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Appendices

Appendix 1.

11 Riverside Cottage
Water Fold
Rosendale
Lancashire
BB4 9RE

30th January 2005

Dear xxx,

My 4th Year Gestalt research project focuses on how Gestalt training affects our way of being outside of the therapy room.

Gestalt – A Therapy or a Way of Being?

For the purpose of this research and to have an overall view I am inviting both current trainees and also psychotherapists who began their training some time ago to participate.

I wish to assure you that all contact will be treated with the strictest of confidence, whether you engage in the research or not. I have enclosed a stamped addressed envelope for you to return your reply.

Thank you

Karen F Burke

Gestalt – A Therapy or a Way of Being?

The research study will involve completing a consent form, a questionnaire then a taped interview that will take approximately an hour. A copy of this questionnaire, and an analysis of the information collected will appear in the final published research work. The data collected from the taped interview will be used to explore how trainees' lives are affected 'outside' of the therapy room.

Confidentiality is paramount to a study of this kind and every step will be taken to protect your identity throughout the study and the subsequent publication. Any material will be presented anonymously names and specific details will be changed so that you cannot be identified. You will keep one copy of the consent form and I will retain the other. You will have the right to withdraw from the study at any time up to the 31st of May 2005, after which point the manuscript will have gone to print and your removal from the study will not be possible.

As a trainee of The Sherwood Institute, I am bound by their guidelines to ethical considerations and professional practice, of which a copy is available to you at any time.

I am unable to participate in the research study

.....

I am able to participate in the research study

.....

Appendix 2

Gestalt – A Therapy or A Way of Being?’

I agree to participate in this research study into ‘Gestalt - A Therapy or A Way of Being?’

I understand the purpose and nature of the research and I am taking part voluntarily.

I agree to the audio taping of the interview and for the data from this to be used in the process of completing an MA in Gestalt Psychotherapy at The Sherwood Psychotherapy Institute. I understand that this includes a dissertation for the award of a Master’s degree and any subsequent publications that may arise from it.

I understand that I have the right to withdraw from the study at any time before or during the time before submission of the written dissertation including the right to withdraw when I have reviewed all the information I have provided.

I understand that brief details of each participant may be used in the publication of the data and this may include age, gender, race, professional status and therapeutic and training history. (i.e. years spent in training, reasons and time spent in therapy and reasons for entering therapy).

I understand that my anonymity will be protected at all stages of the research and give my permission for the details to be used.

Signature of the Research Participant

Date

Signature of Researcher

Date

Appendix 3

Questionnaire

Gestalt - Therapy or A Way of Being?

Gender

Age (range)

Have you trained in Gestalt Therapy?

When did you train (year)

To what level of training?

Did this involve personal therapy as a parallel obligation?

If so, length of time in therapy?

Have you trained in another model of counselling or psychotherapy?

If so when did you train?

To what level of training?

Did this involve personal therapy as a parallel obligation?

Page two

If so length of time in therapy?

Have you trained in a third or more models of psychotherapy or counselling?

Do you wish to add any other comments?

Appendix 4

Gestalt Therapy Now
Edited by Joen Fagan and Irma Shepherd
Science and Behavior BooksInc
Palo Alto Ca
1970

Claudio Naranjo Present – centredness; Technique prescription and ideal p.49

1. Live now. Be concerned with the present rather than the past or future
2. Live here. Deal with what is present rather than what is absent
3. Stop imagining. Experience the real.
4. Stop unnecessary thinking. Rather, taste and see.
5. Express rather than manipulate, explain, justify, or judge
6. Give in to unpleasantness and pain just as to pleasure. Do not restrict your awareness.
7. Accept no *should* or *ought* other than your own. Adore no graven image.
8. Take full responsibility for your actions, feelings and thoughts.
9. Surrender to being as you are.

p.50

I think that the specific injunctions of Gestalt therapy may in turn be subsumed under more general principles. I would propose the following three:

- 1 Valuation of actuality: temporal (present versus past or future)
- 2 Valuation of awareness and the acceptance of experience
- 3 Valuation of wholeness, or responsibility

None of the three broadband life-prescriptions of Gestalt therapy listed above is the direct opposite of any world philosophy that I am aware of.

