

## **ABSTRACT**

This qualitative study explores the relationship between the Gestalt psychotherapists own therapy (personal therapy) and their work with clients. A review of the literature relating to personal therapy was conducted and further discussed in the context of the findings.

This study uses a Interpretative Phenomenological Analysis (IPA) (Smith J. F., 2009) method of collecting and analysing data and an informal semi-structured question structure as a basis for interviewing participants.

The research findings were presented as a narrative account with quotes from the interview transcripts.

The findings of this study suggest that personal therapy does have a positive impact on the relational field with clients. However it is explicitly acknowledged that due to the lack of research of this subject from a Gestalt perspective the findings are tentative and in no way meant to provide generalisations of the phenomena explored.