

LINKING SYSTEMIC PRACTICE AND SYSTEMIC RESEARCH



1st European Conference on Systemic Research in Therapy, Education and Organisational Development
6-8 March 2014 ♦ Heidelberg

ABSTRACT COMPENDIUM

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Key Notes: Morning and Evening Lectures

KN 1 Russell Crane (Provo, USA): The Cost Effectiveness of Family Therapy: A Progress Report

This purpose of this presentation is to provide a summary of the cost-effectiveness research for practice of family therapy. More than twenty studies based on four sources of data were considered: (1) a western United States Health Maintenance Organization covering 180,000 subscribers; (2) the Kansas State Medicaid system with over 300,000 beneficiaries; (3) Cigna, a large United States health insurance benefits management company which provided data of over 6 million claims for 500,000 unique persons, across six years; and (4) a family therapy training clinic in the western United States serving approximately 700 individuals and families a year. All DSM diagnostic groups are available for analysis. Studies regarding Schizophrenia, Depression, Sexual Disorders, Somatoform Disorder, Substance Abuse, and Relational Diagnosis have been published and others are underway. Results support the potential for a medical offset effect after family therapy, with the largest reduction occurring for high utilizers of health care. The studies also show that family therapy as a treatment modality is a cost effective form of treatment and trained family therapists are cost effective providers.

Dr. Russell Crane is a Professor of Marriage and Family Therapy in the School of Family Life at Brigham Young University.

Editor of *Contemporary Family Therapy: An International Journal* and an editorial board member for a number of other professional journals. Author of four books including: *Fundamentals of Marital Therapy*, the *Handbook of Families and Health*, *Handbook of Families and Poverty* and the *Handbook of Families and Work*. Published over 80 journal articles and book chapters. His primary research concerns the cost effectiveness of the profession and practice of Marriage and Family Therapy and the influence of family interaction on health outcomes. His work has been translated and published in Portuguese, German, and Czech.

He received the American Association for Marriage and Family Therapy, Cumulative Contributions to Marriage and Family Therapy Research Award in 2007. He was elected Scholar of the AAMFT Research and Education Foundation in 2012.

KN 2 Arlene Vetere (Surrey, UK); Rudi Dallos (Plymouth, UK): Interacting Stories – Narrative Approaches to Research

Symposium Convenors: Arlene Vetere and Rudi Dallos

Abstract: The symposium will present an overview of contemporary research using innovative systemic narrative research methods. It will present current developments in this area with examples of research that both illustrate and illuminate lived experience and that have direct clinical application.

Programme:

1. **Interacting Stories: Systemic narrative approaches to research – An introduction to the symposium and to innovation in narrative research methodology**

Rudi Dallos and Arlene Vetere, University of Plymouth and University of Surrey, UK

2. **A narrative analysis of adolescent in-patients' stories about accessing social support during their journey into a psychiatric hospital**

Jo Taylor , University of Surrey, UK

3. **A multi-lens narrative analysis of foster carer stories: To inform psychological practice in supporting the relationships between looked after children and their carers**

Anna Tissandier and Arlene Vetere, University of Surrey, UK

4. **Psychological recovery from assaultive injury among males of South Asian origin: A narrative analysis**

Laura Marshall and Kate Gleeson, University of Surrey, UK

5. **A narrative study of the lives of women who experience anorexia nervosa.**

Rudi Dallos and Ruth O'Shaughnessy, University of Plymouth, UK

Arlene Vetere is professor of clinical psychology at Surrey University, UK, and visiting professor of family therapy and systemic practice at Diakonhjemmet University College, Oslo, Norway. She

published 'Researching Psychotherapy and Counselling' with Rudi Dallos in 2005 and specialises in teaching and supervising the qualitative research methodologies.

KN 3 Peter Stratton (Leeds, UK): Researching the Effectiveness of Systemic Therapy within Europe

Systemic couples and family therapy in Europe faces a dilemma. The 'gold standard' methodologies for researching treatment effectiveness have come from medical research and are very often unsuitable and impracticable for systemic therapies. But increasingly, those who pay for the therapy (State, insurance, client) demand convincing evidence and are influenced by the model of making a clear diagnosis and then choosing the treatment that gives the best chance of a cure. We do need rigorous accounts of existing research such as those published by the organisers of this conference. But we need to confront wider considerations. How can we define 'effectiveness' in a way that is meaningful to practitioners? What kinds of research other than randomised control trials can we use to support our profession? How can we make good use of the dominance of North American research and English language publication while making use of European research which has been reported in other European languages and often only known within its own country?

Surveys of reported research including a detailed analysis of all of the 225 outcome studies published in English during the previous decade, will be examined to see whether European research into effectiveness has particular strengths. An update will be provided on two EFTA projects: the use of the SCORE Index of Family Functioning and Change; and the EFTA application to the EU for a major study in which established systemic competences will be used with non-clinical families to create a framework for State support of families.

In moving towards a specification of how to research effectiveness in Europe it will be argued that the distinction between process and outcome research is misleading. Current issues will be reviewed including the potential usefulness of a general prioritising of well-being; the relationships between provision for health and for social care; and ways that Governments are attempting to measure the financial value on the achievements of therapy. Practitioner Research Networks will be proposed as the approach that is most likely to actively engage therapists in research.

Peter Stratton, Emeritus Professor of Family Therapy, enjoys engaging with statutory processes that affect the provision of psychotherapy. He offers workshops on: research to improve therapy practice; humour and creativity in therapy; measuring and improving outcomes; active reflective learning in training. Research includes the SCORE outcome measure for families in therapy; attributional analyses of family causal beliefs and blaming; attitudes to terrorism; and fostering practitioner research networks.

He is: Joint Editor of Human Systems; Chair, EFTA Research Committee. Chair of Research Faculty of the UK Council for Psychotherapy; Academic and Research development officer for the Association for Family Therapy; Managing Director of The Psychology Business.

KN 4 Maria Borcsa (Nordhausen, DE): Systemic Therapy and National Health Care Systems in Europe

The psychotherapeutic landscape across Europe is manifold and heterogeneous in various dimensions. Family Therapy/Systemic Therapy as one psychotherapeutic approach shares in many European countries the fate of other approaches as regards legislation, reimbursement of costs through the health care system as well as professional limitations. The lecture will give an outline of the history and of the implementation of family/systemic therapy in the health care systems in different European countries. This will be done along the lines of five topics derived from information of experts in their respective countries, those being historical and political heritage, geographical context, cultural values, economic situation and rigidity of professional borders.

Maria Borcsa is professor of clinical psychology at University of Applied Sciences Nordhausen/Thuringia, where she developed the first German Master's degree in "Systemic Counseling". She is currently the President of the European Family Therapy Association (EFTA), founding member of the European Family Therapy Research Group (EFTRG), co-editor of the Austrian-German journal "Systeme" and of the journal "PiD - Psychotherapie im Dialog". Her research interests are in qualitative methods and systemic therapy; book in preparation with EFTRG: Borcsa, M. & Rober, P. (Ed.)(2014/in prep). Qualitative Research in Systemic Family Therapy Practice. Springer.

KN 5 Rolf Sundet (Drammen, NO): The joy of collaborations: Interweaving client, research and therapist perspective

Collaboration and goal consensus are evidence based elements of the therapeutic relationship. An understanding of collaboration will be presented through findings from a local research project in an Ambulant Family Section within Mental Health for Children and Adolescents in Norway. A research generated description of the helpful relationship from interviews with 10 families and four therapists highlights generating collaboration, giving of oneself, and fighting violation, disparagement and degradation as central elements. For the families generating collaboration meant being listened to, being heard, being taken seriously and believed, and being allowed to follow preferred goals and methods. Further, the personal conduct of therapists was vital. To be quiet, patient, friendly, and easy to talk with, non-judgmental, humane and above all, to have a sense of humor made therapists easy to collaborate with. Lastly, sincerity combined with lack of prejudice towards the family was of utmost importance. Through these findings and the clinical experience of the researcher a model of collaboration is suggested. Necessary elements are establishing turn-taking, common goals and methods, and to put difference to work. The model is theoretically informed by perspectives from developmental psychology, hermeneutics together with descriptions of dialectic and dialogic conversations. Its aim is to be helpful in realizing collaboration in line with the perspective of the families.

Rolf Sundet, Ph. d. is a clinical psychologist at the Family Unit, Department of Child and Adolescent Psychiatry, Hospital of Buskerud, and an associate professor at the University College of Buskerud in Norway. He is also a freelance supervisor and consultant. He has published in both English and Scandinavian books and journals. His Ph. d is collaborative practises and the use of client feedback as a monitoring and conversational tool in family therapy practice. Current interest is naturalistic

research in local teams and units in Mental Health for Children and Adolescents with a special focus on the possibilities and challenges of researching therapeutic practices that the researcher is part of.

KN 6 Howard Liddle (Miami, USA): Evidence-Based Therapy: Continuity Within Chaos

Seemingly straightforward in inference, evidence-based therapy has come to mean different things to different constituents in family therapy. For some, EBTs are undeniable breakthroughs in science and clinical practice. Others distrust the usefulness of science-based therapies, or doubt the possibility of systems therapy being evaluated by traditional means. And others still, ignore the EBTs, and the movement they connect to altogether. Including video of clinical work, this talk covers controversial and un-discussed aspects of evidence-based practice developments in family therapy, places them in a developmental context, and argues for an evolutionary perspective on evidence-based therapy and evidence-informed practice. This point of view retains substantive and practical connection to the core ideas and values of family systems therapy while encouraging, or even embracing multiple means to expand, deepen, and refine those same ideas and values.

Howard A. Liddle, EdD, ABPP (Family Psychology) Professor, Departments of Epidemiology & Public Health, and Psychology and Director, Center for Treatment Research on Adolescent Drug Abuse University of Miami Miller School of Medicine

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Symposia/Workshops/Discussion Panels

No01 Charlotte Burck (London, UK): The Qualitative Research Informed Systemic Clinician

Qualitative research seems to be made for systemic psychotherapy and fits with it at many different levels. It is qualitative research methodologies which are able to explore the meanings and processes which are most significant for systemic clinicians. Therapy process research and change process research (tackling those significant gaps in outcome studies) are carried out through qualitative research methods, and qualitative studies explore complex and nuanced experiences and aspects of relationship, and their cultural and societal contexts, which have remained under-theorised in the systemic field. Qualitative research methods also underpin action research through which systemic clinicians work on developing new approaches.

In this workshop I will focus mainly on therapy process research as this tackles one of the most significant questions for systemic clinicians, which is how we can enable change and how change happens. I will draw on an action research project in which we are currently developing a systemic approach to working with families where there is high parental conflict. There will be an opportunity to consider how to turn clinical preoccupations into qualitative research designs.

Charlotte Burck is a Consultant Systemic Psychotherapist, Trainer and Researcher in the Child and Family Department at the Tavistock Clinic, London. She co-runs the Professional Doctorate in Systemic Psychotherapy, a research programme for qualified systemic psychotherapists, in which the majority of the research are qualitative studies to pursue questions of clinical relevance. Her research interests include processes of change, multilingualism, domains of social interactions in families, parental mental illness, and developing a systemic therapeutic approach for families with very high parental conflict. She currently supervises family therapists in the large RCT Self Harm Intervention Family Therapy (SHIFT) study taking place in the UK.

No02 Anna Henkel (Bielefeld, De); Jana Rückert-John (Berlin, DE); René John (Marburg, DE): Approaching systems – how to apply Luhmann’s systemic heuristics for the understanding of social phenomena

Luhmann’s Systems theory offers approaches for observing the social world in its contingent states: interaction between people, organisations and society as a whole. These approaches are founded on an elaborated theory which defines the social as a never ending process of communication with its evolving structures and differentiations.

The aim of this panel is to show, that – despite the elaborated theoretical foundation – it is fruitful to observe the social world through system theoretic glasses. Luhmann’s system theory and the corresponding methodology offer a broad number of specific methods that can be easily applied for observing how the social contingency takes on specific forms as social phenomena. Such methods as “tools” are for example first order/second order observer, the differentiation between code/programm, the social/temporal/fact dimension or last but not least the functional analysis. The

only requirement for using these tools is to accept two systemic premises: first the notion of temporality, second the notion of complexity.

In this panel we will shortly explain the general idea of Luhmann's "tools" and exemplify these approaches by procedures and findings from our empirical research on innovation, non-profit-organisation, food and health.

Dr. Jana Rückert-John: research assistant at the Center for Technology and Society, Technische Universität Berlin, co-leader of the research area "Land use and consumption patterns", member of the Institute for Social Innovation (ISInova), lecturer at the University of Hohenheim and the University of Gießen. Research topics are environmental sociology, sociology of food and nutrition, gender research.

Dr. René John: research assistant at Philipps-University Marburg. Research topics are social change and innovation, organization and management, identity-management, nutritional behaviour, environmental problems. Co-founder of AKFA (Arbeitskreis Funktionale Analyse, Study group functional analysis), currently CEO of ISInova.

Dr. Anna Henkel: Professor for Social Theory at the University of Oldenburg (*since August 2013*), formerly post-doc at the University of Bielefeld and visiting fellow at the Copenhagen Business School. Main research interests in sociological theory in its combination with empirical research, economic sociology, science and technology studies and sociology of professions. Research on church communities and drugs; currently research on the relationship of things, society and responsibility at the case of real estate.

No03 Research on Couples (Chair: Joëlle Darwiche)

Joëlle Darwiche (Lausanne, CH): Brief Systemic Couple Therapy: Changes in the individual, marital and coparental subsystems

Aim: Empirical data show that couple therapy is effective, but studies assessing the short- and mid-term impact of specific systemic models of intervention are still lacking. The purpose of this research was to assess the effectiveness of a manualized treatment – the Brief Systemic Intervention (BSI) – on the individual, marital and coparental subsystems. Whereas marital satisfaction is considered a main outcome in couple therapy research, it is rare for the coparental relationship to be addressed.

Methods: The partners filled out self-report questionnaires assessing individual symptomatology, marital satisfaction and the coparental alliance before and after the BSI, and at a 3-month follow-up. The therapeutic alliance was measured after each therapy session. The sample was composed of 58 couples.

Results: Preliminary results showed that BSI had a positive impact: (1) on the women's (Wilcoxon $Z = -3.87$, $p = .000$) and the men's (Wilcoxon $Z = -2.40$, $p = .016$) symptomatology; (2) on the women's (Wilcoxon $Z = -3.41$, $p = .001$) and the men's (Wilcoxon $Z = -2.46$, $p = .014$) marital satisfaction; and (3) on the women's (Wilcoxon $Z = -2.61$, $p = .009$) and the men's (Wilcoxon $Z = -2.54$, $p = .011$) coparental alliance after therapy, but this effect was not stable at the 3-month follow-up.

Discussion: BSI has a positive impact on the individual, marital and coparental subsystems. However, the effect on the coparental subsystem is not long-lasting. Therapeutic interventions on the coparental subsystem should be analyzed to better understand how to bring about lasting change in this fundamental aspect of the couple relationship.

Martin Greisel, Cornelia Ulrich et al. (München, DE): Improving (couple) therapy: A methodological framework for understanding change

Couple therapy research is usually based on randomized controlled trials (RCT). In pre-post-measurements, they try to find improvements in symptom severeness, marital satisfaction and other correlates. Et voilà: Couple therapy is successful. It could also been shown that only 30% of the couples improved clinically significant and just 50% showed a clinically significant improvement of both partners. To further improve couple therapy, therapists need knowledge about how change unfolds over time.

To generate practice-relevant knowledge, single-case studies are predestined: “Single-case studies are more closely linked to traditional means of clinical inquiry, teaching, and learning than are large simple studies and they are more likely to have immediate relevance for how intervention is conducted.” “When one is looking for the explanation of a process, the strategy of studying the behaviour of a particular system throughout time seems to better fit the purpose of producing a model of how that system works.”

