

Abstract

This study comprises a piece of heuristic research that was conducted as part of an MSC in Integrative Psychotherapy.

Its aim was to develop a greater understanding of therapeutic experience of traditional story from a developmental relational perspective for the purposes of promoting psychological well-being and growth. The results of which showed that several inter and intra-psychic processes were at play for participants in their experiencing of story which had relevance to the field of Integrative Psychotherapy.