

ABSTRACT

There is little published research concerning Myalgic Encephalomyelitis (ME) and recovery. The purpose of this qualitative, phenomenological Gestalt research was to explore the experience of individuals who had recovered from ME.

The findings included links to the false self, symptomatic self, real self paradigm of Johnson (1987), childhood defence mechanisms and post traumatic stress. The outcome was that those who had recovered had begun to make different life choices. They had become aware of their exhausting life pattern, begun to listen to their bodies, make healthy contact with their environment, choose supportive relationships and through this new congruence achieve an energy balanced lifestyle.