In our systemic methodological framework, we bring light into the “black box” between pre and post measurement and understand change as a process, not just as a result: We measured change on four different time levels in single cases of systemic couple therapy: (1) Pre & post measures for therapy outcome, (2) measures pre & post every therapy session for direct effects of sessions, (3) analysing the videotaped session itself for direct observations of client and therapist change processes, and (4) daily self-report measurement through the Synergetic Navigation System for assessment of change mechanisms and outcome. At the same time, we considered the change processes of each element of the therapeutic system and their interactions to generate a systemic understanding of change. Links between time levels as well as intra- and interpersonal change processes are illustrated by examples from our research with couples.

Angela Abela (Attard, MT): Changing Relationship Dynamics in Maltese Marriages

In this study the national survey on marital conflict between Maltese married couples (Abela 1998) was repeated in 2011. A sample of Maltese married couples were randomly selected by the National Statistics Office (Malta) to participate in the study.

The study was carried out in strictest confidence rather than anonymously. This enabled the researcher to carry out qualitative research with a number of participants during Stage II of the study.

In Stage 1 of the study, 369 couples answered a self administered questionnaire simultaneously and separately.

The questionnaire included 4 sections. Section A includes important demographic variables . Section B The Marital Adjustment Test (MAT) assesses marital subjective wellbeing and Section C the

Communications Patterns Questionnaire (CPQ) is designed to assess spouses' perception about communication patterns when in conflict. Section D, the Conflict Tactics Scale (CTS 2) evaluates intimate couple aggression.

By comparing the findings with those reported in the survey carried out in 1995 (Abela 1998), this study will determine whether the level of distress between Maltese married couples has changed in the last 16 years and how it manifests itself differently, if at all according to gender of spouse, occupation, age group and age and number of children.

The survey will also elicit the predominant style of conflict adopted by Maltese married couples when in disagreement between them and compare the findings with those of 1995.

The prevalence of physical violence amongst Maltese married couples will also be elicited for the first time on the island.

This major study will help highlight changing patterns in Maltese marriages and provide policy makers and family practitioners with important insights in their work with Maltese families. It will also discuss suggestions for further qualitative research.

Clarissa Sammut Scerri (Mellieha, MT): Adult women of childhood domestic violence development

During this last decade, there has been an increasing interest in examining the long-term effects of having witnessed domestic violence as a child (Wood & Sommers, 2011). The majority of these US and European large scale surveys have attempted to measure the psychopathological sequelae in adult witnesses of childhood domestic violence. Although such studies help clinicians and researchers to understand the extent of the impact of domestic violence and its effects on adults, such quantitative studies are beset with methodological concerns regarding issues such as, the wide variability in sampling, design, analysis as well as contextual insensitivity (Chan & Yeung, 2009). Qualitative studies that capture children's and adult's experiences are however limited (Stanley 2011). These studies bring to light some of the experiences that children have to contend with when growing up in families where there is continual fear and danger. Other studies also highlight the resilience of these adults (Band- Winterstein, 2013).

This paper will present the emerging findings of a work-in-progress Grounded theory study (Charmaz 2006; Glaser & Corbin, 1967) that attempts to further the understanding of the experiences of these adult survivors, by illuminating the complexity of family relationships. It focuses on the understanding of 15 Maltese women who share their perspectives on their childhood experiences of domestic violence, and how such experiences have affected their relationships with their family members, their partners and children, if any, and their own development as women. Processes like family systems triangulation, parentification, siblings' relationships and cut off/ reconciliation are showing up as significant influences in these women's lives. Some women have also reflected on their experience of being interviewed. Such findings have important ethical implications for researchers doing research around sensitive topics. The presentation will also focus on implications for practice, supervision, training and policy in the area of domestic violence.

No04 Russell Crane (Utah, USA, invited): How to do cost-effectiveness-research on family therapy

This purpose of this chapter is to provide a summary of the cost-effectiveness research for practice of profession and practice of marriage and family therapy. More than twenty studies based on four sources of data were considered: (1) a western United States Health Maintenance Organization covering 180,000 subscribers; (2) the Kansas State Medicaid system with over 300,000 beneficiaries; (3) Cigna, a large United States health insurance benefits management company which provided data of over 6 million claims for 500,000 unique persons, across six years; and (4) a family therapy training clinic in the western United States serving approximately 700 individuals and families a year. All DSM diagnostic groups are available for analysis. Studies regarding Schizophrenia, Depression, Sexual Disorders, Somatoform Disorder, Substance Abuse, and Relational Diagnosis have been published and others are underway. Results support the potential for a medical offset effect after family therapy, with the largest reduction occurring for high utilizers of health care. The studies also show that family therapy as a treatment modality is a cost effective form of treatment and trained family therapists are cost effective providers.

No05 Gail Simon et al. (Bedfordshire, UK): Innovations in Reflexive and Dialogical Systemic Practitioner Research

The psychotherapies are under pressure to provide objective aboutness research (Shotter 2011, Simon 2012), to provide evidence of efficiency and efficacy with an implied invitation to step into modernist narratives and put to one side what we know about what works in practice, about the power of questions, about systems and relationships. Innovations in doctoral research into reflexive dialogical systemic practice at the University of Bedfordshire and the late KCCf, have necessitated the development of new research methodologies which allow for detailed and rich learning from the study of systemic practice from within those relationships.

This symposium invites reflection of how, as a systemic community, we can develop methods of inquiring into our practice which reflect our systemic values, ways of talking and being in relationships. How can we research from within relationships and use clients as co-researchers? How can we justify and employ the first language of systemic practice to generate new knowledge about what we do rather than be bullied into thinking that systemic ways of knowing count for less than the knowledge arising out of modernist research methods?

This symposium offers illustrations and descriptions of innovative approaches to systemic practice research situating them in an emergent methodological and practice context (Simon 2012b, Vedeler 2011). This connects with the field of Qualitative Inquiry (Denzin & Lincoln 2011, Ellis 2008, Etherington 2004, Lather 2007, Richardson & St Pierre 2005). These approaches to research are inspired by systemic theories and postmodern relational ethics with an emphasis on collaborative knowledge generation and a reflexive critique of professional power. And like systemic practice, research into practice and into relationships is always interventive, creating opportunities for further progressive conversation. Such post-positivist qualitative research raises additional challenges of ownership, re-presentation and methodological accounting.

No06 Johannes Rüegg-Stürm, Matthias Mitterlechner (St. Gallen, CH):

No07 Mina Polemi-Todoulou, Geroge Gournas (Athens, EL): Conversation of epistemologies: A systemic multi-level intervention in public school education

The Athenian Institute of Anthropos

The presentation shares our learning during an intervention addressing 8500 Greek public school teachers. Three experiential training cycles, 3-day sessions each with 1-month interim period for distance learning, application, reflection and feedback, engaged 20-membered groups as trainees and as trainers, using at different levels the same approach and methodology: 40 school discipline and 40 relationship experts were trained by program supervisors to train as collaborative pairs 500 qualified teachers, who in turn trained 8000 colleagues, who implemented this learning with school kids.

The utilization of the developing group process and the positive reframing of the relational dynamics encountered in school communities, were introduced as focal training components, complementary to the classic focusing on teaching content and techniques, in the traditional school system.

Aspects of this endeavor were: the multilevel, multifocal systemic-dialectic approach, developing at the Anthropos Institute as the epistemological basis for understanding how interrelating system levels co-evolve, contextualizing individual meanings in group themes; the conversation between two epistemologies prevailing in educational and familial roles, - the “vertical”, predesigned, content/product-oriented and the “horizontal”, emerging, process/relationship-oriented -, embodied in the crucial collaboration of trainer pairs, bearing that challenge; the co-evolution of trainer and trainee teams, ensuring coherence through mirroring of processes at all levels, encouraging continuous bottom-up feedback, and promoting collaborative socioemotional climate; the preventive value of such interventions amidst threatening socioeconomic crisis which calls for renewed boundaries and meanings in all systems.

Mina Polemi-Todoulou, Ph.D., C.G.P., E.C.P., is a psychologist and systemic family and group therapist, associate of the Athenian Institute of Anthropos (A.I.A.) since 1976, and a member of its Scientific Council of senior trainers, consultants and supervisors. She has served as Professor of psychology at the Social Work School in Athens and the Hellenic Open University graduate program, and as visiting professor of systemic epistemology at the graduate programs of the Universities of Crete and of Ioannina medical departments, and of the University of Athens. As A.I.A. Trainer she has participated in a number of training programs for professionals at home and abroad and in the American Group Psychotherapy (A.G.P.A.) Annual Conventions as a Faculty member.

No08 Henk Pijnenburg (Amsterdam, NL): The research-informed systemic practitioner

In his clinical work the therapist meets regularly interesting and often complicated questions about systems, couples, families. This could be a reason to look at the research literature or even to do a

research project. However, the practitioner is lacking sometimes the expertise, or he feels insecure in reading scientific articles. He finds it difficult to understand the methodology behind the research article.

In the workshop the participants have the occasion to discuss their personal clinical interest within the systemic domain and to talk about their wishes to be more research-informed. They will be invited to think about the different steps in making a research design.

At the end of the workshop the participants are more motivated to look at scientific articles in the different journals of couple and family therapy or other systemic reviews. Even, there could be a base to start a little project in their own clinical practice.

Henk Pijnenburg is a clinical psychologist/psychotherapist and family therapist. From 1973 until 2003 he has worked as assistant professor at the VU University Amsterdam. Thesis (1998) 'Consensus between Therapist and Parents'. Beside his work at the university he has always been employed as a practitioner in the child- and youth psychiatry. Until October 2013 he has worked at the Bascule, Academic Centre for Child and Adolescent Psychiatry, Amsterdam.

No09 Eleftheria Tseliou (Athens, EL): Discourse analysis and systemic family therapy research: introducing the methodology of discursive psychology

The aim of this workshop is to introduce participants in the ways that 'Discursive Psychology' (DPsy), a particular trend of Discourse Analysis (DA), can be methodologically deployed for research in the field of systemic family therapy.

DA is an 'umbrella term' pointing to various trends in the hermeneutic research methodology tradition, which share a close affiliation with the constructionist epistemological perspective. DPsy is one such trend, developed in the field of Social Psychology and closely affiliated with Conversation Analysis (CA) and the British tradition regarding theories of discourse. Its basic tenets resemble the main adherences of the systemic pragmatic communication approach, in that DPsy treats language as a form of social action. It further adheres to the notion that knowledge and meaning are contextually constructed on an interactional basis. As a recent review of discourse and conversation analysis studies has shown, to date DPsy has been utilized for family therapy research to a small extend.

In this workshop, first I will briefly introduce the basic tenets of DPsy. Then, I will attempt to introduce the ways in which DPsy can be deployed for systemic family therapy research by drawing examples from existing research studies of family therapy. My aim will be to clarify the type of research questions for which the choice of DPsy is appropriate and the associated /related epistemological perspective(s), as well as issues considering data / sampling and data analysis. Finally, participants will be invited to 'experiment' with analysis of transcribed extracts originating from DA studies of systemic family therapy.

My overall main point will be that DPsy can offer unique ways for the detailed study of the complexities of therapeutic dialogue in systemic family therapy sessions and could add to the existing research methodologies for the study of therapy process.

Eleftheria Tseliou is an Assistant Professor in Research Methodology in Education at the Department of Early Childhood Education, University of Thessaly, Greece. She is also a psychologist, systemic family therapist and trainer. She holds a first degree in Philosophy, Education and Psychology and a M.Sc. in Clinical Psychology from the Aristotle University of Thessaloniki. She has been a part-time lecturer in University departments in Greece (Department of Psychology and Department of Primary Education, Aristotle University of Thessaloniki, Department of Special Needs Education, University of Thessaly). Her interests lie in the development of qualitative research approaches (discourse analysis and systems approaches) as well as of reflexive and collaborative practices in research, psychotherapy and education / training. Her research interests include the study of the family and its contemporary transformations, the study of psychotherapeutic process and the study of interpersonal communication / academic discourse in higher education.

No10 Terje Tilden et al. (Oslo, NO): Bridge over troubled water: Narrowing the gap between practitioners and researchers by the use of the internet based client feedback system STIC (Systemic Therapy Inventory of Change) for clinical and research purposes in an inpatient couples and family therapy unit.

The gap between practitioners and researchers is a phenomenon within the broad field of psychotherapy in general, and, based on the epistemological debate, for the field of couple and family therapy in particular. Within systemic therapy, one promising way to narrow this gap is by tailoring the research to become closer to the clinical practice (e.g., “client focused research”). This can be done by systematically and frequently collecting client data that is fed back to the therapist in real time treatment, informing therapist and client about process and progress as basis for clinical decision making. The same data can be used for research purposes.

At this symposium we will present how the STIC (Systemic Therapy Inventory of Change founded by professor William Pinsof, The Family Institute at the Northwestern University, Ill., USA) feedback system is implemented within a couple and family therapy unit at Modum Bad, a national psychiatric clinic for adults in Norway. At this unit, couples and families are admitted to an intensive residential treatment for 6 and 12 weeks, respectively, living in separate houses forming a village at the hospital grounds. The treatment model is based on integrative therapy.

We will demonstrate how the STIC System can be used in therapy with multi-problem families and couples, including the use of short video recording clips of the family in everyday situations. We will present how the use of the STIC System is a beneficial clinical tool in forming and assessing therapeutic goals, as well as a very powerful therapeutic intervention. Research findings will be shared about characteristics of the sample, the trajectory of change, as well as the working alliance. STIC outcomes will be presented and discussed in relation to the pro’s and con’s about using the same instrument for clinical and research purposes.

Terje Tilden (PhD, family therapist, clinical social worker) completed his doctoral dissertation in October 2010: “The course and outcome of dyadic adjustment and individual distress during and after residential couple therapy”. He is the associate director at Modum Bad Research Institute,

Vikersund, Norway, and is also the project leader of "The STIC multisite RCT-project" in Norway, investigating whether using feedback in psychotherapy makes a difference to not using feedback.

Hilde Opstvedt (clinical psychologist, family therapist) has long experience as specialist in clinical family psychology, and she is currently working partly as a family therapist, partly as a child and parenting supervisor at the Center for Families and Relationships, Modum Bad, Norway.

Bente Barstad (clinical psychologist) is the Director of the Center for Families and Relationships, Modum Bad, Norway, and as such, she has board positions at the Norwegian Association for Family Therapy, and at the Nordic journal in family therapy, "Fokus på familien". Bente has a long clinical experience within couple and family therapy, and she is very engaged in implementing research into clinical practice.

No11 **Günter Schiepek; Benjamin Aas (Salzburg, AT): Practice-oriented Research: Monitoring Change Processes in Mental, Social, and Neuronal Systems**

This symposium outlines some essential features of practice and basic research on therapy-related systems. One of these features is the application of methods for the identification of structures and dynamics of complex systems, the other is a multi-level approach to social, mental (cognitive and affective), and brain dynamics. A third feature of systemic research is the integration of nomothetic and idiographic as well as quantitative and qualitative approaches.

We will present an internet-based method for the monitoring of change processes which allows for data-mining (by repeated self-ratings) and visualization of the resulting time series and the analysis results. These visualized non-linear and non-stationary patterns of change are communicated to the clients and therapists during the ongoing therapy or counselling process. By this an additional, data-driven feedback loops are introduced to the system. Standardized questionnaires for process and outcome monitoring as well as idiographic questionnaires which are tailored to the client can be used. Individualized questionnaires are related the components of the problem system which is reconstructed by the method of the idiographic systems modelling. This workshop illustrates this integrative practice-research approach by a single case study and empirical results on the evolving patterns of therapy systems.

