Contact Boundary Map - Clinician dialogue

Guide a collaborative conversation about contact boundary map while checking fit and participant choice.

Mental health professionals | 15 minutes

Fictional example: Rae welcomes a conversation but does not want to share family details.

Invite and obtain permission

Offer: "Would it be useful to explore contact boundary map 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: Connection includes choosing how much contact fits. Ask what fits and what does not.

Guide the task

Map comfortable, uncertain, and unwanted contact in an ordinary interaction; identify a choice at each boundary. Ask for permission before giving an example. Use this fictional illustration if useful: Rae welcomes a conversation but does not want to share family details.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: Where would more choice improve this contact? 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-A04-3