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Perceptions of stress and stress interventions in finance organizations: Overcoming resistance towards counselling

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Abstract

This paper presents the findings from a qualitative study conducted to gain further insight into the attitudes of finance organizations towards workplace stress and stress interventions. Semi-structured interviews were used and seven individuals, each representing their organization, participated in the study. Interpretative Phenomenological Analysis (IPA) (Smith, J., Jaraman, M., & Osborn, M. 1999 was used to analyse the data. In M. Murray & K. Chamberlain (Eds), Qualitative Health Psychology. London: Sage.) was used to analyse the data. One main theme that emerged was “resistance towards counselling for stress”. This theme and several related sub-themes are discussed, and suggestions to reduce resistance to counselling for stress are presented in a model.

Keywords:

stress | counselling | coaching | psychological coaching | Interpretative Phenomenological Analysis | finance organisations | overcoming resistance

Notes

The BPS Special Group in Coaching Psychology held its inaugural meeting at City University, London, on the 15th December 2004. The forerunner of the Special Group was the Coaching Psychology Forum. See http://www.coachingpsychologyforum. org.uk

Related Research Data

Interpretative Phenomenological Analysis and the New Genetics
Source: Journal of Health Psychology
Stigma of psychological therapy: Stereotypes, interpersonal reactions, and the self-fulfilling prophecy.
Source: Journal of Counseling Psychology
Organizational Stress: A Review and Critique of Theory, Research, and Applications
Source: Unknown Repository
The perceptions of work related stress within finance organisations: How managers can influence workplace stress
Source: International Journal of Health Promotion and Education
Interpretative phenomenological analysis and sexual health
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