

Abstract

Countertransference is traditionally linked with psychoanalysis but is now recognised as an important aspect of therapeutic work in a variety of modalities. This countertransference phenomena can be emotional, somatic or behavioural in nature, and in some cases occurs outside of the therapeutic space. Three Integrative Psychotherapists were interviewed about their experiences regarding delayed countertransference. Heuristic inquiry, which followed Moustakas defined process of seven processes and six phases, was used as a reflexive approach to illuminate the phenomenological experience of the co-researchers. Themes that emerged were the power of the response, the adhesive nature, the distraction of the therapist facilitating the phenomena, the client's history, self-care, and the importance of a separate 'other' in understanding the process. Individual portraits of the co-researchers and a composite depiction of their experience was explored. Areas for further research were considered and outlined with a critique of the research and suggestions for expansion and improvement. The personal impact of the research, and the method used was also explored.