Here-and-Now Awareness - Concept brief

Understand the idea behind here-and-now awareness and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae notices the clock and thinks the session is almost over.

The idea

Notice current experience before explaining it.

An ordinary example

Rae notices the clock and thinks the session is almost over.

What this can look like

Describe three details in the room, one thought, and an optional feeling without deciding what they mean.

Check the fit

Which observation feels most useful to stay with briefly? 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

Which observation feels most useful to stay with briefly?

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-A01-1