

ABSTRACT

This phenomenological study explores the integration of other approaches with Gestalt. The embracing nature of Gestalt therapy and its exposure to both growth and dilution is discussed in view of the existent literature. The literature review enters the current debate of integration of other approaches with Gestalt and briefly reviews the use of DSM IV, developmental theory and countertransference by Gestalt therapists. The phenomenological method was used in the collection and analysis of the data consisting of semi-structured interviews. Eight qualified Gestalt psychotherapists participated in this study as co-researchers. The implications of the outcome of this research on Gestalt theory and further, its applications are discussed and suggestions are put forward for further research.