Two-Chair Readiness - Concept brief

Understand the idea behind two-chair readiness and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae is curious about a volunteer role but does not want emotionally intense enactment.

The idea

Experiential dialogue requires collaboration and an exit route.

An ordinary example

Rae is curious about a volunteer role but does not want emotionally intense enactment.

What this can look like

With a trained clinician, plan a brief dialogue about an ordinary decision using two cards or chairs; agree on a stop cue and an observing alternative before any practice.

Check the fit

What conditions would make this experiment a genuine choice? 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 conditions would make this experiment a genuine choice?

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-A10-1