

Abstract

This qualitative heuristic study takes a qualitative approach to the question of how an integrative relational psychotherapist with schizoid characterological adaptations can make use of themselves within the therapeutic dyad to increase intrapsychic integration in clients with similarly schizoid traits. Four integrative psychotherapists participated in a semi-structured interview process intended to enable the development of a nuanced understanding of participants' subjective experience (Moustakas, 1990). The intention, in producing such research, is to add to existing knowledge by addressing the neglected topic of what is co-created within the schizoid-leaning therapeutic dyad and the manner in which this can be used in the service of intrapsychic integration for schizoid clients, paying particular attention to the twin terrors of profound loneliness and fear of contact (Guntrip, 1968.) My research focuses on the resolution of the painful schizoid compromise by establishing contact, managing conflict and movement towards relational depth.