Figure and Ground - Concept brief

Understand the idea behind figure and ground and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: A job application fills Rae's attention while hunger and noise fade into the background.

The idea

What becomes prominent depends on the surrounding situation.

An ordinary example

A job application fills Rae's attention while hunger and noise fade into the background.

What this can look like

Draw a foreground concern and place competing demands in the background; change their sizes to show attention.

Check the fit

What changes when the background is included? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

Awareness is information, not a demand to explain every sensation or change immediately.

Reflection

What changes when the background is included?

Scope and adaptation

Keep experiments collaborative and low intensity. Chair-based or unfinished-business exploration belongs with appropriately trained clinicians after assessment, with a stop cue and an observing alternative. Do not interpret symbols, recover memories, force body focus, or use cathartic confrontation.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Gestalt Therapy: An Introduction. Full source links and scope: library.morethantherapy.org/approaches/resources/GST-A02-1