

Case Study Research

Abstract

This case study research was undertaken within the ethical guidelines of SPTI (2008, 2019) and UKCP (2009, 2019). All participant interactions were handled in compliance with the Data Protection Act (1998) and General Data Protection Regulations (GDPR) (2018).

My original self-care plan submitted for ethical approval (Appendix 1) was rapidly modified as a result of the Covid-19 pandemic (Image 1). It has undoubtedly been an incredibly tiresome time. The impact on myself and my children has been substantial, and we have had to adapt in our own way to support ourselves. The illustrations (Image 2) on the kitchen wall have been a great visual representation and encouragement, symbolising the intention to battle through this time using our own unique skills.

The purpose of research was to explore my experience of empathic attunement within a therapeutic relationship. The placement environment in which the research was carried out is discussed in detail to gain a sense of the philosophy and ethics observed.

A summary of my client's overview is presented followed by the researcher's professional statement. Consideration of the researcher's core values and beliefs as a person-centred and experiential trainee psychotherapist supports the readers understanding of the way in which the therapeutic relationship proceeded.

Data from Therapeutic Presence Inventory (TPI) collected following each session from client (Appendix 2) and therapist (Appendix 3) was originally intended to be included as stated in my ethical proposal (Appendix 4) this was omitted due to compliance of the social distancing restrictions and no being able to access the placement building. Fortunately, the inclusion of the clients Young Person's (YP)-Core data that monitored functioning and risk

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to self was included. A description of how monitoring was utilised within therapy and supervision follows.

To conclude an evaluation of the process and outcome for client and researcher is addressed. Reflexive thoughts on the researchers personal and professional learning and recommendations are considered.