An actual research project uses this internet-based process monitoring (called Synergetic Navigation System, SNS) to identify order transitions in self-organizing human systems. In parallel, evolving brain patterns of the client are monitored by repeated fMRI scans. Results show that therapeutic order-transitions correspond to specific transitions of neuronal patterns. Future research should focus on the specific systemic qualities of the evolving brain, mirrored by functional and effective connectivity as well as synchronization patterns of neuronal networks.

Günter Schiepek, Univ.-Prof. Dr. phil. Dr. phil. habil. is the director of the Institute Synergetics and Psychotherapy Research at the Paracelsus Medical University Salzburg (Austria) and of the Center for Complex Systems (Stuttgart/Germany). Since 2008, he has been a professor at the Ludwig-Maximilians-University Munich and at the Paracelsus Medical University Salzburg as well as visiting professor at the Donau-University Krems and at the Alpen-Adria University Klagenfurt (Austria). Furthermore, he is a member of the European Academy of Sciences and Arts (Academia Scientiarum

et Artium Europaea) and an honorary fellow of the German Society of Systemic Therapy and Systemic Research, member of the scientific directory of the German-Japanese Society for Integrative Science. His main topics include synergetics and dynamics of nonlinear systems in psychology, management, and the neurosciences, process-outcome-research in psychotherapy, neuroscience of psychotherapy, Internet-based Real-Time Monitoring of change processes in different fields, social psychology management, and research in the measurement and development of human competencies.

No12 Lesley Verhofstadt (Ghent, BE); Jan de Mol (Louvain-la-Neuve, BE): How can fundamental research on couple, family and therapeutic relationships inform systemic psychotherapy

Convener: Lesley Verhofstadt (Assistant professor of Family Psychology at Ghent University, Belgium; systemic psychotherapist; lesley.verhofstadt@ugent.be)

Discussant: Jan De Mol (Associate professor of Clinical Child and Adolescent Psychology at the Catholic University of Louvain-la-Neuve, Belgium; systemic psychotherapist; jan.demol@uclouvain.be)

The current symposium aims to discuss the relevance of basic psychological research –on couple, family, and therapeutic relationships- for systemic psychotherapy. More specifically, we invited the following researchers to present their research and to discuss the clinical implications of their work for couple and family therapists:

What are we fighting for? A Study on need frustration in couples

Vanhee, G.1, Verhofstadt, L.1, & Lemmens, G2.

1Ghent University, Belgium

2Ghent University Hospital, Belgium

The first contribution will focus on the results of a large-scale survey study on need frustration within intimate relationships, and the conflict dynamics (e.g., conflict frequency, conflict interaction cycles) resulting from it.

Personal and interpersonal consequences of training skills in decoding facial expression

Philippot, P.1, Power, M.2, & de Timary, P.1

1Université catholique de Louvain, Belgium

2University of Edinburg, UK

In a second presentation the results of two clinical studies examining the effects of training nonverbal skills in therapists and in patients will be discussed.

Parents' experiences of family building through anonymous sperm donation

Van Parys, H.1; Wyverkens, E.1; Provoost, V.1; De Sutter, P.2; Pennings G.1; & Buysse, A.1

1Ghent University,

Belgium

2Ghent University Hospital, Belgium

The third contribution involves qualitative research on parents' experiences of donor conception and the way this is reflected in parent-child communication.

Is there a transactional process between the caregiver's expressed emotions and the child's externalizing behavior?

Roskam, I., Stievenart, M., & De Mol, J.

Université catholique de Louvain, Belgium

The fourth contribution will focus on a three-wave longitudinal study testing transactional influences -bidirectional and recursive- between caregivers' expressed emotions and children's externalizing behavior.

Complementarity in the therapeutic relationship: An interpersonal perspective

Moors, F., & Zech, E.

Université catholique de Louvain, Belgium

In a final presentation evidence will be presented on how psychotherapists' interpersonal behavior influences their clients -through the complementarity process- and how this process impacts the therapeutic relationship.

Lesley Verhofstadt is an Assistant Professor of Family Psychology at Ghent University, Belgium. Her research efforts are focused around the development of a scientific understanding of the etiology of relationship dissatisfaction/distress in couples. She is a couple therapist and co-organizer of the Post-Graduate Program in Couple & Family Therapy at Ghent University.

No13 Harald Tuckermann; Thomas Schumacher (St. Gallen, CH): Cooperative systemic research on organizations and management: innovative methods

Our workshop „Cooperative systemic research on organizations and management: innovative methods“ aims to engage the participants in a dialogue about researching organizations taking the perspective of Luhmann's (2000) social systems theory. In particular, we are interested to think of possibilities to develop scientific methods from within a social systems theory framework. In our view, social systems theory is particularly promising to incorporate systematically different observer perspectives on an empirical phenomenon. Social systems theory provides the starting point to distinguish and relate the perspectives of researchers and practitioners that engage in empirical research, albeit in different roles. Social systems theory enables scholars to develop ways of handling the unbridgeable domains of academia and practice contributing to the discussion of rigor and relevance, addressing scholars' increasing interest in collaborative forms of research, and to further develop organizational research in social systems theory. To this end, we present the “reflexive systemic research”-heuristic (Tuckermann & Rüeegg-Stürm, 2011; Tuckermann, 2013) that frames research as a communicative process. Second, we demonstrate how to include different observers systematically by means of a “learning journey” (Schumacher et al., 2010; Schumacher, 2013). Third, we embark on an open conversation with the participants on social system theoretical methods to investigate organizational phenomena.

Dr. oec. HSG Harald Tuckermann, Diplomökonom, Leiter Forschungsprogramm „HealthCare Excellence“, Vize-Direktor des Institut für Systemisches Management und Public Governance (IMP-HSG), Universität St. Gallen. Seit 15 Jahren vielfältige Erfahrungen in systemischer Organisationsforschung und -beratung (u.a. Ärztenetzwerk, Kantons- und Regionalspitäler) an der Universität Witten/Herdecke, Southern Cross University (Australien) und der Universität St. Gallen; universitäre Lehre seit 2007 an der Universität St. Gallen, Leibniz Universität Hannover und Universidad de Los Andes (Kolumbien); sowie seit 2008 executive education zum systemischen Management von Organisationen des Gesundheitswesens in Schweizer Kantonsspitalern

No14 Rüdiger Retzlaff (Chair / Heidelberg, DE); Kirsten von Sydow (Hamburg, DE); Peter Stratton (Leeds, UK); Henk Rigter (Leiden, NL); Howard Liddle (Miami, USA): Evidence based systemic research and practice

Systemic Therapy is an evidenced based psychotherapeutic approach, and is widely used in inpatient and outpatient therapeutic practice in many European and non-European countries (e.g. USA, Canada, or China).

“The discussant of this panel have, each in their own way, contributed to the acknowledgement of systemic therapy as an evidence-based treatment. Reviews by von Sydow, Retzlaff et al., Carr, Stratton, as well as the continuous research effort of Liddle in the USA and Rigter et al in Europe consistently show that systemic treatment approaches are efficacious, cost effective and can make a highly valuable contribution to health care systems.

In this symposium, we will discuss the discrepancy between the sound evidence-base of systemic therapy, which is a scientifically acknowledged treatment, and the hesitation of health care providers and insurances in Europe to include it in the list of reimbursement treatments. Implications of evidenced-based research for health care providers, for the practice of systemic therapy, for training programs in systemic therapy as well as psychotherapy training in general will be discussed.

No15 Matthias Ochs (Chair / Wiesbaden, DE); Lucie Hornová (Prague, CZ); Julia Hardy (Budapest, HU); Andrea Goll-Kopka (Heidelberg, DE); Gail Simon (Bedfordshire, UK): Brainstorming on Research Ideas for Systemic Practitioners

No16 Jaakko Seikkula (Jyväskylä, FI): Embodied “dance” in multiactor therapeutic dialogues

The contemporary research on intersubjectivity has widened our understanding of the power of dialogue as embodied experience through which we become human being in relation to others and these relationships become our structure. This process starts in the very first inhaling of new born baby when she becomes connected with those nearest to her in an active way. In intersubjectivity research there has been some focus - but all too small - on multiactor dialogues. Seeing the power of multiactor dialogue - as therapy meeting with families in psychotic crises in Open Dialogue approach - has supported my hypothesis of the basis of human life as being part in polyphonic triangular settings instead of looking at dyadic situations only.

In my presentation I will emphasize the aspects of intersubjectivity in multiactor dialogues and experiences in Open Dialogue approach in most severe crises. I will also describe the research project Relational Mind in events of change in multiactor dialogues, in which we are looking at the inner and outer dialogue and the autonomic nervous system mutual attunement of both the couple and the therapists. This project has been started in the University of Jyväskylä and joint in two other research centers in Germany and Greece and is part of the co-operation of the European Family Therapy Research Group.

Jaakko Seikkula has been mainly involved in developing family and social network based practices in psychiatry with psychosis and other severe crises. Since early 80's until 1998 he was a member of the team in Western Lapland in Finland for developing the comprehensive Open Dialogue approach, which Jaakko has been studying both concerning the processes of dialogues and the outcomes in treatment of acute psychosis. Recently ideas of open dialogues have been applied in social work with children's problems, in organization consultation, supervision and teaching. Research has focused on outcome and process studies on family therapy of psychosis and depression and social network interventions. Concerning outcome studies in psychotherapy the main focus is on developing methods for naturalistic designs to see how the psychotherapy affect in real world clinical practice. Another line of developing and research has focused on research methods for dialogues in family therapy settings for which new method –Dialogical Methods for Investigations in Happenings of Change – has been developed. The main aim is to develop tools for making sense of what happens in multi actor dialogues, especially focusing on the responses in dialogues.

No17 Feedback, Reflection and Cooperation in Systemic Therapy (Chair: Bente Barstad)

Camilla Jensen Oanes (Kristiansand, NO); M. Borg (Drammen, NO): User involvement through structured feedback in therapy: therapists' expectations concerning alliance and therapeutic presence.

The systematic use of structured feedback regarding process and progress variables from clients to therapists in clinical practice is small. This is surprising relative to the research findings that such feedback procedures positively affect outcome. The substantial work of Everett M. Rogers about identifying different categories of adopters of innovations reveals that the individual's attitudes or beliefs about an innovation have much to say in regard to whether or not an innovation is incorporated into practice.

The present study aimed at identifying and exploring CFT therapists attitudes and expectations towards how an agreed upon assessment and feedback procedure (STIC) that was about to be implemented at three family therapeutic sites in Norway would affect them in their daily clinical practice. We used a qualitative design with focus group interviews and a phenomenological/hermeneutic analysis. The identified attitudes and expectations revealed that these therapists were open minded and curious about the new feedback procedure, but also strongly concerned about how the procedure would affect alliance building and maintenance and their sense of therapeutic presence. The results suggest further research to explore the connection between attitude/expectation and experience with the STIC feedback procedure and other feedback systems.

Ottar Ness (Buskerud, NO): Therapists learning together: a collaborative learning project

Research on family therapy has generally focused on how specific therapeutic practices (e.g., CBT) have yielded outcomes and effects from therapeutic conversations consistent with each practice. In this presentation I outline experiences and outcomes from my recently completed PhD research. This research examined how family therapists collaborated to develop and optimize new therapeutic practices (Johnella Bird's relational language approach) while working together with families, and each other. Borrowing ideas from action research, social constructionist thought, and discursive psychology we examined how therapists learned how to enhance their use of Bird's therapeutic practices: from viewing their videotaped use of these practices, from client feedback, and from collaborative and personal reflections. I share our analyses of this collaborative learning process, as it related to developing proficiency in using Bird's conversational practices by a group of family therapists in Norway. We conclude with recommendations for how members of therapeutic communities can learn from each other, and enhance family therapy, from multiple sources of practice-based evidence in contrast to more conventional approaches to learning therapeutic practices.

Katharina Fagerström (Helsinki, FI): The FIKTIVE-method – Use of fiction in inter-professional knowledge production for professional networks

In my research about expertise in recognising families with substance misuse related problems in professional networks I developed the FICTIVE method (2010), which is a dialogic model based on systemic thinking. The research design consisted of reflective workshops for focus groups of practitioners from the fields of substance misuse treatment, school social work and child welfare services. The dialogic and reflective processes for questioning the needed expertise was stimulated by fictive novels about children growing up in families with alcoholism, drug addiction and other social problems.

Fictive novels and film materials have been used earlier in professional training for the purposes of widening professional perspectives (Taylor & White 2006). It is this need for dialogic, reflexive, reflective and systemic approach idea that brings us to Mikhail Bakhtin's all-important distinction between "explanation" and "understanding" in the context of how knowledge is generated and constructed in social work practices. Explanation in Bakhtin's terms is monologic and premised on the assumption that we come to know something first through empirical investigation and then proceed to explain our findings to others. Explanation is abstract and quite independent of its addressee, because only one active subject, the explainer; is involved. Understanding on the other hand occurs where there is an exchange, a response, an answer back, perhaps also resistance (Irving & Young 2002).

Dialogue can also be seen as discourses competing for their place in the center and forcing other discourses to the margins (Baxter 2011; Marková et al. 2007). Through critical reflection these power struggles are identified on all systemic levels, from personal on micro level to societal structures on the macro level.

In the brief oral presentation the FIKTIVE-method will be presented and how fictive literature has been used in inter-professional networks and later film in teaching social work for university students.

Rolf Sundet (Drammen, NO): Patient-focused research supported practices in two family therapy teams: What happens?

There will be reported from two qualitative study investigating family therapy practices where monitoring process and outcome is a central ingredient. Using two measures (the Session Rating Scale & the Outcome Rating Scale) developed by Barry Duncan, Scott Miller and Jacqueline Sparks, the therapists are provided with feedback from the clients/families on process and outcome. The use of these two measures are now accepted as an evidence based practice. Possibilities and challenges, opportunities and problems, and manners of use and misuse concerning this practice will be attended to. Both studies confirms that these measures functions as conversational tools and this brings an evidence based practice in close contact with dialogically and collaboratively oriented family therapy. The knowledge and information generated from these two studies will be used to reflect on the relationship between these two directions within family therapy.

No18 Wolfgang Tschacher (Bern, CH); Thomas Fuchs (Heidelberg, DE): Embodiment and (systemic) psychotherapy

In recent years, the ideas of Embodied Cognition and Enactivism have been increasingly discussed in the fields of psychology, cognitive science and the social sciences. Embodiment means that the mind is not well represented by the 'computer metaphor' of cognition, simply because functional minds are always embedded in bodies. Research has provided empirical evidence for the multiple ways in which the body influences mental processes. This is true at the level of the individual person, affecting his or her social cognition, emotion and behavior; beyond the individual level, however, embodied cognition has obvious implications for social interaction. Studies on imitation, social contagion and social synchrony support the relevance of embodiment in the social context. We will report recent studies that have shown that nonverbal synchrony – the coordination of patient's and therapist's movement – contributes to relationship quality and to outcome in psychotherapy. Such empirical findings can be grounded theoretically, especially with reference to the philosophical school of phenomenology, where social embodiment (as intercorporeality) has been a foundational concept. The enactive approach in the philosophy of mind is strongly influenced by this phenomenological tradition.

Starting from the acknowledgement that many systemic interventions, such as sculpture work and family constellations, are explicitly rooted in the bodies of members of the therapy system, we will claim that embodiment should be dealt with as a common factor of psychotherapy, which is in need of targeted research efforts. Whereas it may appear self-evident to psychotherapy practitioners that posture, gesture, facial expression and prosody are highly relevant, there is as yet very little systematic research on these aspects of embodiment in psychotherapy. It is therefore in the best interest of systemic psychotherapy to support the embodiment approach and analyze how systemic techniques rely on, and can contribute to, principles of embodiment.

