

## ABSTRACT

The purpose of this study was to explore the ways Gestalt psychotherapists talk about the experience of feeling other people's emotions. Four trainee Gestalt therapists, including the researcher, took part in two discussions. During the first loosely structured discussion, participants were invited to express their experiences, beliefs and ideas connected to the theme of feeling other's emotions. Following the transcription of the discussion, words and phrases were highlighted and grouped from which four discourses were identified and outlined. The analysis was given to the participants who were invited, during the second group discussion, to share their response to the analysis as well as their experience of taking part in the research. Comments made during the second discussion were used to support the elaboration of the discourses and the evaluation of the research project. Participants were given the discussion section to read and their unedited comments were added to the final section of the report. The four main discourses identified were nature/nurture, mind/body, childrearing and expert therapists. These discourses recreated an individualistic view where emotion belongs to and within a person and therapy supports the attribution of problems to individuals.