

Abstract

The purpose of this study was to discover how alcohol dependent persons recover from alcoholism. A phenomenological approach was used to investigate the experience of the process of recovery. Data was gathered through unstructured interviews with eight alcohol dependent persons who had been abstinent from alcohol from 18 months to 20 years. They were recruited from the Alcoholics Anonymous and the Alcohol services at sedqa Agency upon consultation with their key workers. The data gathered showed a rediscovery of self through relational growth, development of trust, help towards others and the belief in a higher power – God. This research has implications on the alcohol dependent persons' recovery process as they rediscover themselves and improve through abstinence as they gain awareness, receive individual and group psychotherapy, and move on from egocentricity to interacting with others towards a transpersonal and spiritual level. Given the lack of research in this area, it would be interesting to carry out a study on the effectiveness of Gestalt therapy with alcohol dependent persons amongst other things.