Wolfgang Tschacher, born in Germany, studied psychology at Tübingen University, PhD 1990. Training in systemic psychotherapy, Institute of Family Therapy, Munich. Habilitation in psychology and *venia legendi* 1996, University of Bern, Switzerland, professor 2002. Currently at University Hospital of Psychiatry, head of Department of psychotherapy research. Main interests: psychotherapy research, time-series methods, experimental psychopathology, with a focus on dynamic systems, embodied cognition, self-organization. Organizer of the 'Herbstakademie' conference series on systems theory in psychology.

No19 Christiane Schiersmann; Heinz-Ulrich Thiel (Heidelberg, DE): Modelling complex systems – an instrument for analysis and change

System modelling is an instrument which allows to

- characterize the factors that influence a given situation or problem
- analyze the interaction of these factors and to
- derive solution strategies from this analysis

The method can be supported by diverse software tools.

In this symposium we will introduce the background of this method and the procedure to work with it based on an example. Afterwards there will be the opportunity to briefly test this instrument in small group based on real cases.

Prof. Dr. Christiane Schiersmann: Professor for Adult Education and Counselling at the University of Heidelberg

Dr. Heinz-Ulrich Thiel: Counsellor for Organizational Development, was at the faculty of Social Science of the University in Göttingen responsible for research and teaching in the field of counseling

No20 Maria Borcsa, Aarno Laitila, Juha Holma, Jaakko Seikkula, Peter Rober, Jarl Wahlström (European Family Therapy Research Group: EL, DE, FI, BE): Qualitative Research in Couple and Family Therapy: Multiple Perspectives on the Therapeutic Process

This workshop aims to foster a dialogue between different approaches to qualitative process research in family therapy embracing discursive, hermeneutical, narrative, dialogical and embodied perspectives. We will present part of the broader work undertaken by eight members of the European Family Therapy Research Group (EFTRG), an international group of clinicians and researchers who aim to exchange and expand their theoretical, methodological and clinical understanding of processes of change in couple and family therapy. Each presenter will focus on their reading and method of analysis of the same four couple therapy sessions (transcribed and videotaped) with Victoria and Alfonso, a multicultural and multi-language young couple in which the woman presents with depression, and their two therapists. By proposing a particular lens for constructing and studying the unfolding of the same therapeutic encounter each presenter will address a different aspect.

Through the presentation of these diverse yet intertwined readings, we will explore possibilities and implications of integrating approaches for both research and clinical practice.

The European Family Therapy Research Group (EFTRG) was funded in 2011 at the University of Jyväskylä during a workshop-conference on family therapy research in Europe. The participants gave a first joint presentation during the 1st International Conference on Dialogical Practices “In the Dialogical Moment: words, emotions, movements and silence” from 22-24 September 2011 in Helsinki, Finland. The workshop with the title: Exploring dialogue in couples therapy: An exchange of voices was presented by Evrynomi Avdi, University of Thessaloniki Greece, Jaakko Seikkula, Juha Holma, Aarno Laitila and Jarl Wahlström, University of Jyväskylä Finland, Maria Borcsa, University of Applied Sciences Nordhausen Germany, Valeria Ugazio & Lisa Fellin, University of Bergamo Italy, Peter Rober, University of Leuven Belgium and Joao Salgado, ISMAI – Instituto Superior da Maia, Portugal.

Further presentations of the group took place at the Qualitative Research on Mental Health Conference, The University of Nottingham, Nottingham UK, 3-5 July 2012 and at the SPR- Society for Psychotherapy Research , 3rd Joint Meeting of the European and the United Kingdom Chapters from October 10-13 2012 in Porto, Portugal.

EFTRG was successful in receiving a funding from the Academy of Finland in the Human Mind Programme. Project title: “Relational mind in events of change in multiactor therapeutic dialogues” Principal Investigator: Jaakko Seikkula, University of Jyväskylä Finland (APPLICATION No.265492).

No21 Sarah Amoss (London UK): A practice to systemic research journey

A Practice to Research Journey

Exploring Blame in Families Affected by Psychosis

Aim of the workshop

In this workshop I hope to achieve two things. Firstly, to share my experience of how stepping into the world of research has enriched my life as a clinician. Secondly, to show how Conversation Analysis and Membership Categorization Analysis offer a fruitful approach to therapy process research.

The research

In family therapy, our theories urge us to take a non-blaming stance and to diffuse blame in families. As a family therapist working in an adult mental health context I often struggle to achieve this ideal. Families often come to therapy blaming each other and hoping for an expert to take their side. In families affected by psychosis frequent underlying questions are “Is this person mad or bad?” or “Whose fault is it that he is ill?” My question is this. How do we, as members of a wider culture where blame permeates every sector of life manage the discourses of “no blame” in our particular sub-culture of systemic psychotherapy?

Workshop content

I will describe how I turned my clinical dilemma into a research design that was achievable as a single novice researcher. I will then give a brief introduction to Conversation Analysis and Membership Categorization Analysis and illustrate their application to therapy process research with some findings from my research.

Participants will have an opportunity to try their hand at applying Conversation Analysis to a small piece of transcript and to discuss the implications for their own work.

Sarah Amoss is a Systemic Psychotherapist who works in an Adult Mental Health context in an NHS Trust in North West London. She also works in a children and families setting at the Tavistock Clinic in London where she is completing her clinical Doctorate in Systemic Psychotherapy.

No22 Arlene Vetere (Surrey, UK); Rudi Dallos (Plymouth, UK): Interacting Stories – Narrative Approaches to Research

Abstract: The symposium will present an overview of contemporary research using innovative systemic narrative research methods. It will present current developments in this area with examples of research that both illustrate and illuminate lived experience and that have direct clinical application.

Programme:

1. Interacting Stories: Systemic narrative approaches to research – An introduction to the symposium and to innovation in narrative research methodology

Rudi Dallos and Arlene Vetere, University of Plymouth and University of Surrey, UK

2. A narrative analysis of adolescent in-patients' stories about accessing social support during their journey into a psychiatric hospital

Jo Taylor, University of Surrey, UK

3. A multi-lens narrative analysis of foster carer stories: To inform psychological practice in supporting the relationships between looked after children and their carers

Anna Tissandier and Arlene Vetere, University of Surrey, UK

4. Psychological recovery from assaultive injury among males of South Asian origin: A narrative analysis

Laura Marshall and Kate Gleeson, University of Surrey, UK

5. A narrative study of the lives of women who experience anorexia nervosa.

Rudi Dallos and Ruth O'Shaughnessy, University of Plymouth, UK

Arlene Vetere is professor of clinical psychology at Surrey University, UK, and visiting professor of family therapy and systemic practice at Diakonhjemmet University College, Oslo, Norway. She published 'Researching Psychotherapy and Counselling' with Rudi Dallos in 2005 and specialises in teaching and supervising the qualitative research methodologies.

No23 Paula Boston (Leeds, UK): Making manuals manageable – philosophical and practical issues of working with systemic complexity in a randomized control trial.

Many systemic therapists have an ambivalent relationship with the concept of manualized therapy. On the one hand, they see the need for evidence to support the provision of systemic approaches while on the other hand, there is the concern that a manualized therapy will be too restrictive. This symposium will offer an overview of the development of a systemic family therapy manual for the treatment of adolescent self harm (SHIFT) which attempts to address those concerns. The presentation will include the process of the creation of the manual itself, the development of adherence measures, responses to 'real world research' issues and the trial training and supervision elements. Participants will be offered brief vignettes based on some of the dilemmas that have arisen in the trial in order to consider how they might be engaged with in their own country and practice contexts. There will also be an opportunity to discuss their experiences and current questions with regard to manualized treatment.

Paula Boston is a Senior Lecturer and Qualified Family Therapist. She is the Director of Family Therapy training at the University of Leeds, UK. She has worked as a trainer and clinical supervisor since the mid 80's. She has an interest in Narrative therapy and in the processes of live systemic supervision. She was one of the original contributors to the Leeds Systemic Family Therapy Manual (Stratton, P., Pote, H., Cottrell, D., Boston, P., Shapiro, D., and Hanks, H. (2000). The Leeds Systemic Family Therapy Manual, Leeds, LFTRC.) and is currently involved in the creation of and supervision of manualized family therapy in a large RCT which compares treatment of families in which an adolescent has self-harmed with treatment as usual.

No24 Knowing what we are trying to achieve: Indicators of systemic functioning of families and organisations (Chair: Peter Stratton)

Peter Stratton (Leeds, UK): Assessing therapeutic progress through quality of life in the family system: The SCORE Index of Family Functioning and Change

The SCORE represents a fully systemic approach to measuring the effects of family and couples therapy. Having now been validated for this role, it is also being found to have substantial value as a clinical tool, and to offer many possibilities for researching family functioning.

Family members aged 8 years upwards report on aspects of interaction within their family that have been selected for their relevance to strength and functionality of the family. While other measures can record levels of symptoms, the SCORE puts to the test the systemic assumption that problems of individuals can arise from the functioning of family relationships and that sustaining therapeutic gains depends on a more favourable family environment. Our latest data from 239 families found that SCORE-15 improved significantly after just three sessions of systemic family or couples therapy. A survey of therapists who had used SCORE showed the experience was usually very positive. Some new resources are available for users of SCORE: A detailed account of how to use it in research; how to use it to facilitate the therapeutic process; examples of wording when introducing it to families; Excel and SPSS formats for recording data. Current innovations that I hope to discuss include: visual presentations for clients and managers; ongoing research projects such as exploring the relationship

of SCORE to measures of wellbeing and happiness; data from ordinary families and being able to specify clinical cut-offs. I conclude with a proposal for a Practitioner Research network by which we can combine data from across Europe. Full documentation of how to use SCORE, its evidence base, and five videos introducing SCORE-15; demonstrating administering SCORE-15 to families; and ways of processing SCORE data are available on the AFT website <http://www.aft.org.uk/view/score.html> . You can join our discussions by emailing aftSCORE+subscribe@googlegroups.com.

Corina Aguilar-Raab (Heidelberg, DE): EVOS – Evaluation of social systems scale

EVOS is a short, standardized questionnaire measuring changes of the quality of relationships and their effectiveness in different social systems such as couples etc. Within the theoretical development phase the main aim was to possibly assess on multiple levels and at the same time take into account a non-normative approach. It is thus the objective of the presented studies to provide the systemic research and counsellor community with an adequate tool assessing “system quality” for further diagnostic and effectiveness research and corresponding practical applications.

EVOS comprises two subscales: (1) *quality of relationship*, which is based on theories of functional social systems (Beavers et al., 2000; Olsen et al., 1985) and others, and (2) *collective effectiveness*, which theoretical dimensions refer with regard to necessary stages in successful systemic therapy (von Schlippe & Schweitzer, 2011) and to the concept of collective efficacy (Bandura, 2000).

In a first study a non-clinical sample (N > 500) was tested to undertake item selection (reduced from 80 to a 10 items version). A second study was conducted on the basis of a non-clinical sample, N > 500, to validate the factor structure and test quality criteria. Construct validity was measured using measures of *General Life Satisfaction* (Fahrenberg et al., 2000), *Family Questionnaire* (Cierpka & Frevert, 1995) etc. A third randomized-controlled study is currently being carried out to test the sensitivity to change of the EVOS as well as the effectiveness of a short systemic intervention for couple or family issues or problems (N > 20 social systems).

Good psychometric properties were found. Exploratory factor analysis led to a two-factor solution and a confirmatory factor analysis showed the best fit for a two-factor model. Overall good reliabilities were observed. Criterion and construct validity were highly demonstrated as well as sensitivity to change (internal and external responsiveness: SES, SRM, GRI, Norman’s S; sensitivity of reliability).

EVOS is a reliable, valid and economic tool measuring the perceived quality of relationship and effectiveness in personal (and organizational) social systems, which is highly sensitive to change. A study to assess test-quality criteria of the external rating version EVOS-E is currently taking place.

Dr. Corina Aguilar-Raab (Dipl.-Psych., graduated psychologist) is a post-doc researcher at the Institute for Medical Psychology, Centre for Psychosocial Medicine, Heidelberg University, a psychotherapist (in training, psychodynamic therapy) and a couple and family counsellor as well as a yoga-teacher and palliative care provider. She got her doctorate (PhD scholar scholarship granted by the German National Academic Foundation) constructing and validating a new questionnaire

Heidelberger Drogenbögen (HDB) capturing illicit-psychoactive drug consumption patterns and drug-related knowledge. Since 2011, she has developed a new “systemic” questionnaire EVOS (Evaluation of Social Systems) assessing quality of relationship and collective efficacy applied to different social systems. Main research topics currently include social interactions and systemic psychotherapy within the context of psychotherapy (effectiveness) research, health psychology and prevention, as well as meditation and mindfulness research.

Christina Hunger-Schoppe (Heidelberg, DE): Measuring Change in Personal and Organizational Systems with the Experience In Social Systems Questionnaire (EXIS)

Aim: According to the theory of systemic constellations, fundamental dynamics of experience in social systems are the sense of belonging, autonomy, accord and confidence. These dimensions, separately, are well studied in social and personality psychology. The goal of this study was to conceptualize a unique economic instrument that is sensitive to measure changes on the dimensions mentioned above in personal and organizational systems. Methods: Data is taken from the general adult population ($n > 600$) and from a randomized clinical trial on systemic constellations ($n > 100$). Construct validity was measured using the Outcome Questionnaire (OQ-45), Tool for the Evaluation of the Psychotherapeutic Progress (FEP), Questionnaire on Vocational Patterns of Behavior and Experience (AVEM), Social Support Questionnaire (F-SozU). Sensitivity to change was measured post Family Constellation Seminars in a single-group and randomized controlled study. Results: In CFA, a four-factor bilevel-model including a general factor and the four dimensions showed the best fit. Good reliabilities were observed. Criterion and construct validity was demonstrated. Two-week and four-month sensitivity to change was observed post Family Constellation Seminars (ES, SRM, GRI, Norman’s S). Discussion: The EXIS is a reliable, valid, sensitive to change and economic tool to measure change in the experience in personal and organizational social systems.

No25 Innovations in the context of systemic approaches (Chair: Tom Levold)

Helena van Parys et al. (Ghent, BE): How do lesbian parents and their children experience family communication around donor conception? A multi-perspective qualitative study

In the context of lesbian parenthood after donor insemination (DI), it is presumed that disclosure of DI is evident. The ways in which this donor conception is discussed and the parents' presuppositions, expectations, or feelings about the disclosure, have not yet received much research attention. In this brief communication, we present the findings of a qualitative research project including both parents and children’s voices with regard to the family communication about donor conception. Participants were recruited via the Department of Reproductive Medicine of the Ghent University Hospital. First, the narratives of ten lesbian couples with children aged 7 to 10 years old were analyzed using Interpretative Phenomenological Analysis. The child’s questions about the donor conception seemed to be an important cue for parents to either start or continue the dialogue with their child about this topic. Our data suggest that there are differences between dialogue-initiating parents and non-initiating parents. The initiating parents started out by offering the child some information about the donor conception. The non-initiating parents explicitly waited for their child’s questions to start this process. Second, we analyzed interview data of the lesbian couples’ children. These analyses focused on the child’s understanding of the donor conception and the way the child experienced family communication about this topic. Finally, dyadic interview analysis was used to compare both

accounts of parents and children in each family. In our discussion of the findings of these three analyses, we relate this qualitative systemic study to the broader issues of family secrets and selective disclosure in families and discuss how our findings can inspire family therapy practice.

