

## Editorial

In each of the five articles in this December 2012 issue of the research journal *relationship* features strongly in one way or another. This was not by design but was noticed only following the peer review of the final article chosen for publication. This field emergent occurrence likely reflects the significant contemporary interest in the co-created nature of clinical practice and relational centred research. The articles were sent from Sweden, the United Kingdom, Malta and France.

### 1. Renewing Experience. page 1

*Ole Lindgren, Per Folkesson and Kjerstin Almqvist*

In their research article the authors interview nine psychotherapists with different theoretical approaches about their thoughts on what is effective in their work. Data was collected and analyzed according to Grounded Theory. The results are presented as a grounded theory of therapists' thoughts on what is effective in psychotherapy. New experiences in psychotherapy are seen as adding to and placing earlier life experiences in a new perspective, modifying and renewing existing and maladaptive conceptions of reality and making available new life alternatives to patients. The authors conclude that the process of renewing experience is a cumulative one where the therapist's ability to individualize interplay is decisive.

### 2. Clients Experience of Psychodynamic Therapies. A Phenomenological Study. page 8

*Jodie Louise Fellows, Camilla Watters and Amanda Gatherer.*

Six adults were interviewed about their experiences of psychodynamic/brief psychodynamic therapy at varying stages of the process. Interpretative Phenomenological Analysis with peer review was used to analyse the transcripts. The therapeutic relationship was central to the experience of therapy and the process of making change, while experienced as difficult and frustrating, was ultimately seen as worthwhile. Ending therapy was followed by a development of self-reliance.

### 3. Addictions as a Defence Against Relationship? Relationship as an Antidote to Addictions? A Phenomenological Exploration of the Significance of Relationship in Recovery. page 20

*Joanna Hewitt Evans and Andy Ryan*

This paper is a joint project, undertaken by Andy, an Integrative psychotherapist and recovered alcoholic and Joanna, a Gestalt psychotherapist, supervisor and trainer. Working together as co-researchers, they tell Andy's story. Some of the details contained in the story are shocking but the authors believe that sharing them offers the reader the opportunity to enter more fully into Andy's experience and adds a further dimension to the relational model of the research. They conclude that relationship is the key to healing and that developing relational approaches in the field of alcoholism and addiction is the way forward

## 4. A Model Combining Psychotherapy with Spirituality and Religion in the area of Palliative Care and Bereavement. page 29

*Benna Chase*

This paper presents a model for working with the dying and the bereaved within the Maltese context arising from many years of practice in oncology and palliative care. The relationship between the psychotherapeutic and the spiritual and religious is addressed, within a culture where the Roman Catholic Religion is a dominant tradition. The use of the self of the practitioner is considered a crucial element and the model advocates practising authentic presence and inclusion (advanced empathy) and the willingness stay with the client in the sometimes lengthy experience of grief, with its dearth of figure-formation. This requires a deep level of conviction that sustains the practitioner in the 'between' of the relationship with the grieving person thereby allowing a natural figure to eventually emerge with the potential growth for both practitioner and client.

## 5. Falling Down a Deep Hole. The Experience of an Identity Crisis as a Gestalt Therapist. page 39

*Ken Evans and twenty five co-authors.*

Between February 25 and 26, 2012, around thirty Gestalt Therapists from five European nations (Sweden, Denmark, Finland, The Netherlands and the UK) gathered together in Stockholm to engage in an experientially based learning weekend on research in gestalt therapy. The weekend was a research seminar but with a 'hands on' collaborative engagement involving all participants. Each participant became an active co-researcher. The group decided the research focus for the weekend and they also agreed the suggestion to send each of them a draft of the research article for their scrutiny and comment, prior to publication. All who engaged in the research are acknowledged as co-authors of the article, based on the fact that they were the co-creators of the research, unless of course they chose not to be identified to maintain confidentiality. The research is interesting not only for the topic explored, *crisis of identity*, but also for the challenging and ambitious nature of the collaborative endeavour.