

Abstract

This study is an exploration into how Gestalt group therapy is experienced as a mother of an adult offender using a phenomenological method of research. The related literature on losing a loved one to incarceration and Gestalt group therapy is reviewed and discussed in light of the findings. The data was collected through individual interviews, analysed using a phenomenological approach, and organized into five distinct areas of interrelated themes – themes that describe the participants' personal experiences of Gestalt group therapy as mothers of adult offenders. A synthesis of the meanings and essences is provided. The purpose of this study was to arrive at a greater understanding of how Gestalt group therapy is perceived and described as mothers of adult offenders. The implications the findings have for Gestalt psychotherapy practice are considered, and possible future research is explored.