

## Abstract

The aim of this study was to explore how Gestalt Psychotherapists describe the emergence of figures from the ground, and to discuss these findings within a literary framework. Six Key Gestalt Psychotherapists were interviewed, and the data gathered was analysed using a phenomenological approach. The findings were grouped into two categories, the first describing the phenomenon, the second describing how the therapist actually handle the phenomenon. The purpose of this study was to investigate the phenomenological experience, and to relate the data to the theory of emerging figures. Following a literature review the findings in this study were discussed in the light of relevant theories. Implications the findings may have for Gestalt Theory and Practice are discussed, and suggestions for possible future research proposed.