

Abstract

This study represents a continuation of a case first considered in terms of the first seven sessions (Briggs, 2017b). We pick up after the client had made a disclosure of their traumatic, historic experience.

The researcher had viewed their practice as a three-way combination of person-centred philosophy as per Rogers' (1980) Way of Being, their own journey of personal development and an experiential approach.

What began as an exploration of an experiential approach to person-centred psychotherapy mirroring Rennie's (1998) ideas, soon became a narrative of striving to capture what it is in a relationship that makes the difference for clients.

The researcher was particularly interested in the use of process identification and direction. Initially what had been perceived as therapist intervention was either 1) empathic responding – paraphrasing of the client's dialogue or 2) a gentle invitation for the client to identify their own process. Reflections or questions surrounding past, present and future feelings felt like a movement of the client and therapist exploring their experience, rather than anyone taking the lead.

It contained an informal trial of the researcher's own data collection methodology, designed to capture if and how elements of the theory under examination manifest during therapy along with who is taking the lead – client or therapist. This tool proved invaluable in this study, although there were mixed results when completed by supervision colleagues so would require further testing before broader roll-out and application.