

## **Abstract**

**"Any one can get angry - that is easy..... but to do this to the right person, to the right extent, at the right time, with the right motive, and in the right way, that is not for everyone, nor is it easy".**

Aristotle circa 350 B.C./1941, p. 963

The purpose of this dissertation was to investigate the field of aggression from a Gestalt psychotherapy point of view. To explore if there were a connection between how a Gestalt therapist explore their own aggression, and the possible impact this had on the client's aggression. The data collected and analysed stemmed from eight co-researchers, and was carried out within a phenomenological approach and a qualitative research method. This study reveals the importance of accepting aggression as a fundamental human emotion, and to let it be a creative part of the therapeutic relationship.