

Abstract

The aim of this study is to explore how Integrative Psychotherapists interpret and respond to issues surrounding payment in the therapeutic relationship, and how they make sense of what is going on for themselves and their client.

Method details

This piece of original research uses the structured interview transcripts of four experienced therapists evaluated qualitatively by Interpretative Phenomenological Analysis.

Results / findings

The study found difficulties for all four participants in helping one or more clients manage money issues. It revealed countertransference issues for the participants and drew out interpretations for what was going on for the clients.

Conclusions

Money can be a complex issue in therapy. The way that clients talk about or use money in the therapy space indicates an attempt to communicate a developmental adaptation and relational deficit to their therapist. If this is ignored, then a valuable opportunity to explore an important interruption to contact for the client could be missed.