

Abstract

Society has long been intrigued by the twins and the relationship they have with one another. Previous literature has contributed to our understanding of the twin relationship and suggested that it might present unique challenges to the psychotherapist in their work with a twin client. To date there is no research that investigates this within an integrative framework. The objectives of the research were to explore the experiences the psychotherapist has of working with a client who is a twin and if they are different to non-twin clients. Semi-structured interviews were carried out with practising integrative psychotherapists who are currently working with or have worked with a client who is a twin, with Interpretative Phenomenological analysis used to analyse the data. The psychotherapists interviewed recognised that their client's twinhood was a significant part of the work. They expressed that they did experience their twin client differently to non-twin clients however they did not work differently with them. The conclusion was in the form of advice for the psychotherapeutic community; to be open-minded about any difference that the client might bring, including being a twin. And embrace the opportunity to be educated by the client about their uniqueness.