

## Abstract

Phenomenological inquiry was employed to explore the supervision experiences of Gestalt psychotherapy trainees, in particular the experiences of beginning supervisees. The research was inspired by the researchers own experience of supervision and this is interwoven throughout. A modification of the Stevick - Colaizzi - Keen method of data analyses as described by Moustakas (1994) was used. Findings of the research indicate that supervision is a complex and often difficult process for Gestalt psychotherapy trainees. Certain requirements are identified as necessary for effective supervision to occur. Further development of a Gestalt approach to supervision is suggested.