Awareness between Sessions - Concept brief

Understand the idea behind awareness between sessions and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Rae observes one transition after work instead of monitoring every feeling.

The idea

Observation practice need not become constant self-monitoring.

An ordinary example

Rae observes one transition after work instead of monitoring every feeling.

What this can look like

Choose one ordinary moment to notice during the week, define a short time limit, and decide when to stop tracking.

Check the fit

What is enough noticing for this experiment? 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 is enough noticing for this experiment?

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-A20-1