

ABSTRACT

The impact of Gestalt Psychotherapy training on female trainees' primary relationships is explored in this study using a qualitative approach and a phenomenological methodology.

The research showed how trainees became more aware of their primary relationships during the training period and revealed that most experienced an initial disappointment in the level of real contact in their primary relationships. The study also showed the trainees' perceived changes in their relationships throughout training whilst they assimilated Gestalt theory and integrated experiential work.

All co-researchers relationships survived and most described a rocky road during training.