

Abstract

Throughout the history of psychotherapy regression has been, and still is a fiercely, widely debated topic. Some believing regression can lead to analytical stalemate (Coen, 2000) some viewing regression as essential in the role of recovery from early developmental trauma (Field, 1996; Price, 2016).

Whilst there is a vast amount of literature on regression, there are limited studies on how Integrative Psychotherapists work with regression, a field where therapists create their own integration, research and contributions ever changing. This study looks to explore and uncover different therapist's ways of working with regression and their rationale for doing so, capturing the 'essence of the experience'.

Five Integrative Psychotherapists participated as co-researchers; using qualitative, semi-structured interviews, employing the heuristic method to allow the researchers use of self, immersion and illumination of the data.

The themes which emerged were 'sensing, considering the need', 'holding, containing and the facilitating environment', 'the therapists perceptions', 'earliest experiencing' 'touch and the body', 'stuckness', the overarching feel being 'use of self within the experience'.

Findings are discussed within the context of both current and historical literature, along with recommendations for further research, and a critical evaluation of the studies strengths and weaknesses.