theories around 'addiction' in terms of definition, cause and treatment. She also focused a keen lens on how individuals and/or specific groups can 'fall through the cracks' in mental health provision policy, particularly for problem substance users (PS users). By reviewing relevant literature and related areas of mental healthcare research and PCE theory, and by means of interviews where the author was questioned about her experiences and perspectives, the author then contextualised, analysed, compared and drew conclusions from this data.

The data indicated that talk therapy, such as the PCE psychotherapy, and a collaborative co-created program of help including a multidisciplinary approach, can be facilitative in helping clients with problem substance use issues become more integrated and make lasting positive behaviour changes. The author intimated that present policy may not be correct in its assumptions regarding PSU's as a group, and that there is clear direction in literature/research that demonstrates this but is not being acted upon, for multiple reasons including financial constraints.