Ciara Cassells et al. (Dublin, IE): Counselling for Adolescents with Conduct and Emotional Problems

Epidemiological studies show that up to a quarter of adolescents suffer from psychological disorders. Family therapies are a popular method of treating a range of adolescent disorders. This study evaluates a model of therapy, Positive Systemic Practice (PSP), developed over forty years at Teen Counselling and implemented in six centres in Dublin, Ireland with adolescents (12-18 years) and their parents/carers. An archival audit of Teen Counselling established demographic characteristics, clinical problems, referral sources, patterns of counselling, service usage and clinical outcomes of cases treated with PSP at Teen Counselling, between 2007 and 2009. A second study is evaluating the model within a controlled trial and aims to involve 134 families. Adolescents, referred to Teen Counselling with significant psychological problems, are allocated to Treatment and waiting list Control groups. Teenagers and their parents in the Treatment group complete psychometric measures of adolescent and family adjustment prior to intake, after 9 sessions of counselling over 16 weeks and at 6 month follow up. Control group families are evaluated when first placed on the 16 week waiting list and again prior to intake. Preliminary results indicate that families in the Treatment group report significant improvements following counselling which are maintained at follow up. Adherence to the treatment model is being rated using audio recordings of counselling sessions and client satisfaction with the Teen Counselling service is also being measured. No changes have been reported by families in the Control group. This study aims to establish PSP as an evidencebased model of family therapy.

Valeria Pomini (Athens, EL): Clients' opinions about family therapy and its setting

What family members think about their experience of family or couple therapy? How they perceive the one-way-screen and the other elements which mark the "classical" family therapy setting? How much comfortable they feel with the presence of two therapists in the room and their colleagues behind the screen?

The literature didn't give many answers to these questions, thus we decided to investigate our clients' opinions about our mode of family therapy and our setting, through a questionnaire, the Client's Opinion Form (COF), which was created by the authors for the aims of this study.

A sample of 72 families running therapy at the Family Therapy Unit was included in the study. Each family members attending the last sessions of the therapeutic process was asked to fulfill the questionnaire, after giving informed consent.

Of the 72 families, 12 families dropped-out or didn't come to the last planned session, the remain 60 families, with a total of 143 members, answered the questionnaire.

The results will be discussed, together with the limitations of the study and the need of further research.

No26 Systemic research perspectives on organisations: family business research I (Chair: Arist von Schlippe)

Family business research is quite a young field in economic studies. A „systems view“ is agreed upon widely to be the best approach, but research that explicitly is based on systems theory still remains scarce. The panels Systemic research perspectives on organizations: family business research I and Systemic research perspectives on organizations: family business research II bring together European researchers who try to relate to systemic theory in their approaches. The forums might be visited separately but they together are meant to introduce into an interesting and ambitious field.

Alberto Gimeno (Barcelona, ES): Structural risk and mental models in family business research

Lisen Kebbe (Visby, SE): Dialogical action research as intervention in family business succession

Family businesses are the backbone of the Swedish economy but like in the rest of the western world is starting up of the succession process a high threshold which is risking the continuation of many businesses. Lisen will present her succession work with business families and share her reflections over why family business research is important for her. She shows how she is using Dialogical Action Research in her own practice of family consultations to continually develop ways of engaging families in constructive and meaningful talk about the life of the business in their families, past, present and future. An important aim in Lisen's work is to support families during the succession process in "thickening the delicate thread of relationships" (Imelda McCarthy, EFTA, Istanbul 2013). By turning upside down the common opinion that family business successions are points of disaster, her research shows how families come to see succession as an opportunity to come together to plan their futures.

Lisen will share illustrations from her doctoral research and from her present work in a farming area on the island of Gotland. In this innovative project, all business owners over 55 years of age are contacted by a multidisciplinary team comprising a psychologist (Lisen), a solicitor and an accountant and are offered the opportunity of conversations to start their succession processes.

Lisen Kebbe PhD and psychologist at Kebbe & Sandström in Visby, Sweden. She wrote her dissertation, "Keep the Conversation Going" on family conversations with the extended family during the succession process. She is a practitioner continuously developing her work through reflexive action research. Lisen is Visiting Lecturer at the University of Bedfordshire on the Professional Doctorate in Systemic Practice.

No27 Bianca Albers et al. (Copenhagen, DK): Multisystemic Therapy (MST) & Europe – a Match?

The State of implementation of MST in Europe

Facilitator: Bianca Albers, MSc, Development Consultant Family & Evidence Center, Copenhagen; Associate Director, Parenting Research Centre, Melbourne & ph.D. student, University of Melbourne

Introduction:

Multisystemic Therapy (MST) is an intensive family- and community-based treatment program that focuses on addressing all environmental systems that impact chronic and violent juvenile offenders - their homes and families, schools and teachers, neighborhoods and friends. Since the late 1990ies, a growing number of European countries have worked to integrate MST in their spectrum of services within mental health, juvenile justice, and social welfare. From being used mainly in the United States MST therefore surpassed to also be implemented in particular Scandinavia, the UK and the Netherlands, and in recent years in Belgium and Switzerland as well. With it came a number of studies investigating the program's effects, applicability and implementability within a European context. The symposium will introduce the latest major European research studies of MST, and highlight the main research discussions that have accompanied the implementation of the program in Europe.

Terje Ogden (Oslo, NO): What is the fit between MST and the Scandinavian Welfare Model?

According to the Scandinavian welfare model, which is based on the principles of inclusion, decentralization and participation, all children and youth should be granted the right to grow up in their home environment and attend their local school. The Child welfare services are mainly responsible for the treatment and care of antisocial youth, and have traditionally placed them in state boarding schools, residential treatment homes or group homes. This practice has been challenged partly because it undermines fundamental rights of the adolescents and partly because of discouraging results in outcome studies. The main ideas and values underlying the MST are compatible with the philosophy of the welfare state, by stating that adolescent should be offered treatment, assistance and services in their local community. MST supports a policy change, in which funding is redistributed from residential and institutional services to home and community-based services. MST offers comprehensive and individualized services within the least restrictive and most normative environment. According to the principle of empowerment, the families are full participants in the planning and delivery of services, and the rights of the adolescents are protected by effective advocacy efforts. MST has been implemented in Norway from 1999, and has demonstrated encouraging clinical outcomes and a high productivity, but also faced several obstacles and met fierce competition from more restrictive interventions.

Terje Ogden (PhD) is Director of research at the Norwegian Center for Child Behavioral Development in Oslo Norway. He is also professor of psychology at the Institute of Psychology at the University of Oslo. Ogden's main focus has been intervention research on evidence-based practices in the prevention and treatment of conduct problems in children and youth. His publications include articles on evidence-based treatments in the context of schools, child welfare and mental health services. He has also authored several books on the prevention and treatment of behavior problems

and on the development and promotion of social competence (see also www.ogden.no and www.atferdssenteret.no).

Stephen Butler (London, UK): What do we really know about MST? Reflections on the UK evaluations of Multisystemic Therapy

My involvement in the Brandon Centre and recent multi-site START evaluation of MST has been challenging and exciting learning about implementing randomized control trials in child mental health. This brief talk will focus on some of the key challenges that we have faced in our evaluations MST in the UK, as well as our attempts to help move the MST literature forward in developing our understanding of how to intervene effectively with young people showing serious antisocial behavior.

Stephen Butler is a Senior Lecturer in the Research Department of Clinical, Educational and Health Psychology at University College London. He was the research lead for the initial randomized control trial of MST in the UK recently completed at the Brandon Centre in London, and Project Coordinator for the START Trial, a large multi-site evaluation of MST being delivered in 9 sites across the UK led by Professor Peter Fonagy. His interest in MST has grown out of his broader experience as a scientist-practitioner working with young people and families in Canada and the UK, especially where young people show serious problems with antisocial behavior.

Bruno Rhiner (Thurgau, CH); Marc Schmid (Basel, CH): Implementation and Evaluation of MST-Child Abuse and Neglect in Switzerland

In 2007 we established the first German-speaking MST standard team in Thurgau, Switzerland, and in 2010 we started with MST- CAN (child abuse and neglect). This is an adaptation of MST to cases of families with younger children and families where parents suffer from severe mental disorders, struggling with their fundamental parenting behavior and the daily care for their children. Some specific interventions for parents and children that MST-CAN focuses on are therapeutic interventions, anger control trainings and installing safety plans for children. We will present our MST-CAN research conducted at the medical University of Basel and report our experiences with this evidence-based program in a German-speaking culture. The assessment focuses on parents, children and especially social workers of youth welfare agencies. First results seem promising- risk of child neglect measured with the child neglect index was significantly reduced. This improvement of parenting behavior could allow many children to stay with their families instead of going into out-of-home placement. Such reductions in foster and residential care placements would make MST-CAN a very cost effective program, saving between 12,000 - 66,000 Swiss francs per case. Due to the successful implementation of MST-CAN in Thurgau, other teams in Switzerland will be starting soon.

Bruno Rhiner, Dr. med., is the Head of the Child and Adolescent Mental Health Service Thurgau. Since 2007, he has implemented the first German speaking Multisystemic Therapy standard team, and in 2010 he established one of the first European MST-CAN treatment teams.

Marc Schmid is the lead psychologist at the Department of Child and Adolescent Psychiatry, UPK Basel and holds a lectureship at the psychological faculty at the University Basel. He also heads the Child and Adolescence Liaison Services. Since 2009 he has worked as a supervisor and lecturer for different academies teaching cognitive behavioral therapy.

No28 [see below Poster Session 1](#)

No29 Johannes Herwig-Lempp (Merseburg, DE): Simplify your Research

Many practitioners would like to do some research, but this sounds so complex, demanding and „scientific“ – and thereby a little bit scary. In this workshop we will develop – along the ideas and interests of the participants – some research projects, which are possible aside the traditional academic engine: everyone can be a researcher. Sometimes it is useful, to cast aside some assumptions about “research”, which can hinder us – and to concentrate on other relevant aspects.

Johannes Herwig-Lempp: Social Worker (Dipl.-Soz.päd.). Professor for social work science/ systemic social work at the University of Applied Sciences Merseburg. Experience as a social worker in various fields (drug consumers, mental health, family service). Director of the master program “Systemic Social Work” at the University of Applied Sciences Merseburg. Trainer, supervisor, author. www.herwig-lempp.de, johannes@herwig-lempp.de.

No30 Laura Fruggeri; Francesca Balestra; Elena Venturelli (Parma, IT): Bridging psychotherapy and research in Family Therapy

One of the challenges that the field of family therapy faces nowadays is bridging psychotherapy and research. As Oka & Whiting (2013) pointed out, the most critical issues concern the use of linear methods (focused on individuals instead of systems and interactions), and the gap between those who make research (academics) and those who see patients (clinicians). As both researchers and psychotherapists, we think that it is possible to overcome these difficulties. Through the use of selected material, this workshop aims at showing two different paths that address these issues, connecting systemic thinking, research and practice. The first path emerges from a study on the interactions of “non-clinical families” during their everyday microtransitions (Cigala, Venturelli, Fruggeri, 2013) and it illustrates how the dimensions of family functioning there investigated and validated can be used as clinical tools in order to analyze family dynamics and to generate new hypotheses and new conversational contexts.

The second path concerns process research on psychotherapy and its potential in defining clinical guidelines. Using a qualitative analysis of different Self positions expressed during therapeutic sessions, the study gives evidence to the fact that what happens in a psychotherapeutic conversation is not unilaterally constructed by the therapist, but it emerges as the result of the co-constructive process that involves clients, absent third parties and therapist. Following these findings, discussion will deal with the importance for therapists to become aware of the interactive space that their interventions contribute to create.

The two paths represent the two major issues challenging the family therapy field at present: how to apply research findings coming from studies on nonclinical families to the psychotherapeutic context; and how to do research on the psychotherapeutic process in order to describe how therapist and

clients work together to construct change. Both perspectives lead to elaborating therapeutic methodological principles or guidelines for therapists.

Video material will be presented and discuss with participants.

Laura Fruggeri is professor in Social Psychology and Psychology of Family Relations at the Department of Psychology. She has been head of the Department of Psychology and director of the PhD program in Psychology from 2005 to 2012. She is member of the Editorial Advisory Board of several national and international Journals in the family studies field and has presented at several national and international conferences, seminars and training courses.

She is senior faculty member at the Bologna Family Therapy Center, associate to the Milan Center founded by Luigi Boscolo and Gianfranco Cecchin with whom she has collaborated since 1980.

Within the PhD program in Psychology, she has also started a research project focused on the process analysis of therapeutic conversations.

No31 Henk Rigter (Chair / Leiden, NL); Howard Liddle (Miami, USA); Andreas Gantner (Berlin, DE) et al.: Multidimensional Family Therapy (MDFT) – research and state of implementation in different

16.30 – 16.40

Henk Rigter (Leiden, NL), Patrick Spapens (Brussels, BE), Leena Ehrling (Helsinki, Fi), Olivier Phan (Paris, FR), Andreas Gantner (Berlin, DE), Kees Mos (The Hague, NL), and Philip Nielsen (Geneva, CH).

MDFT in Europe: introductory notes on research and implementation

16.40 – 16.55

Olivier Phan (Paris, FR), Bruno Falissard (Paris, FR), and Henk Rigter (Leiden, NL).

Treatment satisfaction outcomes of the European INCANT MDFT trial

16.55 – 17.15

Kees Mos (Leiden, NL; The Hague, NL).

Introducing family oriented work processes in Youth Detention Centers and applying MDFT in residential - outpatient arrangements

17.15 – 17.35

Howard Liddle (Miami, USA).

Delinquency-related outcomes of recent U.S.-based MDFT trials

17.35 – 17.50

Andreas Gantner (Berlin, DE).

Implementation of MDFT in Germany: successes and barriers

17.50 – 18.00

Plenary discussion.

Widespread dissemination of evidence based approaches in adolescent substance abuse treatment is limited. One exception is Multidimensional Family Therapy (MDFT). MDFT is a systems treatment programme for clinically referred adolescents. It has been found effective on adolescent substance abuse, delinquency and truancy measures in a dozen controlled trials. MDFT addresses four domains/systems in the life of the youth, viz. the adolescent him- or herself, the parent(s), the family (adolescent and parents), and systems outside the family such as friends, school, work, leisure time groups, and police and justice authorities.

MDFT is manualized, yet flexible. A clinician's personal judgment remains essential. There are 2 sessions per week for 6 months, with the adolescent alone, the parent alone, the family (parent plus youth), respectively, and sometimes with third parties (school, etc.) present. MDFT therapists work in teams of 3 to 6 members.

The federal ministries of Health in Belgium, Germany, the Netherlands, Switzerland, and MILDT – the French government department responsible for substance use policies – decided 10 years ago to have MDFT tested in a controlled trial spanning five Western-European countries. The trial was dubbed INCANT. The results are now available.

In all national treatment sites, MDFT did better than the comparison treatment, which was individual psychotherapy (IP), on at least some major outcome measures. Most prominent was the strong ability for motivating adolescents and families into accepting and completing treatment. Notable, too, was the larger reduction of the rate of cannabis disorder in the MDFT group compared with IP across 12 months follow-up. INCANT MDFT therapists scored high on measures of treatment fidelity, proving that MDFT is transferable to Europe.

Backed by these favourable research data, we then sought to implement MDFT in European youth addiction care, youth mental health care, and youth (forensic) care practice. Implementing a treatment programme in a country requires adequate knowledge of national, regional and local policies and politics. For lasting implementation it does not suffice to have good research data or to win over therapists; one also needs the enduring support of the management of treatment centers and of policy makers at all levels of the youth care sector. We will discuss this in detail.

Since 2008, we have trained or have in training a total of 60 MDFT teams across seven European countries, with more to come. We have side-tracked North America, where MDFT was developed; the number of American teams is lower by now.

Andreas Gantner, Director of Therapieladen e.V. in Berlin, Psychologist (Msc), Psychotherapist, MDFT Trainer. 24 years clinical practice, research and publications in the fields of Prevention of substance abuse, Youth Care, and Addiction Treatment. Speaker for the "Working Group Addiction" in the DGSF (German Society for Systemic Therapy and Counseling).

