

## Pros

**Systemic therapy can be a great choice if you:**

- Are looking for a solutions-oriented approach
- Want to learn more about your role within your system
- Are interested in learning problem-solving and communication skills

## Cons

**Systemic therapy might not be the right choice if:**

- You want the privacy of one-on-one sessions
- You're interested in exploring your past in therapy
- Other members of your system are unwilling to go to therapy

## Alternatives

- Cognitive behavioural therapy
- Structural family therapy
- Narrative therapy

# Systemic Therapy With Individuals

**Bethany C. Suppes**



## **Systemic Therapy With Individuals:**

An Introduction to Systemic Therapy with Individuals Fran Hedges, 2005-03-01 A key book in the Basic Texts in Counselling and Psychotherapy series this is an accessible introduction to the benefits and applications of systemic therapy with individuals It builds upon build the growing interest in this approach which unlike many other therapeutic approaches can effectively be employed as a meta theory whilst practitioners continue to work in another main model such as cognitive behavioural or psychodynamic This popular text book provides counselling and psychotherapy students trainees and practitioners new to this approach with a lively accessible and thoroughly practical introduction to the key theoretical concepts and techniques of systemic therapy with individuals

*Systemic Therapy with Individuals* Luigi Boscolo, Paolo Bertrando, 2018-05-08 The authors describe the work they are doing with individual clients in Milan Locating themselves clearly within the tradition of the Milan approach and more recent social constructionist and narrative influences and articulating continually a broad systemic framework emphasizing meaning problems in context and relationship they introduce a range of ideas taken from psychoanalysis strategic therapy Gestalt therapy and narrative work They describe the therapy as Brief Long term therapy and introduce new interviewing techniques such as connecting the past present and future in a way that releases clients and helps them construct new narratives for the future inviting the patient to speak to the therapist as an absent family member and working with the client to monitor their own therapy The book is written with a freshness that suggests the authors are describing work in progress and the reader is privy to the authors own thoughts and reactions as they comment on the process of their therapy cases This is a demystifying book for it allows the reader to understand why one particular technique was preferred over another

**Systemic-Dialogical Therapy with Individuals** Paolo Bertrando, Claudia Lini, 2025-09-03 In this book Paolo Bertrando and Claudia Lini provide a comprehensive and cutting edge overview of the systemic dialogical approach adapted to the ever evolving requirements of modern day therapy with individuals Following on from the field defining work *Systemic Therapy with Individuals* and easily used as a companion this book introduces a new dialogical approach which will encourage practising therapists to adopt a collaborative and empowered stance in their work The authors interweave clinical examples and transcripts of sessions collated from over a decade of work to illustrate the applied benefits of this approach in the contemporary therapeutic space The case studies include work with those experiencing the oppression of patriarchal relationships social and emotional isolation physical abuse and pathological shame reinvigorating and modernising the therapist s understanding of these lived experiences Moving from general concepts to practical issues the book explores queer theory feminist theory non traditional family formats and the impact of neoliberalism The holistic and systemic approach will guide the reader to work better with clients from all genders races and economic situations Building on the foundations of systemic therapy the theories develop our understanding of emotions and the body while Bertrando and Lini introduce the concept of finding one s place as a means of

encouraging individual positional responsibility Presenting an empathetic and inclusive understanding of contemporary life and psychic experiences as well as personal couple and familial relationships this book provides invaluable techniques on how to conduct sessions and will benefit students and practitioners of psychotherapy including systemic family therapists psychoanalysts psychiatrists psychologists psychiatric nurses occupational therapists and social workers **Systemic Therapy With Individuals** Taylor & Francis Group,2019-07-31 **Long Term Systemic Therapy** Arlene Vetere,Jim Sheehan,2020-06-01 Systemic psychotherapy has long been conceptualised and practiced as brief psychotherapy in both the public sector and in independent practice but it is now increasingly becoming a longer term practice This ground breaking book examines the ways in which systemic theory can accommodate and formulate long term practice and locates the boundaries of the systemic theories that both help to explain and give direction to such work In doing so it asks important questions such as at what point might a practitioner need to incorporate and integrate other explanatory models into their systemic thinking What does this mean for systemic practice How does the relative longevity of the work impact the way practitioners build and maintain therapeutic relationships with the relational systems they assist And what implications does such longevity have on and for the supervisory needs of systemic psychotherapists at the heart of the work Given the absence of a rigorous evidence base for long term systemic therapy and practice this book explores how practitioners can hold themselves ethically accountable for what they do and think Written by some of the leading names in systemic thinking this book provides an important new resource for both students and experienced professionals in family therapy seeking to enhance their practice and research *Systemic Research in Individual, Couple, and Family Therapy and Counseling* Matthias Ochs,Maria Borcsa,Jochen Schweitzer,2020-03-06 This book examines systemic family therapy research addressing key topics across the interrelated disciplines of psychotherapy social work and counseling Drawing from contributions at the 2017 International Systemic Research Conference in Heidelberg it includes both quantitative and qualitative research perspectives and outlines a wide array of approaches using systems theory and constructivist epistemology In addition the book focuses on innovative paradigms research strategies and methods seeking to bridge the gap between research and practice in the field of systemic family therapy Finally it provides guidance on submitting and maximizing the likelihood of research paper acceptance to leading family therapy journals Topics featured in this book include Effectiveness of research informed systemic therapy Mindfulness and compassion based interventions in relational contexts Use of SCORE Systemic Clinical Outcome and Routine Evaluation as an indicator of family functioning in Europe Systemic approaches for working with couples with high conflict behaviors Therapeutic Factor Oriented skill building in systemic counseling Importance of client feedback in development of professional knowledge base Systemic Research in Individual Couple and Family Therapy and Counseling is a must have resource for researchers professors and graduate students in family therapy clinical psychology general practice family medicine and social work as well as all interrelated psychology and medical disciplines

