Body Awareness with Choice - Clinician dialogue

Guide a collaborative conversation about body awareness with choice while checking fit and participant choice.

Mental health professionals | 15 minutes

Fictional example: Rae prefers noticing the chair's color to focusing on internal sensations.

Invite and obtain permission

Offer: "Would it be useful to explore body awareness with choice 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: Body noticing is optional and shaped by access and safety. Ask what fits and what does not.

Guide the task

Choose external observation, imagined movement, or a brief body check; compare which channel offers useful information. Ask for permission before giving an example. Use this fictional illustration if useful: Rae prefers noticing the chair's color to focusing on internal sensations.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: Which way of noticing felt accessible today? 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-A06-3