End Note

The research mapped the journey of sixteen individual therapists. As the interviews tracked therapist world-views, what emerged was the unique kaleidoscopic vision of the self and the therapeutic practice. Despite being members of the same professional group, being in the mental health profession, having a postgraduate training in psychology, practicing in a metropolitan city and sharing the identity of being a therapist, the diversity in therapeutic practice was vast.

While the effort through the research writing was to detail variety and diversity, so as to not oversimplify and focus on only commonalities, in the ending note this might be a liberty worth taking. Through the stories what stood out were individual strivings to forge ahead and creative endeavors to chart therapeutic pathways to one common goal that unified all participants. Each salient therapist story bore the common theme of reaching out and helping others. Each individual used different belief templates or diverse methods to address the one goal of providing care and healing to another. It did not matter that the motivations were different; that some got there earlier and others later; the methods were evidence based or trial and error, what shone out was the hand that was stretched out to provide psychological care.