

ABSTRACT

This study is a phenomenological and qualitative exploration into how a group of Gestalt psychotherapists in Norway have been impacted by their Gestalt psychotherapy Training. The related literature and research studies in the areas of training of gestalt therapists, gestalt psychotherapy, individual and group therapy and supervision were reviewed and found to be lacking in number and quality. The data was generated through a semi structured interview in a focus group and analysed by using a phenomenological method that is discussed. During this process the data were organised in interrelated themes around what motivated them for joining the training, their experience of being in the training and the outcome or impact of the training concluding with a description of the meanings and essence of these experiences. The findings were discussed in the light of the literature, and the limitations of the study are considered. The literature review revealed a lack of comparable research in this field and the findings showed how the gestalt psychotherapy training has had an important impact on a group of people. The implications this has for Gestalt psychotherapy practise and the training of therapists are considered and further researches in the area are suggested.

The exploration shows quite clearly that the period of training to become a Gestalt psychotherapist has much wider effects than learning a skill and a profession. The implications this has hopefully will open up for a new discussion about the content and methods used on Gestalt training programmes.