

2.0 Abstract

This work explores the definition of intimacy and how intimacy is experienced by Gestalt therapists.

Based on intimate interviews with practicing psychotherapists, the author defines intimacy and the effect that human processes such as projection, transference and regression have on both intimacy and intimate relationships and the influence that shame has as a factor to inhibit the intimate process.

The author suggests that it is not possible to fall into intimacy in the same way that one may fall in love, but should individuals achieve intimacy, the result can be to feel both free and close in the relationship, free to be who they are and accepted.

The author concludes that intimacy can be beautiful but may also be a tough place to be, placing ones heart and soul in the hand of another while taking charge of another in ones heart and soul.