

ABSTRACT

The subject of choosing one's profession is not easy one. However, if you choose to train as a Gestalt psychotherapist it is essential that you are aware of your underlying needs and motivations and understand the personal origins of your professional choices. Because if you are not, it can obstruct the client's progress, and there is a danger of using the client for your own needs (Corey 1991, cited in Halewood & Tribe, 2003; Racusin et al, 1981; Wyatt (1948). However, seems that it has not been so simple to acknowledge these; Norcross & Farber (2005) state, based to Holt & Luborsky's (1958) study, that psychotherapists "only recognize the reasons they chose their discipline well into their career or during the course of intensive personal therapy" (p. 939).

This study was undertaken to explore the motivations of Finnish women to train as Gestalt therapists, which is a subject area not previously researched. Eight interviews, using open-ended questions were conducted and recorded digitally. Transcripts of the interviews were analysed using a phenomenological approach. The related literature and research were reviewed and discussed in the light of the findings, which suggest multiple motivating experiences, including the co-researchers' childhood. The results showed that also chance plays its part. The implications of the findings for Gestalt psychotherapy, like the importance of acknowledge and work with ones shame during the training, are considered and possible future research are explored.