
Abstract

This heuristic inquiry explores how Gestalt psychotherapists experience their body process, in order to understand how this experience of the bodily basis of self functioning is used to guide organismic self-regulation.

The methodology for this research evolved from 8 in-depth interviews. All participants were gestalt psychotherapists, 6 female and 2 male. A heuristic analysis generated 4 themes: body process is figural and I attend to it, body process is figural and I diminish it, body process is absent from awareness and body/mind experienced as integrated.

The results of this research indicated that Gestalt psychotherapists are able to experience and create meaning from their body process which is used in organismic self regulation, but whether or not they do so depends on context.