

# Abstract

This study is a phenomenological exploration into how the Gestalt Therapy training has impacted the trainees' relationships to their partners. There appeared to be very little written about this, and consequently related literature to this subject is reviewed and discussed in the light of the findings. The data was generated through informal, but in depth interviews and then analysed using a phenomenological approach. The data was organised into three main themes, which turned out to be how the relationships to the trainees' partners were experienced before, during and after the Gestalt training period. Several sub themes were categorised underneath each main theme in order to describe what and how this phenomenon was experienced. A synthesis of the meanings and essences of these experiences is provided. The purpose of this study was to find out whether the trainees experienced that their undergoing the Gestalt Training programme had any impact on their relationships with their partners. The implications the findings have for Gestalt Therapy training programmes and practice are considered and possible future research is explored.