**Systemic Research in Individual, Couple, and Family Therapy and Counseling**, 2020 This book examines systemic family therapy research addressing key topics across the interrelated disciplines of psychotherapy social work and counseling Drawing from contributions at the 2017 International Systemic Research Conference in Heidelberg it includes both quantitative and qualitative research perspectives and outlines a wide array of approaches using systems theory and constructivist epistemology In addition the book focuses on innovative paradigms research strategies and methods seeking to bridge the gap between research and practice in the field of systemic family therapy Finally it provides guidance on submitting and maximizing the likelihood of research paper acceptance to leading family therapy journals Topics featured in this book include Effectiveness of research informed systemic therapy Mindfulness and compassion based interventions in relational contexts Use of SCORE Systemic Clinical Outcome and Routine Evaluation as an indicator of family functioning in Europe Systemic approaches for working with couples with high conflict behaviors Therapeutic Factor Oriented skill building in systemic counseling Importance of client feedback in development of professional knowledge base Systemic Research in Individual Couple and Family Therapy and Counseling is a must have resource for researchers professors and graduate students in family therapy clinical psychology general practice family medicine and social work as well as all interrelated psychology and medical sub disciplines

**Integrative Systemic Therapy** William M. Pinsof, Douglas C. Breunlin, William P. Russell, Jay Lebow, Cheryl Ramey, Anthony L. Chambers, 2018 Providing a comprehensive framework for individual couple and family therapy this resource offers a set of templates that enable therapists to navigate the course of therapy as well as a treasure trove of case examples to illustrate how therapists can use the IST perspective to treat a wide variety of challenging problems

**The Times of Time** Luigi Boscolo, Paolo Bertrando, 2019-07-02 This is the most comprehensive study of the role of time in psychotherapy It illustrates how time is experienced in different ways individual time family time and social time and how time can act as an invaluable metaphor in shaping clinical practice within a systemic approach while maintaining connections with other approaches such as psychoanalysis and cognitive therapies A seminal volume on this topic the book looks at issues such as the duration of therapy the relevance of past present and future in therapy and the balance of memory and oblivion It also includes a discussion of how time is framed in other disciplines including sociology history and psychopathology whilst exploring the concept in practical terms through case vignettes and complete case histories including the transcripts of actual sessions The reader is thus given a set of guidelines for dealing with time issues in therapy from a systemic perspective Originally published in 1993 the book has been updated to create a dialogue with contemporary theoretical debates as well as social and technological changes It will fascinate all psychotherapists particularly those interested in a systemic practice

**Handbook of Online Systemic Therapy, Supervision, and Training** Maria Borcsa, Valeria Pomini, 2025-08-20 This handbook examines digital systemic psychotherapy and counseling for individuals couples families and groups It addresses online supervision for professionals working in mental health

services as well as online training in systemic family and couple therapy The handbook explores the dramatic changes in the use of digital technology since the COVID 19 pandemic It provides a theoretical perspective on the impact of digital technology on family life as well as therapeutic work The volume offers state of the art practical recommendations to trainees therapists supervisors and trainers for implementing online systemic practices Key areas of coverage include Therapeutic alliance in online systemic therapy Online systemic therapy with individuals presenting psychological difficulties as well as families of adolescents with mental health issues Online couples therapy Online systemic group therapy with oncology patients Online multifamily group therapy with youths facing psychotic symptoms Online systemic supervision with individuals and teams Online training in systemic couple and family therapy Methods and guidelines for online systemic practices The Handbook of Online Systemic Therapy Supervision and Training is a must have resource for researchers professors and graduate students as well as clinicians therapists and other professionals in clinical psychology family studies psychotherapy social work public health and all interrelated disciplines

