Contact Boundary Map - Concept brief

Understand the idea behind contact boundary map and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae welcomes a conversation but does not want to share family details.

The idea

Connection includes choosing how much contact fits.

An ordinary example

Rae welcomes a conversation but does not want to share family details.

What this can look like

Map comfortable, uncertain, and unwanted contact in an ordinary interaction; identify a choice at each boundary.

Check the fit

Where would more choice improve this contact? 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

Where would more choice improve this contact?

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-A04-1