Experiment by Consent - Concept brief

Understand the idea behind experiment by consent and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae tries asking a question more slowly in a fictional conversation.

The idea

An experiment is an invitation to learn rather than a performance test.

An ordinary example

Rae tries asking a question more slowly in a fictional conversation.

What this can look like

Design a reversible 30-second change in wording, seating preference, or pace and agree what to notice.

Check the fit

What did you learn, including reasons not to repeat it? 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 did you learn, including reasons not to repeat it?

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-A12-1