

## **ABSTRACT**

This research provides an understanding of the racial, ethnic and cultural issues present within the therapy dyad when non-white clients work with white psychotherapists.

This is a phenomenological exploration of the non-white client's experience of working with a white psychotherapist. One-to-one in depth interviews of 50 minutes duration were conducted with nine participants. The data was analysed and themes categorised to produce a single exhaustive description of the phenomenon experienced.

The findings are discussed with reference to the implications for Gestalt psychotherapy theory and recommendations are made for possible future research.