

## **Abstract**

This research used the heuristic method (Moustakas, 1990) in examining the dilemma of a psychotherapist whose demographics often hold a sense of privilege working with clients from diverse communities with a need for *twinsip* (Kohut, 1984). The question arose from increasing calls for conversations around equality, diversity and inclusion (UKCP, 2021), expanding existing research of demographic diversity in the therapeutic relationship by linking it to a naturally conflicting client need (Beutler et al., 1991).

The primary aim was to elucidate the process of relational meeting given the natural tension between the existing *difference* and a need for *sameness* through qualitative research to honour the depth of human experience (Gregory, 2000). Data was collected from four integrative psychotherapists via semi-structured interviews, analysed through a process of *immersion*, *focusing* (Gendlin, 2003) and *explication* and the findings communicated through *creative synthesis* (Moustakas, 1990).

The findings spoke in favour of therapeutic use of self (Wosket, 2016) for a sense of "being human among humans" (Kohut, 1984, p.200). The potential toll on the therapist and need for "personal growth work" (Wosket, 2016, p.115) were highlighted, with potential implications for training and development to ensure ethical practice (BACP, 2018; UKCP, 2019).