No32 Gunhard Weber (Wiesloch, DE); Jan Weinhold (Berlin, DE); Andreas Reinhard (Berlin, DE): Efficacy of system constellations

Over the past decades, many forms of group-based psychosocial interventions – rooted in (systemic) psychotherapy but defined as group counseling – have emerged. One popular method is the system constellation (family constellation, organisation constellation). Despite its popularity empirical studies of system constellation are rare, most of them have not been published in scientific journals and show methodological shortcomings.

In this symposium the current state of affairs regarding the efficacy of system constellation is presented. Following a review of empirical studies, results of a RCT assessing the efficacy of system constellation regarding psychological health are summarized. Finally the benefits and pitfalls of researching system constellations as well as future study designs will be discussed.

No33 Gilbert Lemmens (Ghent, BE): Systemic multi-family group therapy: An evidence-based treatment option for depression?

Depression has an important impact on families. Parents, children and/or siblings are often burdened by the illness and different domains of the family functioning are affected. At the same time, the family remains the primary source of support for the depressed family member. But, substantial barriers to involve family members in treatment still exist. Multi-family group therapy may offer a valuable treatment option to create room for the stories of the families living with depression, to increase family resilience and to offer the families a more central role in treatment. Research suggest that multi-family group therapy may increase treatment response and may help the family members to become aware of the depressed patient's improvement more quickly. Further, different therapeutic factors such as the cohesion of the group, different observational processes, and guidance from the therapist have been reported. The depressed patients may benefit most from the multi-family group when they experience different kinds of behavioural interventions or activation (e.g. trying out new behaviour, learning by observation, guidance from therapist, modelling) and when their partners are able to make use of the different relational aspects of the group (e.g. feeling accepted and supported by the group, confidence in helping others, insight in connection between behaviour and childhood experiences). In conclusion, multi-family therapy is an effective treatment option for depression

Prof. dr. Gilbert MD Lemmens is a psychiatrist and family therapist and is head of the Dept. of Psychiatry at the University Hospital Ghent (Belgium). He lectures psychiatry and is a trainer in couple, family and systemic therapy at the Ghent University (Belgium).

No34 Systemic research perspectives on organizations: family business research II (Chair: Arist von Schlippe)

Family business research is quite a young field in economic studies. A „systems view“ is agreed upon widely to be the best approach, but research that explicitly is based on systems theory still remains scarce. The panels Systemic research perspectives on organizations: family business research I and Systemic research perspectives on organizations: family business research II bring together European researchers who try to relate to systemic theory in their approaches. The forums might be visited separately but they together are meant to introduce into an interesting and ambitious field.

Arist von Schlippe (Witten/Herdecke, DE): Family strategy across generations

Family strategy in family business (FB) is confronted with challenges that governance in public companies does not have to deal with: In FBs we find a specific complexity: the contradicting logics of entirely different social systems (business, family, shareholders) are not separated by clear context-markers (that mark a communication as “family” or “organisation”). So the persons frequently find themselves caught in a paradox. In this situation, to keep the family as a resource for the company, the logics of the organization, of the family, and of the shareholders must continuously be balanced.

FBs that have survived four generations or more, obviously succeeded in handling the paradoxes effectively. In our research we discussed with 12 large German FBs about their family strategies over two years. By analysing the solutions that the families have found across generations, we tried to understand the fundamental paradoxes that they tried to solve and the meta-strategies that they applied.

Arist von Schlippe: Graduation and PhD in psychology, postdoctoral lecture qualification in clinical psychology and psychotherapy, licensed psychological psychotherapist. 1999-2005 president of the "Systemic Society" (Berlin). For more than 20 years he had worked at the University of Osnabrueck as lecturer and researcher in clinical psychology. Then he took over the chair "Leadership and Dynamics in Family Business" which he holds since 2005. He is the academic director of the "Witten Institute for Family Business" (WIFU).

Audris Alexander Muraitis (Witten, DE): Emotions in family business

The main questions in this systemic research are: (1) how did the parties cope with the breaching of expectations, claims and disappointment within the joint venture? (2) How did negative emotions arise and (3) how did the joint venture finally fail?

Emotions normally are defined as a condition of humans. Only few studies focus on the dependency of emotions, expectations and claims (Stenner, 2004). Emotions may be interpreted as response to implicitness and diffuse expectations (Luhmann, 1985).

The study shows how expectations were constructed upon diffuse orientations and aesthetical categories of cooperation in the beginning of the joint venture. They were breached and disappointed during the process, until a turning point led to an immune reaction of the social system (Jansen, 2004) (Baecker, 2005) and a fight against the constructed 'enemy' in defence of the own family business.

The expectations in the beginning or during the due diligence process and the disappointment during the joint venture remained incommunicable for the mutually disappointed parties. The members of the family business felt unable to reach the other party and solve the problem. Several engagements to resolve communicative and organizational problems developed parasites (Luhmann, 1995) within the joint venture.

The presentation aims to discuss the major outcomes of the study and the method of the systemic approach.

No35 Renate Zwicker-Pelzer (Köln, DE); Heino Hollstein-Brinkmann (Darmstadt, DE); Franz Schubert (Mönchengladbach, DE); Jürgen Seel (Nürnberg, DE): Systemic Research and Consultation

Die Beratungsforschung wie die Beratungspraxis entwickelte sich hierzulande eher an der Therapie oder den Therapieschulen angelehnt. Sie fokussierte vornehmlich die Klient-BeraterIn-Beziehung und weniger die leitenden Themen der in der Beratung zu bearbeitenden Probleme, die zirkulären Prozesse in der Problembearbeitung und die Kontextvariablen der Lebensumstände und Lebenslagen

von Klienten und ihren Familien. Lediglich die Supervisionsforschung fokussierte in den vergangenen Jahren deutlich die arbeitsweltlichen Kontextvariablen.

Auch scheint es so, dass für die Beratungsforschung möglicherweise „geeignete“ und „weniger geeignete“ Forschungsmethoden auszumachen sind. Diese und weitere Fragen zu aktuellen Herausforderungen in der Forschung zur Beratung werden in dem Forum in einer Expertenrunde diskutiert und mit Beispielen unterlegt.

Renate Zwicker-Pelzer; Professorin für Beratungs- und Erziehungswissenschaften an der Kath.Hochschule NRW im Fachbereich Gesundheitswesen; dort u.a. Studiengangsleiterin des Master of Counseling. Seit 2012 stellvertretende Vorsitzende der DGSF; Gründungsvorstandsmitglied der Deutschen Gesellschaft für Beratung; Lehrberaterin, Lehrtherapeutin (DGSF) und Supervisorin (DGSv/DGSF).

[No36 see below Poster Session 2](#)

No37 Albert Neelemaann, Jan Bout (Assen, NL): Research into The Miraculous Triplication in couples' group therapy

In music strings vibrate and summon emotions, narratives and meaning. For therapy to have effect it needs to strike inner strings in those involved. In this workshop we'll offer some nuggets of experience and reflection on how the setting of couples group therapy influences the chords of our experience. Couples groups offer more levels of assessment, intervention and experience than usual couple therapy. A short résumé of research findings concerning couples group therapy will be presented, with a special focus on the endeavour of intensive programs in Belgium, Norway and the Netherlands.

Jan Bout is psychotherapist in private practice in Westerbork, the Netherlands. He is one of the founders of De Keerkring, an inpatient couples group program.

Albert Neeleman is clinical psychologist and sexologist and he is the manager of De Keerkring, expertise centre for Partner relation and psychiatry in Beilen, the Netherlands.

No38 Dominik Rosenauer (Wien, AT): Online systemic therapy – theory, research, practice

The internet promised to become a modern realm of future psychotherapy and where did it go? Which of the promises are broken? Which of the ideas could prosper? Is the internet a place yet to be discovered or should we leave it to others. What are the findings of internet research? And what are the participants' thoughts about offering their help online?

Research consistently shows that help offered online is very much appreciated by the public. Research shows that online counseling is similar in outcome compared to face-to-face psychotherapy. Why do we hesitate to use this tool?

How does the information of Edward Snowden affect the therapeutic approach - and how do they affect the clients?

Dominik M. Rosenauer is psychotherapist (systemic family therapy), psychologist in private practice, he published on online therapy in various journals in the last decade.

No39 Peter Rober (Leuven, BE): Researching what is not said: the therapist's inner conversation

In this presentation we will talk about our work on the therapist's self. First we will address some of the conceptual challenges in dealing with the therapist's self and focus on the concept of the therapist's inner conversation. Then we will address our research with the therapist's inner conversation. This research is qualitative, which means that it is not focused on testing hypotheses, but rather on noticing and describing things that as yet have not been noticed or described before. One of the main things our research has helped us to notice is the complexity of the inner conversation, but also its richness. Furthermore, our research has led to new ideas in the area of training and supervision. Also these will be touched upon on our presentation.

Peter Rober is clinical psychologist, family therapist and family therapy trainer at *Context -Center for marital, family and sex therapy* (UPC Leuven, Belgium). He teaches family therapy at the *Institute for Family and Sexuality Studies* (medical school of K.U. Leuven, Belgium). His research interest areas focus on family therapy with children and on the therapy process, including especially the use of self of the therapist and the therapist's inner conversation. Peter Rober published several articles in international family therapy journals. Since 1992, he has presented international workshops on family therapy with children and adolescents, as well as on the therapist's inner conversation.

No40 Jaakko Seikkula (Jyväskylä, FI); Jochen Schweitzer (Heidelberg, DE): Systemic Psychiatry in Europe

Projects on systemic psychiatry from Finland and Germany are presented and discussed and practitioners and researchers from other countries are invited to share their experiences, too.

No41 [see below Poster Session 3](#)

Poster Session 1 – Couples, families, outcomes

Katalin Topolánszky-Zsindely (Budapest, HU): About a healing island

The Bethesda KIDSz (Bethesda Early Childhood Intervention) is an institution that works with Systemic intervention and therapy. Due to its circumstances Bethesda KIDSz is a very special place since it is located on a healing/helping island. In front of the institution there is an elderly care home, next to it the Bethesda Children's Hospital and behind it the charity center which supports social institutions and social cases. Another institution which is located on the island is the Family supporter and Marriage consulting center. Maintainer of these institutions is the Reformed Church. Bethesda KIDSz is able to make the diagnosis on earlybird children by strictly working together with the hospitals specialists. Once every month there is a weekly examination for children aged 2-4 which happens in group and individual form as well in an interdisciplinary team. Babies (0-2) are also examined through a medical background, with an interdisciplinary team too in which children go not only through a neurological, neonatological examination but also a psychomotoric development measuring through which feeding advices and in some cases therapies are suggested.

For the families who visit us we try to give system approach, for giving the best providing the children's family. In the last years we started a research for better help for the families and for us to understand more what the exact difficulties are in their lives. On the poster we would like to show, describe the first results of the research along with the 'healing-island'.

Howard Liddle (Miami, USA): Multidimensional Family Therapy as an Outpatient Alternative to Residential Treatment for Drug Abusing and Delinquent Youth: A Randomized Controlled Trial

Context:

Residential treatment is the recommended intervention for substance abusing adolescents with comorbid psychiatric conditions who have not responded to outpatient services. Despite decades of scholarship, policy papers, and research calling for controlled comparisons of residential and community-based, outpatient treatments, few such studies have been done. Although considered logical candidates in the needed research of this nature, evidence-based family systems interventions have not been adequately tested as an outpatient alternative to residential care.

Objective:

To compare the efficacy of a family systems treatment, multidimensional family therapy (MDFT), with that of residential treatment (RT).

Design:

Intent to treat (ITT) randomized clinical trial with 18-month and 42 month follow-up and multiple dependent variables.

Setting:

Client's homes, university-based outpatient clinic, and a community-based residential treatment program.

Participants:

One hundred thirteen adolescents aged 13 – 17 referred to a dual diagnosis residential substance abuse treatment program.

Interventions:

MDFT includes family, individual, and parent interventions – see www.mdft.org. RT was delivered in a staff secure facility. Both treatments were designed to last 6 – 9 months.

Outcome Measures:

Comparisons of youth in MDFT and RT on 2 measures of substance use, 2 measures of externalizing problems, and 1 measure of internalizing symptoms.

Results:

Rates of 18-month study completion did not differ between MDFT (95%) and RT (88%). MDFT demonstrated similar or statistically superior outcomes on all areas of targeted change. In the early phase of treatment (intake to 2 months), youth in both treatments had significantly reduced substance use, externalizing symptoms, delinquent behavior and internalizing symptoms. Youth MDFT had a significantly greater reduction in internalizing symptoms. In phase 2, from 2 through 18 months after intake, youth in both treatments slightly increased symptoms. Youth in MDFT maintained their treatment gains in substance use and delinquent behaviors more than youth in RT. There were no differences in maintenance of treatment gains between the two treatments through 18 months for externalizing and internalizing symptoms.

Conclusions:

Multidimensional family therapy is similarly or significantly more effective than RT in reducing substance use, externalizing symptoms, delinquent behaviors, and internalizing symptoms, and, as such, is a clinically viable and safe alternative to residential treatment. Although serious and impairing clinical problems such as adolescent substance abuse are known to have a high post-treatment relapse rate, as has been the case in previous MDFT trials, the clinical outcomes achieved for MDFT youth from pre- to post treatment remained stable at 18- and 42-month follow up assessments.

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Céline Hinnekens (Ghent, BE): A Sense of Togetherness in Couples: A Pronoun Analysis during Support Transactions

The present study examined the hypothesized associations between couples' level of relationship quality and we-ness/separateness (two variables that reflect couples' sense of togetherness) in the context of support interactions. The concept of togetherness is operationalized by two lexical categories that reflect the pronoun usage during a conversation between partners: (a) we-ness (we-words; e.g. we, ours, our self), pronouns that refer to the couple as a collective entity and (b) separateness (you- and me-words; e.g. me, mine, you, yours), pronouns that refer to the individual

partner. The above mentioned associations were tested using a laboratory-based observational study within a sample of 50 heterosexual couples in long-term relationships. Couples provided questionnaire data and participated in two videotaped social support interaction tasks. Couples' videotaped interactions were subsequently coded for the amount of personal pronouns spoken by both partners (i.e. we-ness/separateness). Results showed that couples' self-reported relationship quality was positively associated with their level of we-ness, but not separateness, as expressed during their videotaped support interactions. Some possible theoretical and applied implications will be discussed.

Keywords: close relationships, dyadic processes, language and communication

Horst Brömer (Berlin, DE): The systemic approach in addiction treatment and the positive effects of family constellations: 30 years of experience in Tannenhof, Berlin

To report about family constellations as part of the inpatient treatment program for addicted people, age 20 to 36 years, should be part of the description of the systemic treatment approach in general. Family constellation work is seen as one aspect of the broader addiction treatment. The situation and ongoing rehabilitation process will be presented and analyzed. From a systemic perspective, addiction disorders are always also "family disorders" and a considerable strain on the family system. In Germany alone, over 2 million children suffer under their parents' heavy and/or dependent use of alcohol, drugs or medication. Treating addicted parents along with their children calls for a special treatment concept, as well as attendant structures and cooperation efforts.

The typical rules of these family systems:

- not seeing addiction as a taboo/as guilt, particularly where the children are concerned
- not to take responsibility and control away: how much control is required and where should responsibility be given?
- not talking about but with the persons concerned, and joint planning
- showing understanding for concerned parents and agreeing the children's protection.

The family constellation is one therapeutic offer among the broad program. The entanglements and hidden burden can be discovered and good solutions can be achieved. The analysis of the effects of family constellations are reported and discussed.

Method

All in all, data are provided for 639 children who were looked after at Tannenhof since 1982. In-depth analysis about children's and their parents' development in regard to the admittance period from 2003 to 2013 will be presented. Also the data about 225 individual constellations, from 2003 to 2013, are reported.

Conclusion

One can say in summary that the analysed data clearly confirm that the therapy's progress, treatment results and forecasts for rehabilitation patients who were in therapy with their children are significantly more successful.

