

IN THE EXPERIENCES OF VIOLENT MALE CLIENTS DID COUNSELLING/PSYCHOTHERAPY FACILITATE THEIR UNDERSTANDING AND ALTER THEIR EXPRESSION OF ANGER/AGGRESSION, AND IF SO, HOW CAN THIS INFORM PSYCHOTHERAPEUTIC PRACTICE?

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- AIMS AND PURPOSE:

WE AIMED TO GAIN A BETTER UNDERSTANDING OF THE IMPACT AND EFFICACY OF PSYCHOTHERAPEUTIC INTERVENTION FOR MALES EXPERIENCING AND EXPRESSING ANGER, FOR THE PURPOSE OF BETTER INFORMING PSYCHOTHERAPEUTIC PRACTICE IN RELATION TO THIS CLIENT-GROUP.

- DESIGN METHODOLOGY:

THREE PARTICIPANTS MEETING THE RESEARCH INCLUSION CRITERIA WERE AUDIO RECORDED DURING SEMI STRUCTURED INTERVIEWS. THE RESULTING DATA WAS THEMATICALLY ANALYSED, INFORMED BY PHENOMENOLOGICAL PRINCIPLES (SMITH ET AL, 2009).

- CLEAR SOURCE AND LOGICAL FLOW OF INFORMATION:

THIS RESEARCH HIGHLIGHTS HOW REMAINING IN A PSYCHOTHERAPEUTIC ALLIANCE WITH CLIENTS IS AN IMPORTANT FACTOR IN THE EFFICIENCY OF THE PSYCHOTHERAPEUTIC INTERVENTION; WHILST BEING AWARE OF WHAT THE CLIENT'S PROCESS CAN BRING UP FOR THE PROFESSIONAL.

- EXPLICIT RESULTS AND FINDINGS:

THE INTERVIEWS PRESENTED A NUMBER OF THEMES AND SUB-THEMES WHERE PARTICIPANTS EXPRESSED THE SAME OR VERY SIMILAR EXPERIENCES OF THEIR ANGER AND THE WIDER PSYCHOTHERAPEUTIC PROCESS.

OVERALL, THERE WERE 3 MAIN THEMES AND 12 SUB-THEMES IDENTIFIED:

PRIOR TO PSYCHOTHERAPEUTIC INTERVENTION

- ENVIRONMENT
- DAMAGE TO OTHERS
- SELF-HARM
- SUBSTANCE ADDICTION
- RECOGNITION OF 'NOT-UNDERSTANDING'

RESULTS OF THERAPY

- DEEPER UNDERSTANDING
- ENVIRONMENT
- CONNECTION TO PAST ENVIRONMENTAL ISSUES AND CHILDHOOD TRAUMA
- MISINTERPRETATION OF MALE ROLES AND GENDER IDENTIFICATION

ROGERIAN CORE CONDITIONS

- EMPATHY
- UNCONDITIONAL POSITIVE REGARD
- CONGRUENCE

- EXPLICIT RESEARCH LIMITATIONS AND CONCLUSIONS:

A. LIMITATIONS: THE RELATIVELY SMALL PARTICIPANT GROUP MAY LIMIT THE GENERALISABILITY OF CURRENT AND SUBSEQUENT FINDINGS (MCLEOD, 2003) FEEDBACK/GUIDANCE ON FURTHER/ALTERNATE ANALYSIS OF DATA WOULD BE HELPFUL.

B. THE EXTENSION OF THE ROGERIAN CORE CONDITIONS WITHIN THE THERAPEUTIC ALLIANCE (ROGERS, 1957) SUSTAINED A SPACE IN WHICH THE CLIENT FELT ABLE TO EXPRESS THEMSELVES WITHOUT FEAR OF JUDGEMENT WHILST GATHERING A DEEPER UNDERSTANDING OF THEIR ANGER AND AGGRESSION.

