

ABSTRACT:

Aim: The aim of the study was to explore the psychotherapist's experience of being courageous within their practice. *Method:* Data was collected using semi-structured interviews with six psychotherapists working in a variety of modalities and analysed using narrative analysis. *Findings and Discussion:* Participants identified strongly with the value of courage. Being courageous was described as a common feature of therapeutic work and referred to as a cultural norm of the profession. It was viewed as having the potential to be instrumental in therapy: either in deepening the quality of the relationship or facilitating change within the client. At the same time the findings suggested that, rather than being a tool of therapy, the psychotherapist's courageousness was a reflection of their authenticity when in the room with a client. There was also some indication that the ability to be courageous develops over the course of the psychotherapist's training and experience. Finally, the study provided some insight into the implicit theories of courage therapists draw on to make sense of their experiences.