

In this 7<sup>th</sup> issue of the research journal we begin with a follow up to the article in issue 6 that focussed on the *therapist's exploration* of what is considered *effective* in psychotherapy. In this issue the same authors, Ola Lindgren, Kjerstin Almquist and Per Folkesson, explore the theme of *effectiveness* but this time from the perspective of eight *clients*. The research methodology is grounded theory. The results suggest *responsive acceptance* as the core concept emerging in the interplay between therapist and client.

This same theme of *effectiveness* is then explored by Dawn Gwilt and from the perspective of a single trainee psychotherapist/client who is struggling with deep issues of shame. The methodology is phenomenological and the notion of the *fluid past* emerges as a key phenomenon along with *vulnerability* (rather than empowerment) as the key aspect of client *agency*.

The third article is an exploration of 16 trainee therapist's experience of a residential five day training workshop during which 'regression' emerged as a key aspect of the residential encounter. The relevance of this experience to the development of reflexive practice, i.e. the capacity for being inside an experience and outside simultaneously is highlighted. The methodology is a mix of participant observation, phenomenology, feminism and dialogue.

The final article by Rose Falzon focusses on creativity and innovation in group supervision using narratives and case vignettes and is a welcome and timely reminder of the challenge and efficacy of the group experience when trainee psychotherapists appear to be increasingly discouraged from being in group supervision in favour of individual supervision.

## Biographies

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## Patients' thoughts on effective psychotherapy

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*Ola Lindgren<sup>2</sup>, Kjerstin Almquist<sup>1+2</sup> and Per Folkesson<sup>1</sup>*

Earlier studies of patients' experiences in psychotherapy identify relationship factors as being significant for patients. Our aim in this study conducted in accord with grounded theory, was to explore in some depth patients' thoughts about what is effective in psychotherapy and thereby increase our knowledge about the process of psychotherapy from a patient perspective. Data were collected in open interviews that provided rich and varied information. Several informants had been in more than one therapy and thus, eight interviews provided data about sixteen psychotherapies. The core concept that emerged from the data was that of the therapist's responsive acceptance. This concept provides an answer to the question "What do patients think is effective in psychotherapy?" If the therapist is responsive and accepting, the mutual interplay between the patient and the therapist becomes productive and collaborative. On the other hand, if responsive acceptance falters, the whole therapy process is at risk.

## Research Project

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*Dawn Gwilt*

As I began planning my research project as part of my Gestalt psychotherapy training at WPP, my initial interest centred around the question of ‘what works in therapy?’ I started my literature review by looking into rupture and repair, challenge and support, and what facilitates change in therapy. Much of the existing research is from the perspective of the therapist, and I wanted to redress this balance by exploring the client’s experience. What eventually emerged was the need for more research into the ways that clients make use of therapy to overcome obstacles to change, and the ways in which they make meaning of significant events in therapy. In my own experience of therapy, difficult moments have been key to deepening my understanding of myself in relationship, so I decided to narrow the focus of my project to a difficult moment in the therapeutic process, from the perspective of the client.

## *Walking in Quicksand* An exploration of trainee’s experience of a five day residential training workshop 31

*Dr Ken Evans, Co-authors: Heath Abbott, Danica Abbott, Albert Albertson, Jean Allen, Micheline Barker, Georgia Carter, Hannah Clarke, Anastasia Gire, Sarah Horner, Christopher Journeaux, Lindi Lawrenson, Sarah Lee, Elizabeth Leech, Hildur Magnosdottir, Claire Mitchell, Cliodhna Smith. Co-Trainer: Joanna Hewitt Evans. Programme Manager: Annmarie Clarke*

Between June 26 to 30th, 2013, sixteen Integrative psychotherapy trainees attended a five day residential training workshop to introduce them to qualitative research. The trainees were half way through the third year of a four year training programme run by the European Centre for Psychotherapeutic Studies, which is a European accredited training institute of the European Association for Psychotherapy and a Full Training Member of the European Association for Integrative Psychotherapy. This was the second residential workshop for the trainees following their first experience of one in June 2012, during their second year of training. The workshop was on this occasion primarily facilitated by Dr Ken Evans who has a particular interest in phenomenological and relational oriented research in and with groups (Finlay and Evans, 2009).

## Group Supervision: A reflective and creative space 54

*Rose Falzon*

In this article, I enquire about the perception and use of creativity and innovation in group supervision, taking into account also the setting and culture one works in.

I come from the cultural framework of a densely populated small island, embracing both the westernized realm as well as that created through the multi-layered historical and social traditions. The following are experiential narratives from supervisors and supervisees, working in diverse settings but in the same tight community. All names and some particular aspects leading to any identification were changed to protect confidentiality.