Exploring self-compassion among adults with childhood trauma and perfectionism

Professional counselors, counselor educators, and researchers must make efforts to understand lived experiences through the lenses of people who have first-hand knowledge about the constructs being studied. There is a distinct absence of studies in current literature that specifically explore how adults with both childhood trauma and perfectionism experience, and apply, self-compassion to their lives. This phenomenological dissertation answered the research question: What is the lived experience of self-compassion among adults with childhood trauma and perfectionism? Using Colaizzi’s (1978) method of data analysis, five themes were identified from five participant semi-structured interview transcripts.