*Cross-Cultural Responsiveness & Systemic Therapy* Shruti Singh Poulsen, Robert Allan, 2018-03-29 This progressive volume takes a nuanced approach to understanding systemic therapies with diverse client populations leading to culturally responsive therapy Synthesizing diverse streams of psychology philosophy and social theory chapters focus on cutting edge issues in couple and family therapy including social justice power and privilege in therapy the role of evidence based practices and integrative approaches to couple and family therapy Each contributor is either a recent immigrant to the U S or a person of color bringing unique personal lenses and experiences to the exploration of the topics And coverage also makes clear what white therapists need to learn and unlearn before they can work responsively with clients of color This practice building reference Combines research with applied knowledge in its treatment of topics Adapts systemic therapy practice into today s culturally diverse contexts Explores themes of power privilege and social justice in each chapter Presents multiculturalism in terms of therapeutic responsiveness Critiques approaches to systemic therapy with immigrant clients and clients of color Challenges readers to access deeper concepts and realities of self other and trust Updating familiar takes on cultural competence with both local and global implications Cross Cultural Responsiveness and Systemic Therapy describes numerous opportunities for and challenges to couple and family therapy as well as cross disciplinary opportunities for incorporating social justice and cultural responsiveness in training and supervision of couple and family therapists

**The Therapeutic Relationship in Systemic Therapy** Carmel Flaskas, Amaryll Perlesz, 2018-04-19 Anyone following the recent developments of systemic thinking will be aware that activity has not been restricted to Europe and America Systemic therapists and writers from both Australia and New Zealand are now making a major impact on the field particularly in the way they explore therapy as an exchange between real people with gender and with ethical values and embedded within specific cultural experiences These people are challenging the traditional way we see clients and the context of therapy Over the years systemic therapists have theorized

extensively about the client family as a system and have more recently addressed the use of self in therapy but there has been very little attention paid to the therapeutic relationship between the two

[The Dialogical Therapist](#) Paolo Bertrando, 2018-04-17 In this book the author describes the dialogic therapist as someone whose therapy is guided by the use of systemic hypotheses helping the readers understand how the ideas and techniques can take their place among the vast array of ideas in the systemic field

**Origins and Originality in Family Therapy and Systemic Practice** Maria Borcsa, Peter Stratton, 2016-09-15 The founding volume of the European Family Therapy Association book series presents new ideas confirming the crucial importance of systemic family therapy for family practice Spanning paradigms models concepts applications and implications for families as they develop experts in the field demonstrate the translatability of session insights into real world contexts bolstering therapeutic gains outside the treatment setting Chapters emphasize the potential for systemic family therapy as integrative across theories healing disciplines modes of treatment while contributors personal perspectives provide unique takes on the therapist's role Together these papers promote best practices not only for therapy but also research and training as professionals delve deeper into understanding the complexity and diversity of families and family systems

div Included in the coverage The story of an encounter the systemic approach at the heart of innovative clinical practice Steps to an ultramodern family therapy From networks to resonance the life journey of a family therapist How to give a voice to children in family therapy Systemic theory and narratives of attachment integration formulation and development over time Virtual relations and globalized families the Genogram 4 0 interview

**Origins and Originality in Family Therapy and Systemic Practice** offers practitioners and other professionals particularly interested in family therapy practice timely ethical tools for enhancing their work

div [Handbook of Systemic Approaches to Psychotherapy Manuals](#) Mauro Mariotti, George Saba, Peter Stratton, 2022-02-17 This handbook examines the development and use of manuals to guide and support systemic couples and family therapies It addresses the process of manualizing providing a secure base for therapist creativity rather than delineating prescriptive procedures The volume addresses therapist and trainer concerns by demonstrating the value of sufficiently articulating clinical and teaching models to inform colleagues of what actually occurs during therapy The book describes the history value and controversies of manuals In addition it explores issues and experiences in the creation of manuals identifies research issues related to the use and evaluation of manuals and addresses training as a context for the application of treatment manuals Key areas of coverage include Reports of experiences with major internationally established manuals formulations of innovative practices by their developers and specifications of training programs Discussion of the various formats of manuals demonstrating their benefit and transportability across different contexts Surveys of a broad selection of manuals creating a flexible and diversified concept of what forms manuals may take Essential guidance for using manuals which is an indispensable step for the field to progress and to claim to health resource commissioning governments and insurance agencies that the systemic practice is

evidence based and effective The Handbook of Systemic Approaches to Psychotherapy Manuals is an essential resource for researchers professors and graduate students as well as clinicians and related therapists and professionals in clinical psychology family studies public health social work psychotherapy child and adolescent psychology and all interrelated disciplines

