

Abstract

With an ever-growing multicultural society, is it expected that a greater number of individuals will experience and adopt multiple cultures. This research was motivated by a need to better appreciate diversity, specifically at the beginning of the therapeutic journey before commencement of therapy. To date there is limited research investigating the subjective cultural identity and experiences of the ethnic minority client and subsequent experiences of choosing a therapist. The objective of this research was to understand the impact of the client's ethnicity and their cultural experiences on choosing a therapist based on the therapist's ethnicity and their perceived culture by the client. In accordance with the researchers' philosophical beliefs coupled with the research question aims, a qualitative Interpretive Phenomenological Analysis study was implemented to capture both the individual voices and likeness of ethnic minority clients who considered ethnicity and culture in their choice of therapist. Semi-structured interviews were conducted and analysed to produce the findings. The findings present the themes of cultural identification, ability to relate, risk of collusion, goals of therapy and limitations to choosing a therapist. Some overlap with existing research was noted within the discussion alongside limitations to the current research and further research recommendations. The conclusion brought the findings back into the wider field of integrative psychotherapy with points for the therapist to consider with their work with clients.