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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>

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