

## **Abstract**

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This heuristic study was designed to explore the experiences of being an only child and how this impacts on the relationship with their therapist. Four participants, who each had a minimum of two years of being a client in Gestalt psychotherapy, shared their experiences through informal interviews.

The study is prefaced by a review of the literature on only children, the data is summarised through individual portraits, a composite depiction and a creative synthesis. This is followed by a discussion on the findings and the implications of the research on Gestalt Psychotherapy. This is then accompanied by a reflection on the limitations and potential future directions of the research.

The results indicated that growing up as an only child is a different experience to growing up with siblings and that this may have led to implications on the establishing the therapeutic relationship. The therapeutic relationship was very important to all of the participants involved and yet in developing this relationship they all faced struggles and dilemmas. This research aims to give Gestalt psychotherapists an insight into the inner world of the only child.