ABSTRACT

This study is a phenomenological exploration of how Gestalt therapists experience an event of Gestalt supervision. The purpose was to explore learning and insight in Gestalt supervision.

The roots of Gestalt thinking, together with psychotherapy and supervisory theory and research, are central in the literature reviewed. The data was collected through informal interviews immediately after a supervisory session, and analysed using a phenomenological approach. The findings were organised and discussed in terms of three related themes: the moment of insight, the quality of supervisory process, and learning outcome. The results are presented in a diagram, which also is the background for suggested further research.