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THE FORTIGENIC EXPLORATION OF PSYCHOTHERAPISTS' EXPERIENCES IN FULL-TIME PRIVATE PRACTICE

by

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Summary

Psychotherapists in full-time, long-term private practice face a variety of occupational demands. They usually maintain private practices for long periods of their lives often under difficult circumstances and emotional pressures and have come to sustain their practices. From literature it is revealed that various demands, as well as benefits and successes are part and parcel of working in private practice full-time. These various factors can have an impact on the well-being of psychotherapists.

Apart from the literature review, the personal experience of the researcher, a psychotherapist in full-time private practice, also contributed to ideas and hypotheses about the study. From a position of exploration and further enquiry, the researcher was interested to explore the experiences of psychotherapists in full-time private practice from a fortigenic perspective. A second objective was to determine if this study could contribute to the development of the theoretical assumptions of positive psychology.

The research is grounded in the theoretical perspective of positive psychology and fortigenesis. Both these fields are relatively new in psychology and seem to still be forging a niche within the discipline. This perspective was deliberately chosen due to the applicability to the exploration of strengths and vigour, with regards to the maintenance of the professional context of the psychotherapist.

The qualitative research process is presented in a narrative approach by means of narrative synthesis and synergy. The findings of the research conversations are presented in the form of a literary short story.

Suggestions are made about the fortigenic qualities of psychotherapists essential for maintaining their work in full-time private practice. It's applicability and usefulness is discussed. Furthermore, suggestions are made with regards to the

field of positive psychology and the way forward for this sub-discipline. Ideas relating to narrative research and qualitative research are also discussed.

Key terms:

Fortigenic qualities, fortology, psychotherapists, full-time private practice, well-being, positive psychology, salutogenesis, fortigenesis, qualitative research, postmodernism, narrative approach, narrative synthesis, synergy, self-reflexivity, conversation and short story.

Opsomming

Psigoterapeute in voltydse, langtermyn privaatpraktyk beleef 'n verskeidenheid van werkstressors. Hulle handhaaf en onderhou gewoonlik hul privaatpraktyk vir lang periodes van hul lewens, dikwels onder moeilike omstandighede en emosionele druk. Literatuur toon aan dat daar verskeie eise, sowel as voordele en sukses verbonde is aan terapeutiese werk in voltydse privaatpraktyk. Hierdie onderskeie faktore kan 'n invloed hê op die welstand van die psigoterapeut.

Behalwe vir die literatuur oorsig, het die persoonlike ervarings van die navorser, ook 'n psigoterapeut in privaatpraktyk, bygedra tot idees en hipoteses vir die studie. Vanuit 'n posisie van ontdekking en verdere ondersoek, was die navorser geïnteresseerd om ondersoek te doen vanuit 'n fortigeniese perspektief, na die belewenisse van psigoterapeute in voltydse privaatpraktyk. 'n Tweede doel met die studie was om vas te stel of die navorsing kon bydra tot die ontwikkeling van die teoretiese aannames van die positiewe sielkunde.

Die navorsing is teoreties gegrond in die positiewe sielkunde en fortigenese. Beide hierdie velde is relatief nuut en is steeds besig om te ontwikkel binne die dissipline van die sielkunde. Hierdie perspektief is doelbewus gekies, aangesien dit toepaslik was vir die ontdekking van sterkpunte en kragte ten opsigte van die handhawing van die professionele konteks van die psigoterapeut.

Die kwalitatiewe navorsingproses van die studie is binne 'n narratiewe benadering aangebied met ontledings deur middle van narratiewe sintese en sinergie. Die bevindinge vanuit die navorsingsgesprekke is aangebied in die vorm van 'n literêre kortverhaal.

Aanbevelings is gemaak oor die fortigeniese eienskappe wat essentieel is vir psigoterapeute in voltydse privaatpraktyk om hul werk te onderhou. Die toepaslikheid en bruikbaarheid daarvan is bespreek. Verder is aanbevelings



gemaak ten opsigte van die veld van die positiewe sielkunde en die pad vorentoe vir hierdie sub-dissipline. Beginsels wat verband hou met narratiewe navorsing en kwalitatiewe navorsing is bespreek.

Kern terme:

Fortigeniese eienskappe, fortologie, psigoterapeute, voltydse privaatpraktyk, algemene welstand, positiewe sielkunde, salutogenese, fortigenese, kwalitatiewe navorsing, postmodernisme, narratiewe benadering, narratiewe sintese, sinergie, self-refleksiwiteit, navorsingsgesprekke en kortverhaal.

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