

Abstract

The research question being asked is 'What is the clients experience of working on self-compassion in integrative psychotherapy?'

A Qualitative research method was chosen to enable a systematic inquiry into social phenomena in natural settings (Teherani, et, al, 2015). With a Grounded Theory approach for collecting and processing data. This approach reflected the actual lived experience of the people being studied, which is an inductive one building on descriptive data and subjecting that material to increasing levels of conceptualisation (McLeod, 2003).

To collect the studies data, eight participants, will each undertake a fifty-minute recorded interview. The analysis will take the form of coding and carried out word-by-word, line-by-line, sentence-by-sentence, paragraph-by-paragraph, page-by-page, section-by-section, and so on. This ensured the analysis was grounded, allowing higher-level categories and theoretical formulations to emerge from, rather than imposed on the data (Straus and Corbin,1990).

The study's findings; that self-compassion in integrative psychotherapy is about stopping the client's internal criticism and coming to appreciate the uniqueness of who they are. I have drawn on the work of; Erskine, Fairbairn, Gilbert, Neff, and Leary to support me with this.