

Abstract

This project was generated by the researcher's experience of embodied responses/reactions to clients within her clinical work. The aim of the study was twofold; discovering how more experienced psychotherapists with a similar training background to the researcher make sense of and work with/around this phenomenon, and generating greater discussion of practitioners' embodiment/embodied experiencing within the Integrative psychotherapy community. The methodology is qualitative, using data gathered from semi-structured interviews with 6 experienced practitioners- including the researcher- whose initial psychotherapy trainings were Integrative and grounded in a relational-developmental model. A Heuristic approach to data analysis yielded findings which are presented through a combination of individual portraits, tables, participants' quotations and a 'creative synthesis'. Data analysis indicated that participants experienced a range of embodied responses/reactions to clients and employed a variety of theoretical/conceptual reference points to understand and work with/around these. 13 core themes were identified and explicated with reference to previous research studies. While the results of this research are not generalizable due to the low number of participants, it is suggested that the findings are indicative of the need to attend to therapists' embodiment/embodied experiencing during the Integrative psychotherapy training process.