

Abstract

In this study the author presents a heuristic inquiry (Moustakas, 1990; Sultan, 2018) into therapist-clients' experiences of exploring with their therapists the relationship between them. The author's personal interest in her own therapeutic relationships in personal therapy and her professional interest in the therapeutic relationship in integrative psychotherapy led her to choose this topic for research. The author aims to invoke curiosity in the integrative psychotherapist reader to explore their own therapeutic relationship in personal therapy. The study involved data collection from four participants, including the primary researcher. This took place through explorative sessions and self-dialogue. This inquiry used the heuristic phases and processes with a reflexive and relational approach to reveal lived experience of this topic. Five key themes emerged from the data: *difficult, transferential, unspoken and sensed, processing and perspective, rupture and repair*. This study has revealed the universal and essential aspects of the topic through the shared themes. The author concludes with the significance of the findings for the field of integrative psychotherapy.