Approach and Withdrawal - Concept brief

Understand the idea behind approach and withdrawal and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae wants to join a discussion and also wants time to think.

The idea

Moving closer and stepping back can both serve contact.

An ordinary example

Rae wants to join a discussion and also wants time to think.

What this can look like

Draw two routes toward and away from a low-stakes interaction, noting their functions and costs.

Check the fit

What amount of contact would fit this moment? 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 amount of contact would fit this moment?

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-A08-1