Observation and Interpretation - Concept brief

Understand the idea behind observation and interpretation and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: A colleague looks away, and Rae assumes the colleague is bored.

The idea

Descriptions and interpretations can be explored separately.

An ordinary example

A colleague looks away, and Rae assumes the colleague is bored.

What this can look like

Divide a page into what a camera might record and the meaning you add; keep both as provisional.

Check the fit

What do you know directly, and what remains a guess? 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 do you know directly, and what remains a guess?

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-A03-1