

Reference	Method	Qual. rating	N Sample	Sample Profession	Theoretical orientation a=sample, b=therapist	Focus of study	No. of sessions/hrs
Amir, D., & Bodner, E. (2013). Music therapy students' reflections on their participation in a music therapy group. <i>Nordic Journal of Music Therapy</i> , 22 (3), 243-273.	Mixed methods. Grounded Theory. Written accounts	37	13 (10=female, 3=male) (Age 25-38yrs)	Music Therapy Students	a, Music therapy b, Music therapy group	Student experiences in a MTG as part of music therapy training	22 Sessions in 1 yr
Ciclitira, K., Starr, F., Lisa, Marzano, L., Brunswick, N., & Costa, A. (2012). Women counsellors' experiences of personal therapy: A thematic analysis. <i>Counselling and Psychotherapy Research</i> , 12, 136-145.	Qualitative, Thematic analysis, interview data	38	19 (19=female) (Age 32-63yrs) (11= White British 2=British/Sp anish 1= Australian, Caribbean, German, Greek, Middle Eastern, Swedish	Volunteer counsellors	a, attachment, Gestalt, Humanistic, Integrative, Person-Centre, Psychoanalytic/dynamic, Existential b, above + Transpersonal, Psychosynthesis	Explore effects of mandatory personal therapy on volunteer counsellors	1 hour per week
Dima, G., & Bucuta, M. D. (2012). The experience of therapeutic change for psychologists preparing to become psychotherapists. <i>Procedia- Social and Behavioral Sciences</i> , 33, 672-676.	Qualitative, IPA, interview data	29	6 (6=female) (25-45yrs)	Psychologists aspiring to train in psychotherapy	a, Not specified b, Psychodrama group therapy	The experience of mandatory personal therapy for a future psychotherapist	20-25 sessions
Grimmer, A., & Tribe, R. (2001). Grimmer, A., & Tribe, R. (2001). Counselling psychologists' perceptions of the impact of mandatory personal therapy on professional development-an exploratory study. <i>Counselling Psychology Quarterly</i> , 14 (4), 287-301.	Qualitative, Grounded Theory, Interview data	44	14 (14=female) (Age 27-53yrs)	Trainee and recently qualified counselling psychologists	a, psychodynamic, person-centred, and CBT; b, psychodynamic, person-centred, TA, Eclectic, Jungian, Psychosynthesis	Students' views of mandatory personal therapy on professional development.	40 + hrs
Ivey, G., & Waldeck, C. (2013). Trainee clinical psychologists' experience of mandatory personal psychotherapy in the context of professional training. <i>Asia Pacific Journal of Counselling and Psychotherapy</i> 5 (1): 87-98.	Qualitative, Thematic analysis, interview data	32	9 (7=female, 2=male)	Clin Psychs	a, Mainly psychodynamic	The professional and personal impact of mandatory personal therapy on clinical psychologists in training	Once weekly for at least 1 year

