

Abstract

Keywords: Relational; Developmental; Relational-Developmental; Psychotherapy; Counselling; Integrative; Time-limited; Brief; Short-term

Highlights

- Temporal and relational dimensions concurrently and intersubjectively exist within the therapeutic context.
- The quality and depth of therapeutic alliance is contingent to the mutuality of a co-created relationship, which is not dependent on the objective duration of therapy.
- While limitations of the study, could not offer conclusive definition of the intersubjective relationship, it does evidence distinctions between the subjective/intersubjective experiencing.
- Findings support Erskine's (1999) original conceptualization of the 8-relational-needs-model.
- BI-RDP would benefit from further phenomenological/grounded research in the future.