Receiving Support - Concept brief

Understand the idea behind receiving support and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae can request a quieter room and written instructions.

The idea

Support includes environmental resources as well as personal effort.

An ordinary example

Rae can request a quieter room and written instructions.

What this can look like

Map available people, objects, routines, and accommodations that make one ordinary task more workable.

Check the fit

What support changes the situation rather than asking you to endure 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 support changes the situation rather than asking you to endure 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-A14-1