The effects of family constellations are even more significant: those who did their family constellation are more successful in completing the inpatient therapy.

This also confirms the systemic therapeutic concept at Tannenhof.

www.tannenhof.de

Martos Tamás, Sallay Viola (Budapest, HU): The Personal Project Analysis Schedule for Couples (PPA-C) - first data for a new assessment tool

We present a new methodological tool for assessment of couples, the Personal Project Analysis Schedule for Couples (PPAS-C). We outline its theoretical background and the first empirical results of a questionnaire study using PPAS-C.

Theoretical background:

Goals and related self-regulation processes have been previously studied mostly at the individual level and systemic, couple-centered approaches to these phenomena are largely lacking. Therefore, the basic aim of our ongoing research is to place these concepts in the context of the relationship of a couple by connecting individual aspects of goal striving and functioning to the characteristics of the couple's relational dynamics.

Methodology:

The PPAS-C adapts individual measures of goal striving to a dyadic context. After individual elicitation of current personal projects, partners are asked to rate their own projects along a series of predefined individual and dyadic aspects of projects, e.g. perceived autonomy and competence support by the partner, the emotional impact and significance of the project in the relationship. In an ongoing questionnaire study we assess married and cohabiting couples with PPAS-C and other measures of mental health and well-being.

Conclusions:

An important potential of the expected empirical results is their future application in professional praxis. The newly developed PPAS-C questionnaire may be applied in couple counseling and therapy as a diagnostic and intervention tool, since it may shed light on how a certain couple's relationship has impact on their individual goals, and, in turn, how these characteristics may have an impact on the quality of the relationship.

Key words: self-regulation, personal projects, dyadic assessment, empirical research, intervention

Heidi Eckrich (St. Gallen, CH): Positive effects of a systemic education in adolescent psychiatry staff

Introduction

To work in an acute adolescent psychiatry unit means being confronted with very challenging situations. Internal problems such as staff shortage, dysfunctional communication, and external conditions like conflicting requests, e.g. help versus control, may lead to dismissals, increased rates of absence due to illness, inefficient learning from mistakes, focusing on problems and deficits, violence and early termination of treatment.

The aim of this study is to investigate whether a multi-professional team education with systemic techniques in conversation and negotiation, understanding interaction processes and recursivity helps to reduce the above mentioned problems and to raise satisfaction of staff as well as patients.

Methods

The trial was done in a pre-post design. Standardized questionnaires on job satisfaction, just before and half a year after team education (6 days within 6 months) and also 5 years later, were given to the team. Guided interviews (what is useful in clinical practice?) completed the survey.

Results

The multi-professional training intensifies interdisciplinary cooperation. It results in an increased appreciation of the nurses and physicians involved. Staff burnout decreased during the research period and also 5 years later, task orientation and security within teams increased. New modes of formal meetings, e.g. systemic handing over, are helpful. Especially the adolescents embrace in every time being member of their own case conferences.

Conclusion

Interdisciplinary team education with systemic techniques seems to be suitable to improve quality of patient care and interdisciplinary cooperation and to reduce staff distress.

Per Lennart Lorås (Levanger, NO): Developing a Systemic Family Therapy Manual, for divergent psychosocial factors

The aim of the doctoral project is to develop a systemic family therapy (SFT) manual, which offers a framework and guidelines for the implementation of systemic family therapy, so therapists can offer a unified version of therapy while providing a certain degree of flexibility. The manual should also be adapted to meet the requirements of Norwegian child and adolescent mental health, and specifically target the psychosocial difficulties, categorized as inadequate or disturbed communication within the family, in the multi-axial classification of child and adolescent psychiatric disorders/axis 5 (ICD-10), (WHO 2008). The manual is intended for use as a research tool in manualised outcome trials, but equally important is its adaption to clinical practice.

The study will use Grounded Theory (GT) and I will analyse the following data sets:

- Interviews with experienced systemic family therapists
- Ethnographic field notes (made during observation of the experienced therapists)
- The occupational standards for therapeutic approaches in child and adolescent mental health (Directorate of Health 2008)

Findings from the GT analysis will enable a detailed specification of the essential components that will form the manual.

Research questions:

Research questions for this research project are: 1. How do experienced systemic therapists in the field of mental health define and describe the systemic therapy approach? 2. What specific elements of systemic therapy are they using when working with inadequate or disturbed communication within the family/axis 5? 3. How can SFT meet the requirements for therapeutic approaches within Norwegian child and adolescent mental health? 4. How can systemic family therapy's framework and guidelines, adapted for Norwegian child and adolescent mental health and specifically targeting inadequate or disturbed communication within the family/axis 5 be compiled into a manual?

Sarah Galdiolo, Isabelle Roskam (Louvain-la-Neuve, BE): The construction of Family Alliance: From an individual to a triadic perspective

Family alliance (FA) reflects the degree of family cooperation and engagement. The aim of this study was to determine the path explaining the construction of FA assessed with the Lausanne Trilogue Play (LTP). Following the development of a family from an individual (parent) to a triadic (family) perspective, this study examined a model including parent's individual characteristics as predictors, the coparenting and the child's temperament as mediators and the FA as an outcome.

This longitudinal prospective and multi-informant study was based on a 3-waves research program. During pregnancy, a questionnaire assessing the parent's personality (NEO-60; Aluja, Garcia, Rossier, & Garcia, 2005) and emotional competencies (TEIQue; Mikolajczak, Luminet, Leroy, & Roy, 2007) has been completed by each parent separately. At 6 months postpartum, they completed a questionnaire on coparenting (CPS; Feinberg, Fisher, & Kan, 2008). Finally, at 1 year postpartum, the child's temperament (IBQ-R; Gartstein & Rothbart, 2003) was assessed by the parents and the families were observed in the LTP in order to measure their FA. The sample was made up of 62 non-referred families.

Because of the weak correlations between child's temperament and the FA, this mediator was not introduced in the model. Structural equations were run to examine both direct and mediated effects on family alliance. Two models were compared: (a) a partial mediation model composed of direct and indirect effects with parent's characteristics as predictors and coparenting as a mediator of FA and (b) a full mediation model. The first model showed better goodness-of-fits. Besides, the relation between coparenting and FA became non-significant. Only the mother's Conscientiousness and the father's Emotional Competencies predicted FA.

The discussion focused on the methodological and clinical implications of the results.

Joke Vandamme (Ghent, BE): The need for appropriate support to couples terminating their unintended pregnancy: the case of home abortions

Aim In current Belgian practice, many women chose the convenient surgical method instead of the less invasive medical method (two pills) to terminate an unintended pregnancy. This study investigates 1) whether women who would be able to complete the medical abortion at home would

like this option; 2) what are the needed forms of support during the abortion; 3) what are the needs of the male partners?

Method Dutch speaking, adult women with less than 9 weeks pregnancy were included. During the counseling sessions, women and their partners were shown two movies in which the abortion methods were explained. Afterwards, they filled out a questionnaire in which the Social Support Inventory assessed the degree of needed and received support from the environment. An open answer question explored the psychosocial needs towards the abortion procedure itself.

Results Preliminary results (N=78) indicate that couples on average prefer the surgical above the medical home method. The majority is however doubtful about their preferences and the divergence is high. Almost all male partners (85%) would like to be present during the abortion. A substantial number of women (20%) would like to be alone. During the surgical or home procedure, half of the women would like to be accompanied by an abortion professional. Couples report on the received social support as quite sufficient. The psychosocial needs towards the abortion procedure are however highly diverse and specific.

Conclusion (preliminary) Counselors should help couples decide about the abortion method that suits best for both partners.

Feliks Matusiak et al. (Krakow, PL): Changes in family therapy process – preliminary results of the research using SCORE-15 questionnaire

The aim of the presentation is to show preliminary results of the research on the perception of changes in the family therapy process.

METHODS:

The research used: SCORE 15 questionnaires for families, SCORE 15 observation scale for a therapist, A questionnaire surveying the context of being referred to therapy.

RESEARCH PROCEDURE:

The Score 15 questionnaire is filled in three times by parents and children aged 12 and older:
before the first therapeutic session;
after the fourth therapeutic session;
after the last therapeutic session;

A psychotherapist running the sessions fills the observation scale in after the fourth and the last session.

RESEARCH GROUP:

The research surveyed patients that started family therapy at the Family Therapy Out-Patients Unit Department of the Child and Adolescent Psychiatry Clinic, JU MC in Cracow and gave their consent to participate in the research program. The research has been continuously carried out since 2011. The report will include the results of analysis of 48 families that either completed therapy or are still in the therapeutic process.

RESULTS:

From the perspective of individual members of a therapy, after 3 sessions, the severity of a problem is significantly lower ($p = 0.041$). There is a correlation between how the whole family assesses

changes in the perceived level of being overwhelmed by difficulties ($p = 0.016$) and changes in the communication in family ($p = 0.000$) and how a therapist assesses the usefulness of a therapy to the family. There is a correlation between how the whole family evaluates changes in the general functioning of a family and how a therapist evaluates the usefulness of a therapy to the family ($p = 0.003$) and also how a therapist evaluates the change in the functioning a family ($p = 0.045$).

Poster Session 2 – Process dynamics in systems

Frédéric Lefebvre (Bethune, FR): A longitudinal follow-up of winter-over teams and their relatives

We wish to present the protocol of a research which is being set up.

The objective of this study is to refine the understanding of individual and collective psychological phenomena occurring during long duration voluntary separation of winterers and their relatives, and their reunion after the mission has ended. In the French polar context, data on this topic remains anecdotic and requires scientific investigation.

The proposed study consists in a longitudinal follow-up of winter-over teams -working and living together in Adélie Land, in the scientific outpost of Dumont d'Urville- but also of their relatives: partners, children, or parents. These cohorts would be followed in parallel through individual interviews, group interviews and questionnaires, from the preparation of the mission before departure, and until after the homecoming period.

The scope of the study encompasses the practices, representations and emotions of these individuals, aspects which are seldom studied in the polar context, as well as in most extreme environments. Therefore, beyond polar missions, such research could bear fruit in other contexts, including long-duration space missions and submarine patrols, which involve similar separation of participants and their relatives.

François Moors, Emmanuelle Zech (Louvain-la-Neuve, BE): Impacts of two main interpersonal dimensions on a first therapeutic session

In psychotherapy, clients can bring up their usual interpersonal behaviors as a source of suffering (Horowitz, Dryer, & Krasnoperova, 1997). Not only can these interpersonal behaviors be the motive to search for psychotherapeutic help but they may also influence the psychotherapy itself, because they affect the therapeutic relationship (Gurtman, 1996).

The present study aimed at exploring how the interaction between the client and therapist's interpersonal behaviors influences the client satisfaction when he meets a therapist for the first time. The interpersonal circumplex model (Wiggins, 2003; Locke, 2011) was used to conceptualize interpersonal behaviors on two main dimensions: the agency dimension, which deals with how much the person is autonomous and in control, and the communion dimension, which deals with how much the person can affiliate and connect to others (Fournier, Moskowitz, & Zuroff, 2011).

Participants first rated their usual interpersonal behaviors on the Interpersonal Adjective Scale (Wiggins, 1995). Second, they had to imagine that they were clients in a first session psychotherapy context. Then, they were presented a fictitious standardized interaction between them and a therapist who acted one of the four interpersonal profiles based the two dimensions (i.e., the profiles were: Dominant, Submissive, Warm, Cold). At the end of the presentation, they had to evaluate their level of satisfaction on three dimensions (Swift, Callahan, & Vollmer, 2011): the role preferences (i.e., the evaluation of the session in general), the therapist preferences, and the impact of an eventual

dropout. The quality of the relationship was also evaluated by the amount of money that the client was ready to pay for the session. The same procedure was repeated for the three other profiles of therapists (and for a control condition).

The results will be presented and discussed. Implications for clinical practice will be outlined.

Jakub Bobrzyński et al. (Krakow, PL): The couple and family therapists' maneuvering towards therapeutic alliance in the first consultation

The authors will present preliminary results of grounded theory (Glaser, Strauss 1967; Strauss, Corbin 1998; Charmaz 2000) qualitative analysis of seven cases of first family or couple consultations. The data analyzed during the project were transcripts of videotaped sessions and transcripts of post-session interviews with therapists (Interpersonal Process Recall; Elliott 1986). Building therapeutic alliance is one of the themes that emerged from the initial qualitative analysis of the processes during the first consultation. Further analysis has shown how in the process of working on the therapeutic alliance, therapists maneuver between 'individual alliances' with members of the family and the 'systemic alliance' with the whole family, and between developing 'emotional alliance(s)' and 'working alliance' with the family or the couple – processes that may either enhance or hinder each other. In the presentation the authors will show examples from therapeutic sessions illustrating the therapists' maneuvers and the families members' responses during the process.

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Lesley Verhofstadt (Ghent, BE), Jan De Mol (Louvain-la-Neuve, BE) et al.: Relationship diversity and subjective well-being: A large-scale survey on underlying mechanisms

Existing research consistently showed that relationship status is related to subjective well-being. More specifically, married individuals are found to report greater happiness than individuals who are single, cohabiting, divorced, or widowed. However, given the growing number of alternative relationship and family types in today's society one could argue if the protective advantages associated with marriage are still so pronounced. An internet survey involving 4,000 Belgian adults was conducted (a) to re-examine the link between relationship status (single, married with/without children, cohabiting with/without children, single parent, remarried,) and people's subjective well-being; (b) to identify the mechanisms underlying this link (including physical health, sexual frequency/satisfaction, financial concerns, feelings of discrimination). We'll present the major conclusions that can be drawn from this research and some possible theoretical and applied implications.

Sofia Georgiadou (Thessaloniki, EL): Participants' Experiences in U.S. Systemic Family Constellation Workshops: Findings of a Grounded Theory Study

As a recently introduced to the U.S. model of intergenerational systemic therapy from Germany, Bert Hellinger's Family Constellation Work (FCW) has very limited research support in the US. Very little is also known about the participants' perspectives and their views on how FCW works.

The presenter will discuss the theory generated from a grounded theory study, following the methodology as outlined by Strauss and Corbin (1998). The core category that integrated all lower levels of data delineated the main components of the final substantive theory, the Meaning-making Process through Reflective and Experiential Understanding. The primary objective of this study was to discover how participants in FCW intensive group training and workshops experience this process as representatives in other people's constellations and clients themselves. Thorough interviews with a total of thirteen participants in FCW workshops aimed at (a) understanding how participants in FCW workshops experience this therapeutic modality both as representatives and clients; (b) uncovering new perspectives on how clients experience FCW in a group setting that would offer to facilitators a more informed view on the clients' perception of FCW. These data could lead to modifications in the facilitation of FCW workshops towards improving the participants' experience. The presentation aims at imparting the knowledge acquired through this study on the participants' outlooks on FCW to the family therapy field, so that more systems-oriented clinicians can familiarize themselves with this intergenerational approach and/or incorporate it to their practice as a complementary therapeutic tool.

The generated theory focuses on the meanings individuals attach to their FCW experience. In the participants' retrospective reports, the attribution of significance to the experience was mediated by cognitive processing of the experience (via reconstructed memories and comparison with their previously defined reality) and recollection of the most intense experiential components (feelings and the experience of group dynamics).

Anne Schanche Selbekk (Stavanger, NO): Construction of problems and solution in family-oriented alcohol and drug treatment

There is a growing political awareness and concern of the situation for children and affected family members in the case of addiction and alcohol and drug problems. Their situation is exposed to psychological and somatic difficulties and strains, as a consequence of impaired family functioning and poor relationships within the families. The aim of this project is to understand how the policy of affected family members is interpreted in alcohol- and drug treatment, and to identify factors that influence how family involvement in treatment is put into practice.

