Closing the Experiment - Concept brief

Understand the idea behind closing the experiment and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae ends an exercise with one observation and no homework commitment.

The idea

Experiential work benefits from integration and return to the present.

An ordinary example

Rae ends an exercise with one observation and no homework commitment.

What this can look like

Name what was noticed, what remains uncertain, and what should stay unfinished for now; orient to the room before leaving.

Check the fit

What would help you leave this exploration at a manageable point? 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 would help you leave this exploration at a manageable point?

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-A19-1