

## ABSTRACT

This study addresses the question "What are Gestalt Psychotherapists' strategies and experiences of self-support?". In the current study five Gestalt psychotherapists (one in training and four qualified therapists with experience from one to ten years post qualification), were interviewed using semi-structured interviews which were audio-taped and transcribed. A grounded theory approach to analysing the data suggests a structured three-layer model which reflects therapists' current support strategies. Findings indicate that an individual may use one, two or all three of the levels, and the process which therapists engage in order to self-support is a complex one contained within imagery, metaphor and ritual. Ethical and clinical implications of the model are discussed together with suggestions for further research.