

ABSTRACT

This research is an exploration of four Gestalt trainees' dream-life experience and the meaning this has had for them in terms of personal growth.

The researcher, taking an heuristic approach within a phenomenological methodology (see below) explores her own experience alongside that of her co-researchers. She compares the experience of the group with the literature reviewed in this area. The question arising from this enquiry is "Are dreams less about interruptions to contact and more about contact itself?" The data suggested that they are, dreams creating a way of "seeing through" the defences used by participants in their waking lives, enabling the dreamer to grow and to become more "real" in their relationship with self and others.