Choice at the Contact Point - Concept brief

Understand the idea behind choice at the contact point and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae cannot change a workplace policy but can ask for its written explanation.

The idea

A small choice may exist without eliminating constraint.

An ordinary example

Rae cannot change a workplace policy but can ask for its written explanation.

What this can look like

Identify one adjustable moment in an interaction and list what remains outside your control.

Check the fit

Where is a realistic choice, and where is support or advocacy needed? 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

Where is a realistic choice, and where is support or advocacy needed?

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-A18-1