

# 1 ABSTRACT

The present study explored in a phenomenological way how Gestalt therapists in Malta experience shame and how they work with it.

The aim of this dissertation was to attain a deeper understanding of the phenomenon and how its appearance affects the therapists. Literature in relation to shame was reviewed and discussed together with the findings. The generation of the information was achieved with the help of unstructured interviews.

The findings were arranged into two domains of co-related motifs. The first domain entails themes, which describe the respondents' personal experience of the phenomenon shame within themselves and in their clients. The second domain incorporates themes that describe how the therapists work with the phenomenon. A composite description of the findings delivers an amalgamation of the data.

Implications for Gestalt psychotherapy practice, that became apparent through the findings, were considered, a critical evaluation of the study was added and a debate on identified areas for possible future research was tied in.