

## **How does a Holistic Approach, as Exemplified by Psychophonetics Psychotherapy, Contribute to Counsellor Resilience? (2014)**

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Counsellors operate under a high expectation of effective client outcomes, ethical boundaries and self – efficacy. The syndrome of burnout is unfortunately widespread and attacks counsellors’ energy and self-efficacy. It is a very real threat if counsellors are not equipped for their work. This study looks at the experience of Psychophonetics psychotherapists who work from a complex holistic model including body, soul, spirit and Self. The inquiry explored whether their experiential and expressive methods have supported them in the areas identified as resilience factors. It also asked about their preparation for practice whilst in training. As a transpersonal and expressive therapy Psychophonetics is outlined within the paper.

Many aspects of qualitative research are included in the study which lies within a post-modern paradigm and draws from spiritual and transpersonal psychotherapeutic theories. The analysis is phenomenological in response to the experiential content of the interviews. The four participants were experienced Psychophonetics counsellors. The focus within the field on the qualities of the individual counsellor, as central to both client outcomes and freedom from burnout, demonstrates the importance of the strength of the counsellor in his or her ‘Self’ and ego (‘I’). The findings revealed that the participants did enjoy clear experiential methods, and a spiritual knowledge and direction which support them in effective client-centred work by maintaining boundaries, freedom from counter-transference, and confidence in professional efficacy and in ongoing self-care.