

Abstract

The subject of this study is gaining increasing momentum in psychological research: that of forgiveness. This study seeks to explore forgiveness from the perspective of the therapist, focusing on the subjective experiences of those who have had experience of helping others along the path of forgiveness. Semi-structured interviews were used with five practitioners, recorded on audio tape and then transcribed.

A major theme that emerged was the importance of dialogue in the therapeutic process, encompassing a phenomenological stance and an I - Thou attitude towards the client.

The limitations of this study are discussed, together with the implications and potential relevance of the findings to Gestalt therapy.