The use of self as an ethnographical resource when writing up my reflexive account gave me a way of relating and understanding others as well as giving me more insights for my research. It was therapeutic and gave me insight as to how I create my social and cultural identity in the world. When writing up a recent qualitative inquiry on supervision I found the autoethnographical approach helpful in developing relational depth with clients. This approach captures well the self-story and the story of the other that informs the cultural script of research, while being aware that research can only ever scratch the surface of the lived experience.
References

If you are interested in autoethnography:


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