

ABSTRACT

This phenomenological study aimed to address the question "How, if at all, are trainees with a Christian faith impacted by Gestalt Psychotherapy Training?"

Eight participants took part, three of whom were qualified Gestalt therapists, the remainder were still in training. Data was collected through semi-structured, taped interviews, which were then transcribed. Key themes emerged which were grouped under categories that seemed to reflect the essential experience of the participants. The result was four categories, which contained a number of themes.

Gestalt, and other relevant literature on training, is discussed in relation to the findings. Implications for the training of Gestalt therapists are discussed with some suggestions for future research. A critical evaluation of the study is also included.