

## Abstract

This study explored the experiences of therapists with a predominantly retroflective process (Mackewn 1997) when they work with their clients' retroflection Perls 1969). It investigated what the therapists bring to these encounters and how they support themselves in this work, particularly in terms of what informs their understanding of their clients' retroflection, and how they choose to work with it. Initially, I carried out a critical review of the literature which related to this subject, which I then discuss towards the end of the study, in the light of the findings. To generate and analyse my data I used a qualitative, phenomenological method of research. After conducting five in-depth, semi structured interviews I transcribed them and analysed the material. Several themes were identified which I then distilled into an "exhaustive description" (Mcloed 2001) which captured the "essence" Husserl (1960) of the phenomenon. The findings suggested that, although the therapists meet each client as a unique individual, their approach is impacted by their own experiences and understandings of retroflection. The implications this may have for Gestalt clinical practice are then discussed, along with a critique of the study, personal responses and areas of possible future research connected with this study.