

ABSTRACT

This study is a phenomenological exploration of how Gestalt psychotherapists understand, experience and work with clients who have problems with anxiety. The Gestalt and relevant related literature on anxiety is reviewed and subsequently discussed in relation to the findings of the study. A phenomenological approach was used in both the collection and analysis of the data. Eight qualified Gestalt psychotherapists took part in the study and data was generated through the use of semi-structured interviews. The data was subsequently organized into three broad areas: how participants understand, experience and work with clients who have problems with anxiety. The results were summarised in a qualitative narrative. A discussion of the implications of the findings for Gestalt psychotherapy is provided in addition to a critical evaluation of the study. Suggested areas of potential future research are also detailed.