

Abstract

In this study I used a qualitative phenomenological method, developed from a model by Moustakas. Data was generated through interviews with 5 Gestalt Psychotherapists working in a multi-disciplinary team of health professionals in Norwegian psychiatric contexts.

This study revealed a common agreement amongst my co-researchers in that the principles of Gestalt theory and practice have relevance to this context.

Tensions are revealed between the different approaches, to power the need for a common language and dialogue within the multi-disciplinary team.