

Abstract

This piece of clinical research aimed to investigate how one trainee's work as a person-centred psychotherapist had developed over the course of their most recent placement. In particular, the goal was to investigate how an increase in empathetic felt sensing, complementary empathic responses, and emotional congruence as a therapist had changed their work with clients. Through a reflection on this process with one particular client, given the pseudonym 'Diane', the intention was to look deeply into academic person-centred guiding philosophies and ethical analysis, how these relate to the therapist's work with this client, and how this reflection can be used to work effectively with future clients. Data from a recorded session plus process notes, collected contracts, individual clinical supervision sessions, and group clinical supervision sessions have all been used to create a snapshot of the effect of the therapist's congruent empathy with this chosen client. A transcript from one recorded clinical session was been included and analysed as supporting evidence. Upon investigation of the evidence, there was evidence to suggest that allowing this client to experience a measured and congruent disclosure of empathetic experience was beneficial in allowing the client to experience and show their own emotional felt sense.