

# PERSONAL AND PROFESSIONAL OUTCOMES OF PERSONAL THERAPY AMONG 3 PSYCHOTHERAPISTS – A SYSTEMATIC REVIEW

## Abstract

Personal therapy is one of the most commonly engaged professional activities among psychotherapists. The value of personal therapy for psychotherapists in training has been widely studied. However, its outcomes among qualified psychotherapists is less well-investigated. This review aimed to systematically present the studied outcomes of personal therapy among qualified psychotherapists. A total of 294 articles published between 1990 and 2020 were examined, and 12 studies were reviewed. Personal and professional growth, and enhancements in reflective skills were consistently reported as positive outcomes of personal therapy. Some benefits in other qualities and even negative outcomes were reported among individual studies. More qualitative studies should be carried out by better controlling personal and contextual factors, in order to investigate how personal therapy could optimally benefit psychotherapists in their development.

*Keywords:* personal therapy, psychotherapists, personal outcomes, professional outcomes