

Abstract

Of all the different objects that can be found in therapy rooms, tissues will appear in most, if not all. This research study aims to describe and explore how relational developmental Integrative Psychotherapists observe and understand clients' interactions and relationship with tissues in a clinical setting.

To capture the essence of the individual's experience a qualitative approach is most appropriate (McLeod 2011) and in order to obtain the essence of this experience, Giorgi's descriptive phenomenological approach, and the Duquesne method of data analysis was used, to: *'elucidate the essence of the phenomenon being studied, as it exists in participants' concrete experience'* (McLeod 2011, p. 89) and provide a better understanding of the experience.

Six participants took part in semi-structured interviews to describe their experience of tissues within a relational developmental integrative psychotherapy setting.

Participants described how they provided tissues for the clients use, what meaning-making they were able to draw from the clients' interaction and relationship with the tissues in the room, and whether this held any clinical significance. The study found their observations and meaning-making informs their formulation of the therapeutic