

## ABSTRACT

### CLIENTS' PERSPECTIVES ON THE FACILITATION OF HOPE IN THERAPY: AN ETHNOGRAPHY

This research explored clients' perspectives of the facilitation of hope in their therapeutic treatment based on the research and theories of Lambert (1986) and Miller, Duncan, and Hubble (1997). Ten clients were interviewed by the researcher to gain a deeper understanding of clients' lived experiences within therapy. This qualitative research was developed utilizing ethnographic and phenomenological traditions. Analysis of the interviews indicates that hope is developed in clients' therapeutic processes when they are able to recognize specific changes in their lives. The recognition of change facilitates hope and in turn creates an epistemological shift that alters the client's perspective of the issues that brought them to therapy. Clinical and research implications of client experiences are also discussed.

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