

## **ABSTRACT**

This study is an exploration into how Gestalt Psychotherapy trainees experience group process on therapy training modules. The data was generated through informal interviews and analysed by using a qualitative, phenomenological methodology. The purpose of this study was to gain a better understanding of how being in group process affects the personal and professional development of the trainee therapist. And to glean a clearer insight into the personal value that trainee's attribute to their time spent in group process in terms of their development. The Findings of this study suggest that the personal and professional development of the trainee gestalt therapist is accelerated when education about Gestalt psychotherapy theory and process are running side by side. The findings also indicate that group process is experienced as being the most important aspect of Gestalt psychotherapy training.