

# ABSTRACT

This study is an exploration into what motivates drug addicts to stop using drugs and continue to stay sober. The aim of this study was to arrive at a greater understanding of motivation during the rehabilitation process. Literature related to the subject of drug abuse, rehabilitation and motivation is reviewed. The literature reviewed is compared with the findings and discussed. Data was gathered through open-ended semi-structured interviews with former drug-abusers. The data was analysed using a phenomenological approach and organised into three different stages in the rehabilitation process - the stage before starting the rehabilitation programme, the period during the rehabilitation programme and the period after finishing the rehabilitation programme. A composite description is given of the essence of their experiences of motivation to stop using drugs. The implications of this study has for Gestalt psychotherapy, rehabilitation programmes and those attending the programmes, are considered. Possible future research is also discussed.