

Abstract

The purpose of this research was to find out how Person-Centred therapists experience prayer in their client work. This is a subject that isn't addressed often in Person-Centred literature, so this project tried to highlight an important aspect of some therapists' experiences in the Person-Centred discipline. It therefore focusses on the question: 'How do Person-Centred therapists experience prayer in their therapy?' It is a 'small scale research project', qualitative, rather than quantitative in nature and uses an 'Interpretive Phenomenological Analysis' (IPA) methodology. This methodology was chosen because it focuses on the experience of the participant, which is the purpose of this research in relation to prayer and therapy. The research consists of three interviews with different therapists, who are practising Christians. The interviews were transcribed, and the data analysed. The underlying phenomenon identified from the research is that the Christian therapist sees all of counselling as vocational, which is influenced by their religious beliefs, this informs the type of prayer used, which then impacts on the client relationship. The general conclusion is that all therapists who use prayer in their practice find it helpful, primarily for themselves, and in their experience, it can also have a positive impact on the client relationship. All three therapists do not use prayer overtly in their practice, which can create a certain level of 'struggle', mainly because the client is not aware of the prayer taking place. This ethical struggle is a key part of the discussion.