

ABSTRACT

This dissertation was a Phenomenological Investigation of the question “What is the experience of being a Gestalt Psychotherapist in Malta?” Six Psychotherapists were interviewed and the resulting data recorded, transcribed and subjected to a phenomenological analysis. From this process 8 main themes emerged which were: Gestalt Psychotherapy as a way of life, a heightened sense of awareness, authenticity, continuous growth and development and the use of oneself. It was also found that this way of life was not without its consequences. Participants experienced both positive and negative effects as a result of living in this way however they were also very satisfied with their chosen profession and its implications. The most figural theme of these was Gestalt Psychotherapy as a way of life, under which all the others could be subsumed. This had implications for the field of Gestalt Therapy.