

## ABSTRACT

The purpose of my research was to examine a previously unexplored area. My intention was to follow the principles of gestalt in order to facilitate awareness of the processes involved and initiate dialogue. I examined the experiences of gestalt trainees in my own training organisation who were resistant to undertaking research. I used a heuristic approach and incorporated my own experiences of undergoing research training. In the literature review I drew on material from related subject areas. I collected data through informal interviews and analysed it using a phenomenological approach. In the discussion I explored the connections between the literature review and the findings. I continued by exploring the implications for gestalt therapy and training as well as discussing areas for possible future research. The interviewees experienced a wide variety of responses and I identified the following areas as being significant: resistance, creativity, dyslexia, shame, isolation, fear, anger, feminism, oppression, splitting, left brain/right brain, being missed, learning styles, psychotherapy training, academic partnerships.