

Small Scale Research Project Report

ABSTRACT

This small-scale research project is an autoethnography employing a research style which is relevant to me as a Person-Centred Experiential Trainee, and resonates with my neurodiversity, worldview, and philosophical standpoint.

Discussion of key concepts (configurations of self and therapeutic presence) within the literature review are followed explanation of my researcher worldview and project design. Types of data, the data analysis process and findings are described and followed by a discussion section exploring possible correlations between my internal configurations and experience of different levels of presence. This leads into a summary and conclusion plus identification of potential areas for future research – topics suggested include potential links between specific configurations and temporal influences including circadian rhythms and sleep patterns.