Research Project: Intuition in Gestalt Therapists’ practice

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It involves more than one Country?
No

Short description of the project:
This thesis is focused on the experience of gestalt therapists’ with their intuition in the context of their therapeutic practice. In the theoretical part there are introduced different ways of viewing and defining intuition in the philosophical, cognitive psychological and phenomenological context. Consequently the potential contribution of intuition for the psychotherapy is outlined, especially as a source of creative impulses, sudden insights, implement of atheoretical and direct observation and the appropriate timing of therapeutic intervention. The stages of representation of intuitive information in consciousness are presented, as well as conditions for individual’s contact with his own intuition. Intuition is contextualized in the gestalt therapy and there is also argued its presence in the practice of gestalt therapists. But at the same time the lack of a deeper and more systematic research and theoretical reflection of this phenomenon in therapeutic practice. The aim of our research was to obtain at once broad and in-depth exploratory understanding of the phenomenology of gestalt therapists’ experience with their intuition, with all of its coherence - emotional, relational, cognitive, etc. Six semi-structured research interviews have been realized, which were then analyzed by using Interpretative phenomenological analysis. Six superordinated themes came from this analysis: Aspects of an intuitive situation, Therapist’s intuition and client, Therapist’s experience, The voice of intuition, Influence on the therapy and Theoretical understanding of intuition. These superordinated themes represent the essences of man aspects of therapists’ experience with their own intuition in therapy and include 24 sub-themes saturated with specific statements of respondents. Analysis confirms the presence of the phenomenon of intuition in practice of gestalt therapists and brings comprehensive and holistic view on therapists’ experience with this phenomenon. As the most important findings arising from the analysis we consider the intentional character of the intuitive experience, its unpredictability and independence from therapist’s intent, physical ground of intuition, it’s energy charge, as potential contribution for the growth of client’s awareness and also for therapeutic change. The obtained results were placed in the context of current theory and research findings. The direction of other research activities was outlined in this area, particularly concerning the relationship between intuition and improvisational character of the therapeutic change process, relationship to the phenomenon of encounter in psychotherapy, the role of intuition in overcoming therapeutic impasses and others.
• Time schedule:
  2010

• Have you already some preliminary results?
  yes

• Have you published or presented your results at conferences?
  yes – Czech psychotherapeutic conference 2011

• Could you send us your article or presentation?
  no - it is only in Czech

• Do you agree to share your article or presentation with the Gestalt community on the EAGT website?

• Do you give your permission to publish the above information in the EAGT website?
  Yes