Kumari, N. (2011). Personal therapy as a mandatory requirement for counselling psychologists in training: A qualitative study of the impact of therapy on trainees' personal and professional development. <i>Counselling Psychology Quarterly</i> , 24 (3): 211-232.	Qualitative, IPA, interview data	45	8 (7=female, 1=male) (7=white British, 1=Indian)	Trainee counselling psychologists	Not specified	Explore trainee counselling psychologists' experiences of personal therapy, and impact on personal/professional development	40 + hrs
Moller, N. P., Timms, J., & Alilovic, K. (2009). Risky business or safety net? Trainee perceptions of personal therapy: a qualitative thematic analysis. <i>European Journal of Psychotherapy & Counselling</i> , 11, 369-384.	Qualitative, Thematic analysis, q'tionnaires	38	37 (30=women, 7=men) (Age 21-61yrs) (3=Asian/Asian British, 2=Black/Black British, 1=Other, 29=White)	11 Clin. Psych, 13 D. Couns Psych 13 Couns Dip	Not specified	Beginning counselling psychology, clinical psychology and counselling trainees' thoughts and feelings about mandatory personal training therapy.	60 + hrs for Couns.Psych and Couns Dips
Murphy, D. (2005). A qualitative study into the experiences of mandatory personal therapy during training. <i>Counselling & Psychotherapy Research</i> , 5 (1), 27-32.	Qualitative. Grounded Theory, interviews.	45	5 (4=female, 1=male)	MA Humanistic Counselling Trainees	a & b varied-humanistic	Study investigating trainees' experiences of mandatory therapy on a MA in counselling.	40+ hrs and up to 4 yrs.
Rizq, R. & Target, M. (2008a). "Not a little mickey Mouse thing": How experienced counselling psychologists describe the significance of personal therapy in clinical practice and training. Some results from an interpretive phenomenological analysis. <i>Counselling Psychology Quarterly</i> , 21, 29-48.	Qualitative. IPA, interviews.	32	9 (6=female, 3=male) (Age 42-65 yrs)	Senior professional psychologists in Division of Counselling Psychology	a, Gestalt, humanistic, psychoanalytic and integrative	Part of a wider ongoing IPA exploring how counselling psychologists describe the meaning and significance of personal therapy in clinical practice and training.	Weekly, 15 months - 14 years
Rizq, R. & Target, M. (2008b). 'The power of being seen': an interpretive phenomenological analysis of how experienced counselling psychologists describe the meaning and significance of personal therapy in clinical practice. <i>British Journal of Guidance & Counselling</i> , 36, 131-153.	Qualitative. IPA, interviews	34	9 (same sample as 2008a)	Senior professional psychologists in Division of Counselling Psychology	a, Gestalt, humanistic, psychoanalytic and integrative b, not specified	Part of a wider ongoing IPA exploring how counselling psychologists describe the meaning and significance of personal therapy in clinical practice and training.	Weekly, 15 months - 14 years
Rizq, R. (2011a). Personal Therapy in psychotherapeutic training: Current research and future directions. <i>Journal of Contemporary Psychotherapy</i> , 41, 175-185.	Qualitative. Thematic analysis?	33	12	Experienced counselling psychologists	a, Psychoanalytic, cognitive-behavioural and existential. b, not specified	Reviews current research in field of psycho-therapeutic training and discusses a subset of results from a small-scale qualitatively-driven study.	40+ hrs.
Rizq, R. (2011b). Straddling the contradictions: Understanding and conceptualising the role of attachment status in counselling psychologists' accounts of personal therapy. <i>European Journal of Psychotherapy & Counselling</i> 13(3), 187-211.	Qualitative, IPA mixed method	35	12	Counselling psychologists practising for 3-7 years	a, Psychoanalytic, gestalt, cognitive-behavioural and existential. b, not specified	Understanding and conceptualising the role of attachment status in accounts of mandatory personal training therapy	Minimum 40 hours

Rizq, R., & Target, M. (2010a). 'If that's what I need, it could be what someone else needs.' Exploring the role of attachment and reflective function in counselling psychologists' accounts of how they use personal therapy in clinical practice: a mixed methods study. <i>British Journal of Guidance and Counselling</i> , 38, 459-481.	Qualitative, Mixed methods. IPA, interviews with AAI.	37	12 (9=women, 3=men) (age 35-65) 10=white, 2=African-Caribbean.	Counselling psychologists	Both a & b, Psychoanalytic, gestalt, cognitive-behavioural and existential.	The role of early attachment experiences and how the counselling psychologists use their mandatory personal therapy	Minimum 40 hours but 9 had therapy for several years prior to training. 3 had only taken the 40hours required for course
Rizq, R., & Target, M. (2010b). "We had a constant battle". The role of attachment status in counselling psychologists' experiences of personal therapy: Some results from a mixed methods study. <i>Counselling Psychology Quarterly</i> , 23, 343-369.	Qualitative mixed methods. IPA, interviews. AAI.	38	12 (same sample as 2010a)	Counselling psychologists	Both a & b, Psychoanalytic, gestalt, cognitive-behavioural and existential.	Exploration of the way attachment status and levels of reflective function intersect with experience of counselling relationship within their personal therapy.	40+ hours
Simms, J. (2008).Mandatory personal therapy during counselling psychology training. <i>Counselling Psychology Review</i> , 23, 70-78.	Qualitative, reflective/ autoethnographic	31	1	Counselling psychologist	Not specified	Reflection of personal experience of personal therapy during training	50+ hours
Von Haenisch, C. (2011). How did compulsory personal therapy during counselling training influence and professional development. <i>Counselling and Psychotherapy Research</i> 11(2): 148-155.	Qualitative, IPA, interview data	38	6 (4=female, 2=male)(Age 40-55 yrs) (4=White British, 1=White European, 1=British Indian)	Qualified counsellors	a, humanistic, integrative, b, not specified	Influence of mandatory personal therapy on personal / professional development of trainees.	Not specified
