

Abstract

This research was conducted using a qualitative phenomenological research method. The focus of the research was to explore Gestalt as a transpersonal psychotherapy and its correlation to Buddhism.

The data were collecting by interviewing four Gestalt psychotherapists that held an interest in the transpersonal or identified as Buddhist and by asking their views about the research question.

It was found that Gestalt, as a field-based approach, is a transpersonal psychotherapy since self arises at the contact boundary with the relational field and that Buddhist philosophy and meditative practices are present in Gestalt, underlying the emphasis on process and on awareness.

Implications for the practice of the therapy and the place of Gestalt as a bridge linking Eastern thought and Western psychotherapy were drawn from the research findings in consideration to further areas of research and exploration that could arise from the present work.