

***“Our deepest fear is that
we are immensely powerful”***

Nelson Mandela

ACKNOWLEDGEMENTS

I wish to acknowledge my appreciation and indebtedness to my supervisors: Bjørg Tofte, for her sensitivity and intelligence that she brought to such a controversial subject; Ingrid Amundsen, for believing in me when I doubted myself the most, and Christine Stevens, for valuable feedback and being with me - helping me stay on the right track. The thanks I give my co-researchers who warmly and openly shared their stories could fill a page; after each interview I could kiss the ground of gratefulness! I thank Ann-Louise who never gave up on me when I was in chaos; Turid for her encouragement and prayers; Karin for her clear thoughts and theoretical insight; Victoria for helping me listen to my inner voice; Sissel and Anita for helping me reaching the final points and Bente for frequent uplifting support. I thank the rest of my friends and family for giving me the loving space that I needed to write this dissertation, and Kjetil, for helping me through the ups and downs and grounding me when I wanted to take off...

ABSTRACT

The purpose of this study was to investigate the field of near-death experiences in order to examine if there was any relevance for me as a Gestalt psychotherapist to have the knowledge about this phenomenon. Through a phenomenological approach- the qualitative research interview, data was collected and analysed from three co-researchers. The result of the study reveals significant similarities between near-death experiences and Gestalt psychotherapy. I found that it could be useful to have knowledge about near-death experiences for me as a Gestalt therapist in many aspects, as I will then be well prepared for the future helping clients with NDEs, and helping clients with mortal fear to mention some.