

ABSTRACT

Partners of trainee Gestalt psychotherapists participated in an exploratory qualitative research. Participants interview responses are presented as themes with descriptive commentary highlighted by participant quotations. They described, in various ways how they were impacted and confronted with challenges which were a source of stress. On the other hand, change and growth within the trainee has the potential for a more positive outcome which also impacted on partners and on their relationship with the trainee. The impact of Gestalt psychotherapy training on the partner of a trainee is significant and there is justification for ongoing evaluation and reflection.