

## **Abstract**

This study presents a qualitative exploration into Integrative Psychotherapists experiences of the impact of their self-doubt on themselves when working as a therapist. Four Integrative Psychotherapists who self-identified as having self-doubt took part in the study. Semi-structured interviews were used to capture their personal narratives, which were recorded and transcribed. The interview transcripts were analysed using interpretative phenomenological analysis (Smith & Osborn, 2003). Themes were identified through the interpretation of the researcher and a description of the phenomenon being explored was developed. The key finding was that Integrative Psychotherapists experience the impact of their self-doubt in the relationship with self, but that when they feel safe enough they are able to seek help. Finally, implications for Integrative Psychotherapy and Psychotherapy as a whole are considered and directions for future research are discussed.