

ABSTRACT

This study is an exploration into how the Gestalt psychotherapist experiences and works with erotic transference and countertransference using a phenomenological method of research. The related literature on erotic transference and countertransference is reviewed and discussed in the light of the findings. The data was generated through informal interviews, analysed using a phenomenological approach, and organised into two distinct areas of interrelated themes - themes that describe the participants' personal experiences of erotic transference and countertransference within the context of the therapeutic relationship, and themes that describe how they work with this phenomenon. A synthesis of the meanings and essences of their experiences is provided. The purpose of this study was to arrive at a greater understanding of erotic transference and countertransference, and the impact it has on the Gestalt psychotherapist. The implications the findings have for Gestalt psychotherapy practice are considered, and possible future research is explored.

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