

ABSTRACT

The purpose of this study was to gain a better understanding of how male Gestalt Psychotherapists experienced their psychotherapy training. It explores what they experienced as supportive, what issues they considered important, and how they experienced being in female-dominated training groups in terms of gender.

Semi-structured interviews were conducted and audio-recorded with five male psychotherapists who had trained in Norway, and who worked as psychotherapists in Norway. The transcripts of these interviews were then analysed using a phenomenological approach. The related literature and research was reviewed and discussed in the light of the findings.

The implications the findings have for Gestalt psychotherapy training are considered, and possible future research is explored.