

Abstract.

The purpose of this study was to explore the experiences of Black psychotherapy trainees, whom were required to take part in group process as part of their training program. Group process is an integral part of many psychotherapy training programs, and can be useful for group members to reflect on their experiences both within and outside of the training environment. This was a qualitative study, in which a combination of semi-structured interviews (with a sample of three Black-identifying trainees) and Interoperative Psychological Analysis were employed. This process produced two super-ordinate themes: 'On the outside, looking in' and 'Re-experiencing of racial dynamics outside of group process, within it'. These themes represented the challenges faced by Black trainees in group process, to emerge enough to be seen and for the implications of their identity to be acknowledged within the group. Findings also underlined the ways in which racial biases played out during group process, the impact of this, and how a lack of effective facilitation further compounded this. Findings are considered within the context of the current literature and theories. Recommendations are made in relation to the ways in which research in this area could be furthered, as well as how training could be improved.