Saying I Notice - Clinician dialogue

Guide a collaborative conversation about saying i notice while checking fit and participant choice.

Mental health professionals | 15 minutes

Fictional example: Rae says everyone makes meetings impossible and also notices feeling rushed.

Invite and obtain permission

Offer: "Would it be useful to explore saying i notice using an ordinary or fictional example? We can adapt it, observe, or stop." Ask what the person wants from the conversation.

Elicit before teaching

Ask: "How does this show up, if at all, in your own words?" Offer this idea tentatively: First-person language can clarify experience without assigning blame. Ask what fits and what does not.

Guide the task

Rewrite three statements as observations of your own experience while retaining environmental and power factors. Ask for permission before giving an example. Use this fictional illustration if useful: Rae says everyone makes meetings impossible and also notices feeling rushed.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: How can ownership of experience coexist with naming real obstacles? Avoid assigning motives or interpreting silence as agreement.

Respond to a mismatch

If the person rejects the frame, say: "Thank you for correcting it. What would be more useful?" Return to their language or choose a different approach.

Close with agency

Ask which observation, question, or support request the person wants to keep. Confirm a manageable ending and appropriate follow-up; do not turn a tentative possibility into a homework obligation.

Reflection

What would tell me to adapt, stop, or seek supervision?

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-A05-3