

ABSTRACT

This study seeks to provide an understanding of how qualified practising Gestalt therapists experience the relationship with their clinical supervisor. Further, the study seeks to illuminate how this experience affects their use of supervision in and beyond the supervision session.

Using Interpretative Phenomenological Analysis as method of choice, semi-structured interviews were conducted with 8 individual research participants, all of whom were experienced Gestalt therapists. The data was analysed, and themes clustered and interpreted, to show a range of experiences of the supervisory relationship, and impacts upon client work.

The findings are discussed with reference to the implications for Gestalt psychotherapy theory and practice of supervision as well as for supervisor training, and recommendations are made for future research in this area.