TRAINING REFLECTIONS - AN ECOSYSTEMIC EXPLORATION

by

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This study is qualitative in nature. It reflects on the rich and varied experiences I encountered during training to be a psychotherapist. The content and process information around training is explored. My personal biases and prejudices towards training are made explicit. The experiences reflected upon are contextualized within the Unisa academic and the hospital clinical internship training contexts. The two contexts of training are contrasted accordingly showing their epistemological stance in their contribution to training of trainee therapists. The primary data in this research is the trainee researcher who is also the only participant subject in the study. The rest of the data is drawn from the experiences of the subject in interaction with others in different systems and subsystems. Through the creative synthesis step in the heuristic research approach the inferred theme is integrated in the analysis. Finally the research shows the limitations and implications involved.

KEY TERMS:
Training; psychotherapy; trainee; clinical setting; internship; psychotherapist; approach to theory; training context; exploration; self
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I declare that this dissertation, TRAINING REFLECTIONS : AN ECOSYSTEMIC EXPLORATION is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references.

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SIGNATURE       DATE

(Miss M Dlamini)
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