

## ***This is not my shoe: A story of a non-CBT psychotherapist working in a CBT-dominated context***

Sophia Kariotaki (Doctoral researcher, The University of Manchester)

Although there are more than 450 therapeutic approaches available (Karasu, 1986), there is a considerable emphasis nowadays on the effectiveness of Cognitive Behavioural Therapy (CBT) and this has led to CBT becoming the recommended treatment for most mental health conditions (Gibbard & Hanley, 2008). In most primary care counselling services in the UK, CBT is dominant (Pilgrim, 2011). In this paper, I report on a study into therapists' stories of their professional lives and, in particular, I present the case of a therapist with a different philosophy to CBT talking about his experience working in a service where CBT is the recommended approach. His story is framed in terms of his personal struggle to reconcile this clash of therapeutic approaches and he narrates how he manages the challenges of working within the formal structure of an organisation whose therapeutic goals are not consistent with his own. Through his narration, the readers have the opportunity to have a deeper understanding of how he asserts his therapeutic beliefs against a dominant therapeutic culture and the impact that this has on his life and on his professional identity.