**Family Systems Theory Simplified** Bethany C. Suppes,2022-08-12 In this textbook for students and instructors of marriage and family therapy Bethany C Suppes offers a refreshed perspective of family systems therapy FST focusing on the importance of understanding its concepts and demonstrating how models of marriage and family therapy can appear practically in counseling In Part I Suppes begins with a theoretical overview of FST including the history of development key theorists and defining core concepts In Part II she focuses on application and explores nine key components of FST identifying how various systemic therapy models apply these concepts The book also covers the professional responsibilities of the systemic therapist and cultural considerations for those using the theory professionally Primarily written for those having their first exposure to the ideas of FST it explains concepts in a language and structure that is more comprehensive and culturally aware than existing literature aiming to improve the therapeutic process for both therapist and client

**Routine Outcome Monitoring in Couple and Family Therapy** Terje Tilden,Bruce E. Wampold,2017-01-17 This research to practice manual introduces Routine Outcome Monitoring ROM a feedback based approach to preventing impasses and relapses in couple and family therapy as well as within other psychotherapy approaches This book discusses how ROM has been developed and experienced within the Norwegian couples and family therapy community in line with international trends of bridging the gap between clinical practice and research Locating the method in evidence based systemic practice contributors describe the core techniques tools and process of ROM including examples of effective uses of feedback over different stages of therapy with individuals in family context and implemented in different countries Giving clients this level of control in treatment reinforces the concept of therapy as a collaborative process fostering client engagement and involvement commitment to treatment and post treatment progress ROM is applicable across clinical settings and clinician orientations for maximum utility in work with clients and in building therapeutic self awareness Features of the book Theoretical and empirical context for using ROM with families and couples Tools and procedures including the Systemic Therapy Inventory of Change Guidelines for treatment planning implementation and evaluation Common challenges in using ROM with couples and families Supervisory training and ethical issues Examples and vignettes showing ROM in action With its deep potential for promoting client progress as well as therapist development Routine Outcome Monitoring in Couple and Family Therapy The Empirically Informed Therapist will attract practitioners and research professionals particularly interested in clinical practice client directed methods and couple or family therapy

*Emotions and the Therapist* Paolo Bertrando,2018-05-08 In recent years systemic theory and practice adopted a dialogical orientation centred on the persons of the therapist and client This has led to a growing attention toward emotions

which in this book is developed in terms of emotional systems An emotional system in therapy may be viewed as the sum of the emotions existing and interacting in people s lives Relevant changes in life happen when emotional stances and sequences change within the system leading for example to a greater sense of agency or hope or to a different perception of the situation This book looks at emotions within human systems in terms of dominant and silent emotions which shape and are shaped by human relationships and may be played in several ways according to reciprocal emotional positioning The therapist uses his or her own feeling and understanding of the emotions within the therapeutic dialogue in order to create hypotheses and new dialogues which allow change

*Practical Interventions for Young People at Risk* Kathryn Geldard,2009-07-09 The book s rich relevant and comprehensive contributions from experienced writers make it a substantial resource for teaching reference and research Mark Prever trainer writer and supervisor The needs and problems of young people are currently extremely topical and justify a dedicated textbook The wide range of internationally renowned authors contributes to the strengths and diversity of this publication enhancing its potential as a resource for students and professionals Jenny Pinfield University of Worcester This book responds to the urgent need for practical intervention approaches targeting young people at risk It provides a much needed practical resource for practitioners and students from a variety of helping professions Focussing on interventions that practitioners can use in collaboration with the young person the book offers hands on strategies for addressing challenges and issues typically face by young people such as Depression suicide and self harm Substance Misuse Problematic Sexual Behaviour Marginalised Youth Mental Health Issues Throughout the book multi disciplinary and international authors share their expertise highlighting relevant evidence based interventions and considering themes such as anti oppressive practice culture values and ethics It will prove invaluable reading for students and practitioners working with young people especially in the fields of youth work social work psychology counselling and education

*Integrative Systemic Therapy in Practice* William P. Russell,Douglas C. Breunlin,Bahareh Sahebi,2022-09-02 This essential handbook provides clinicians with the tools to introduce Integrative Systemic Therapy IST into their practice working with individuals couples and families Describing the how to and how to decide what to do aspects of IST this book outlines a practical problem solving approach that considers client strengths and and cultural contexts in the process of integrating interventions from various therapy models and empirically supported treatments Chapters demonstrate how problem solving tasks can be accomplished using the IST blueprint for therapy and include scenarios that will challenge the reader to think through the specific steps for IST encouraging them to consider the therapeutic alliance and the use of self in therapy For supervisors trainers and clinicians familiar with IST this book will enrich and deepen their understanding of it The book is also relevant for clinicians and supervisors of all types of therapy who seek to become more integrative and systemic in their work

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