

## **Abstract**

The therapist's use of self in dialogical Gestalt therapy is explored through the analysis of the process of brief psychotherapy with seven NHS clients in a primary care context. A qualitative heuristic methodology is developed from a model by Moustakas and used in conjunction with a dialogic approach to explore both awareness and contact. This method of psychotherapy process research is shown to be congruent to the practice of Gestalt therapy and accessible and clinically relevant to the therapist-researcher.