Two-Chair Readiness - Clinician dialogue

Guide a collaborative conversation about two-chair readiness while checking fit and participant choice.

Mental health professionals | 15 minutes

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

Invite and obtain permission

Offer: "Would it be useful to explore two-chair readiness 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: Experiential dialogue requires collaboration and an exit route. Ask what fits and what does not.

Guide the task

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. Ask for permission before giving an example. Use this fictional illustration if useful: Rae is curious about a volunteer role but does not want emotionally intense enactment.

Reflect and check accuracy

Reflect only what was offered: "I heard you describe ___. What did I miss?" Ask: What conditions would make this experiment a genuine choice? 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-A10-3