

Table 2: Themes and sub-themes

Themes	Sub-themes
Development – Personal/professional	Personal development journey, identifying with self, increased insight /self-awareness Emotional development Confidence in skills Managing boundaries
Experiential Learning	Validation of interventions, theory into practice, modelling Experientially learning transference and counter transference Experiential learning of empathy Experience of being a client Psychotherapy as informal supervision – distinguishing between the two Reflexivity
Therapeutic gains	Stress management/support Working through Positive relationships, build trust, ambivalence
Do no harm	Emotional pain, disturbance, difficulty Impact on client work Disappointment, anger and experiences of power
Justice	Feeling of being assessed Dearing the burden (Financial and Time) Removing autonomy
Integrity	Psychotherapist as negative role model Feeling resentment at coerced into therapy Suspicion, lack of trust, difficulty to be open