

## **Abstract**

The purpose of this study was to explore ethnic minority psychotherapists experiences of race and culture in group process, within relational psychotherapy training. Group process constitutes a crucial component within psychotherapy training, offering a platform for individuals to process and reflect on their experiences. This research, born out of my personal experience warranted a deep introspection of an internal question and collaboration with ethnic minority psychotherapists. This was a qualitative study, in which semi-structured open questions through Heuristic inquiry were employed to interview qualified psychotherapists of colour.

Four participants volunteered and as per Heuristics, my own personal involvement as a participant was documented throughout. Moustakas (1990) six-phases of Heuristic process was utilised within data analysis. Five themes emerged from the collective experiences of all participants: *Hindsight Moments*, *Lack of Diversity*, *Facilitating conversations around diversity*, *Racial & Cultural Trauma* and *Resilience*. These themes highlighted the challenges therapists of colour experienced within group process, yet highlighted strength and resilience in trying to overcome some of these barriers. The findings are contextualized within existing literature, and suggestions are provided for future research as well as for enhancing training and relational psychotherapeutic practice.