

Abstract

The focus of this research was to investigate the female client's experience of having been physically held by their relational developmental female therapist and the subsequent changes, and the inherent affective responses that surround the impact of this perception.

The researcher aimed to develop an understanding of the being held phenomenon within a relational developmental Psychotherapy framework; to gain further knowledge of developmental and relational needs inherent to the process. The objectives were to inform wider clinical practice to enable a more effective approach, whilst providing an indication of further directions for research. The research is of a qualitative paradigm and has employed Heuristic Inquiry as research method.

This research has presented findings that hold new theoretical ideas and has found that the being physically held phenomena involves experiencing others as nurturing, is an affective experience, a relational experience and has an impact on the sense of self.