

Abstract

The integrative psychotherapist's experience of disclosing their pregnancy to their clients is one that has received limited consideration within previous psychotherapeutic research. This research therefore aimed to offer a level of illumination to this experience. The research project was undertaken within a heuristic, post-modernist framework of qualitative semi-structured interviews with four psychotherapists, two qualified and two who were in training at the time of their disclosure, one of whom was the researcher. All interviews were then transcribed, and the data was analysed, grouped into themes, discussed and critically reflected upon. The composite depiction of the data highlights the overarching themes present which included; the therapist's feelings of guilt, the importance of external support throughout the process of disclosure, the range of feelings the disclosure can engender in therapists, the impact of the physicality of pregnancy and the increase in maternal transference and countertransference present within the therapeutic relationship. Thus, this research has offered a more in-depth insight into this phenomenon than had previously been provided within integrative psychotherapeutic research, with the aim to assist any integrative psychotherapists that need to disclose their pregnancy to clients in the future.