

ABSTRACT

Today over weight is increasing and is one of the major health-threatening factors in the western world. Psychotherapy for weight issues is mostly used working with eating disordered or obese people. What about the average person who wants to lose weight? Slimming is not necessarily only about eating correctly or exercising, it often means changing a whole way of life.

Slimming products and programmes have become big business, even though 98% of the people, who lose weight by dieting, gain it back within 12 months, often to a greater extent. To lose weight might be difficult and keep it off is a problem, and this study explores how psychotherapy might help a person to identify the underlying reasons for his/her over-weight.

The use of Gestalt Theory and Method in wanted weight loss processes is explored through interviewing six Gestalt Psychotherapists who have all experienced weight-loss through the process of therapy.

A qualitative phenomenological approach is used in this study for the collection and analysis of data. Relevant literature surrounding this topic is reviewed and compared with the findings. Clinical implications are explored together with suggestions for future research.