

Abstract

This study is an exploration of the significance of key-sentences stated in a therapeutic setting on the ongoing life of a client. These experiences are peak-experiences in the informant's lives and literature on peak-experiences, change and turning points in therapy and the therapeutic relationship is reviewed and discussed in relation to the findings.

Data was collected through individual hour-long interviews, which were transcribed and analysed using a phenomenological approach. The findings were divided into interrelated themes; the momentary experience and significance, the long-term perspective, present importance and the impact of the interview situation and reviving of the experience. The purpose of this study was to explore and hopefully arrive at a greater understanding of the components, contents, impact and significance of emotionally strong experiences and their actual importance in client's lives.

The exploration of the experiences of key-sentences show significant importance in the participants' lives and to a such extent that the experience changed their lives on all levels; emotionally, relationally and intellectually.

Implications the findings have on Gestalt psychotherapy is discussed and possible future research is considered.