Data is collected from three different out-patient clinics in Norway in the field of alcohol- and drug treatment, containing interviews with directors and clinicians specialised in systemic or family-oriented interventions. A discursive analytical approach is used, inspired by Gale Millers "ethnography of institutional discourse" and Ian Hackings "dynamic nominalism" focusing on

institutional identities, conditions of possibilities and classification as a social process within an institutional matrix.

The interview material shows a paradox, on the hand a growing focus on the needs of children and affected family members, and at the same time, a deteriorating framework for doing integrated work on families and relations. "Gravity" is working towards an individual perspective on treatment, for both primary patient, affected family members and for children.

The article discuss how this limits the conditions of possibilities in treatment, not utilizing the potential in focusing on the social mechanism of addiction, for both individual patients, affected family members and for the family as a system.

Poster Session 3 – Society, theory, schools

Karolina Dejko (Krakow, PL): Systemic approach in therapy of children with Asperger Syndrome: Developing child's theory of mind through working on his parents' mentalization skills

Theory of mind (ToM) impairment is one of the most characteristic features of High Functioning Autism (HFA) and Asperger Syndrome (AS). Mentalization skills deficits include problems in recognizing and expressing own emotional states and also identifying and reacting adequately to other people emotional states. It impairs significantly child's social functioning and puts child at risk of developing depressive or anxiety problems. Therefore, working on ToM and mentalizing skills development is one of the key priorities in therapy of children with HFA and AS. In order to increase efficacy of such therapy it is proposed to include parents' active participation in treatment, for example through encouraging them to practice with child his mentalizing skills at home both in form of special homework exercises and day-to-day family interactions. It requires systematic and active cooperation between specialist and parents in developing mentalization skills in parents, for example ability to recognize emotions, express it clearly and identify emotional states in their child and other people, which they can use in interaction with their child. The second aim would be working on their attitude towards mentalization, developing belief in its importance in social interactions and strengthening their readiness to practice these skills with child at home, as a continuation and consolidation of therapeutic work which is done in consulting room. Collaboration between professionals and parents is indispensable, both in understanding nature of child's problems, ideas and attitudes towards therapeutic strategies and willingness in maintaining coherence in implementing these strategies in practice, both at consulting room and home. It seems to be particularly important in therapy of children in autistic spectrum, who strongly need stable and coherent developmental environment.

Gaëlle Vanhee (Ghent, BE): Adult attachment and sexual satisfaction: An analysis of the mediating role of sexual communication

In the current study we examined sexual communication and sexual satisfaction within intimate relationships from an attachment perspective. More specifically, we aimed to investigate the specific associations between individuals' attachment orientation (anxiety, avoidance), sexual communication with their partner (openness) and their level of sexual satisfaction. We hypothesized that sexual communication would partially mediate the association between individuals' attachment orientation and sexual satisfaction. Gender differences were also explored. A sample of 507 participants, who were all involved in a committed intimate relationship, completed questionnaires that assessed sexual communication, sexual satisfaction and attachment. The mediating effects of sexual communication were assessed using regression equations and the Sobel-test. Our results indicated that more anxiously and avoidantly attached men reported lower levels of sexual satisfaction. For women, however, merely avoidant attachment was a significant predictor of sexual satisfaction. For both men and women avoidant attachment, relative to anxious attachment, was more detrimental to sexual satisfaction. Consistent with our predictions, sexual communication was positively associated with sexual satisfaction, with individuals who communicate more openly about sex, being more sexually satisfied. Furthermore, regarding men, we found that the association between individuals'

insecure attachment and their level of sexual satisfaction was partially mediated by the openness of sexual communication. In contrast, for women, sexual communication was merely a partial mediator of the relation between avoidant attachment and sexual satisfaction. No significant gender differences were found in the associations between our key variables. Our findings thus suggest that people's attachment characteristics have an impact on their level of sexual satisfaction by means of the degree of openness of their sexual communication with their partner.

Beata Williams (Ulm, DE): Bridging the gap: Cooperation between Kindergarten Teachers, Elementary School Teachers and Scientists. The Developmental Evaluation Research Project with "Bildungshaus 3 – 10" in Germany

What happens when educational systems are being changed by teachers, political organs and scientists?

In Baden – Württemberg kindergartens and elementary schools have been growing together into the "Bildungshaus 3 – 10" since 2008. The main goals that teachers have in the state model project is to develop a new educational quality in order to encourage individual learning biography, offer children platforms of educational challenge and interaction with other children of different backgrounds and age groups. One of the aims of the "Bildungshaus 3-10" is to achieve a smoother transition from the more play-oriented kindergarten setting to the more work-oriented habits required at elementary school. And finally the goal is to use the collective evaluations of kindergarten teachers, primary school teachers and parents as reliable trustworthy contact persons to accompany every individual child with his/her needs, predispositions, interests and learning goals.

The evaluation of the "Bildungshaus 3 – 10" conducted by the Transfer Centre for Neuroscience and Learning at the University of Ulm started in September 2008 and has been investigating the influence of the interlocking of two educational institutions on their learning environments, teachers and children. The research is being funded by the Federal Ministry of Education and Research (BMBF) together with the European Social Fund of the European Union until August 2015. The innovative part in the project is its consistence of two parts: multi focussing moderation, consulting and coaching with qualitative analysis of documentation and evaluation of the effects of the model. The research unit consists of 12 team members with interdisciplinary background of Cognitive Neuroscience, Behavioural and Culture Sciences, directed by Dr. Petra Arndt und Dr. Kerstin Kipp.

The poster presents the results of one part of the scientific project - the contextual support system - with implications for interdisciplinary coaching in educational fields.

Nicholas Paritsis et al. (Athens, EL): Continuous, 'over 6 years', improvement of adaptive functioning in adults with profound mental retardation, through systemic intervention

Aim: The aim of this research is to test the hypothesis that by offering a gradual increase amount of information without producing overload of information stress through a parallel reduction of entropy through an increase of order an continuous over time increase of adaptive functioning (socialization and social and personal skills) can be achieved (even) in profoundly retarded adults without limits in time.

Background: So far in profoundly retarded adults improving lasts at six months and after that period a plateau is formed. At the same time intelligence development is facilitated by stimulation, and disfacilitated by stress independently.

The Sample: It was comprised by 15 adults with profound mental retardation (average IQ less than 20) 9 men and 4 women 30.6 years old, living at a residential house.

Results: It was achieved a continuous improvement in adaptive functioning at a statistical significant degree after the six months, three years and another three years, namely six years in total.

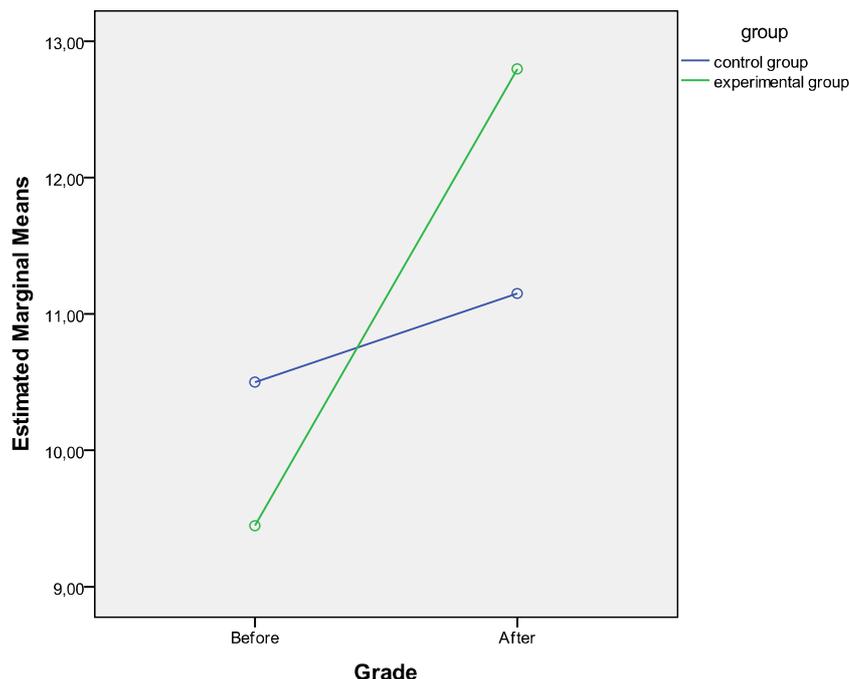
Conclusions: Using the above systemic methods of intervention, features of mental retardation such as adaptive functioning can be improved continuously without limits in time and age of improvement. This opens the possibilities for applying similar methods for other cases such as improving learning facilitating and in reducing the rate of progress of Alzheimer disease.

Maria Lambraki, Nicholas Paritsis (Athens, EL): An application of Human Systems Therapy for upgrading pupils at school. A controlled study

Aim: The aim of this work is to discuss the effectiveness of Human Systems Therapy (HST) on pupils' upgrading.

Methods: HST is based on General Systems Principles and applies the same principles and techniques at all types of human systems. Human Systems Therapy has been developed gradually over the last 30 years through a circular process comprising of theoretical and practical developments (e.g. new techniques) testing through applications and through controlled studies. Here, to demonstrate the way of the students upgrading the intervention was on the students, the class, their families and the school as a whole. **Sample:** The group of pupils was comprised of 46 pupils (30 for the experimental and 16 for the control group), aged 16 years old from a General Lyceum of Iraklion. The intervention lasted one school year, e.g. from September to May, (5 hours per week).

Results: The Two-Way ANOVA analysis showed a significant levels increase in grade in the experimental (mean increase 3.35, $p < 0.001$) and not in the control group (mean change -0.62,



$p = 0.488$), see Figure.

Conclusions: Human Systems Therapy has the advantages of parallel intervention at many human systems levels, on the basis of general systems principles and using the same techniques at all human systems levels. This offers an interaction of the results of intervention at different levels and human systems, and resulted to better results so far in reducing hashish use. Human Systems Therapy at schools is offered a considerable upgrading of students, for first time in the literature, according to our knowledge.

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Luecke, Ulrich; Stammer, Heike (Ludwigsburg, DE): Development of an extended theoretical model of social work based on systemic research

Systemic concepts are both attractive and risky for social work. On the one hand they help to reduce the complexity of social problems, to identify resources and to understand relation patterns. On the other hand they often tend to psychosocial abstractions and lack a materialistic perspective. Based on a systemic interview study concerning parents residing with their adult children diagnosed schizophrenic a multi-perspective model is introduced. Assuming that „future“ always lies between „perpetuation“ and „change“ it focuses on possible resources, positive aspects and experienced burden of the current life-situation. It also extends the bio-psycho-social model with perspectives on daily routines and socioeconomic issues and shows other relevant aspects. Therefore it helps to understand the “structured contradictions” of social problems and combines systemic models and theories of social work.

Ulrich Luecke studied social work at the Protestant University of Applied Sciences in Ludwigsburg. His master-thesis „Coresidence of adults diagnosed schizophrenic with their parent: experienced space, related individuation and social work“ is based on a systemic interview study.

Heike Stammer is a professor of psychology and dean at the Protestant University of Applied Science in Ludwigsburg and the program leader of the academic course “Social Work/International Social work”. She is a psychotherapist and supervisor (psychodynamic and systemic orientated). Before assuming a professorial position she worked several years as clinical psychologist at the Heidelberg University Hospital (General Psychiatry, Institute of Medical Psychology and Women’s Hospital).

Britt Krause (London, UK): Ethnography and Systemic Psychotherapy

This poster project suggests that research methods from systemic psychotherapy and ethnography as practiced in social anthropology may be combined. Both approaches promote methodological innovation with the assumption of ‘the relational subject’, to indicate that identity is made in practice and in interaction between persons and that this takes place in a plurality of social and cultural ways available. In particular a central theoretical assumption in the work of systemic psychotherapists is that of the ‘dialogical subject’ (Bakhtin 1981) or ‘relational subject’ (Bateson 1972, Krause 2010). These ideas are articulated in the conjoint interviewing techniques developed for systemic psychotherapy treatment with families and small groups. ‘The relational subject’ is also explicitly or implicitly considered a basic premise in the works of anthropologists (Carstens 2007; Mattingly 1998, 2009; Rapport 2010). The poster suggests ways in which these two approaches may complement each other and contribute to contextual and cross-culturally valid research.

Laura Galbusera (Heidelberg, DE): Towards the Recovery of a Sense of Self: An IPA Analysis on the Experience of Body-Oriented Psychotherapy for Persons with Schizophrenia

According to the tradition of phenomenological psychiatry, schizophrenia has been conceptualized as a disorder of the self: more specifically, anomalous self-experience has been described as disturbed basic self-consciousness, loss of natural self-evidence and disembodiment. Consistently with this

theoretical background, specific body-oriented psychotherapy interventions for schizophrenia have been developed, addressing first and foremost the implicit and bodily level of experience. The aim of this study is to take a first-personal phenomenological perspective on the study of therapy process and outcome, by qualitatively analyzing participants' experience of body-oriented psychotherapy. A body-oriented manualized intervention for persons with schizophrenia has been implemented at the Psychiatric University Clinic of Heidelberg, Germany. According to the manual (Roericht, 2000), the intervention was implemented in a group format (five participants) and took place over a period of ten weeks, with two weekly sessions. Qualitative semi-structured interviews, exploring participants' experience of therapy (Change interviews; Elliott et al., 2001), were implemented after the whole intervention period. The interviews were then analyzed with Interpretative Phenomenological Analysis (Smith et al., 2009) in order to identify core relevant themes. The preliminary emerging themes show an underlying idea of recovery of a sense of self: 1) Being a whole: connecting body and mind. 2) Being unique: feeling accepted for who one is. 3) Being part of a group: feeling of social belonging. 4) Being the center of one's own agency: active stance. 5) Being worth, being able: hoping and investing in the future. These themes will be qualitatively discussed in relation to the specific aspects of body-oriented psychotherapy that fostered them. Besides, these results show that the healing aspects of therapy actually go beyond individuals' bodily and implicit experience and are related to their interpersonal and social world. Broadening the discussion on these core semantics within the context of the more general psychiatric health system will allow a critical discussion on the role of the psychiatric system in supporting and fostering recovery.

Andreas Hieronymi, (St. Gallen, CH): Similarities and Differences among Subdisciplines of Systems Science

Systems science is a fragmented field. "There is not a corresponding understanding concerning the content of systems science. On the contrary, there are dozens of small systems societies that speak to widely differing points of view as to what constitutes systems science for their members" (Warfield, 2003, p. 508). If systems science is not a homogenous field, what subdisciplines (schools, streams) belong to it and how do they relate to core functions and principles of systems? Some of these traditions can be summarized as follows.

- Classical thermodynamics treats closed systems in an energetic equilibrium.
- Open systems theory describes the necessity of living systems being energetically open to the environment (von Bertalanffy).
- Information theory treats the storage, compression and transmission of data (Shannon; Weaver).
- Cybernetics describes feedback processes for regulating systems (Wiener; Ashby).
- The theory of autopoiesis clarifies how living systems reproduce and maintain themselves continually (Maturana; Varela).
- Chaos theory indicates the reasons for instability and nonlinear change processes (Mandelbrot; Gleick).
- Complexity theory describes processes of self-organization, adaptation and innovation (Kauffman; Holland; Kauffman).

- (Multi-)agent modelling and the concept of autonomous agents make it possible to formulate and simulate processes of systems (agents) that act in a goal-oriented manner, e.g. humans and robots (Axelrod).
- Network science, finally, is concerned with the interaction of numerous actors, their process patterns and dynamic social structures (Watts; Strogatz; Barabasi).

The similarities and differences among these streams can be better understood if we take a closer look at what kind of systems principles/concepts they mainly focus on and how the whole field developed. A set of systems principles are used as a classification scheme to organize subdisciplines of systems science. The subdisciplines of systems science can be viewed as different perspectives on a set of general systems principles, thus forming a unity through their interlinked diversity.