

## **ABSTRACT**

### **A Phenomenological Exploration of the Experience of 'Being Met' by Another in Gestalt Psychotherapy**

This study is an exploration into the experience of 'being met' by another in gestalt psychotherapy. The related literature is reviewed and discussed in the light of the findings. Arguments for the appropriateness of a qualitative research methodology were presented. The data was generated by means of in depth interviews which were transcribed and analysed using a phenomenological method of research consistent with the dialogic philosophy of gestalt. Findings show that the quality of the relationship between client and therapist was fundamental if a strong therapeutic alliance was to be established. The quality of the therapist's way of being as well as clinical competence was shown to be essential in creating the conditions for 'meeting', authenticity was shown to be of central importance in this process.