

Systemic Meta-Framework for Integrative Practice

Things to Consider

Way of Being

Are you taking an “i-thou” position or an “i-it” position? I.e., Are you seeing the problem as the problem or the person as a problem to be fixed or a help in the process?

What is making it tricky to take an “i-thou” positions? Individual, system, treatment system factors, therapist positioning in “primary picture”, self of the therapist?

How can you hold unconditional positive regard, even when there are things that perturb you?

Systemic Thinking: Consider

Genogram & Timeline

Strengths & Resilience

Emotions

“The Dances” for Problems & Exceptions

The Family Life Cycle

Vertical & Horizontal Stressors

Meaning Making

Structural Considerations

Ecosystem & impact of Climate Emergency

Broader Issues: e.g. Structural Oppression

Therapeutic Alliance

How are the different components of the alliance? Bonds, tasks, goals?

How is your relationship with the client? How are the relationships amongst family members?

Have you considered your nervous system and the nervous systems of everyone in the room?

Are you mentalizing the client(s)?

Are you being PACEful?

Are you providing a corrective relational experience?

Decision Making

What’s the client’s theory of change? Does it match yours or is it different?

What are the client resources & constraints?

Who is in the family & treatment system?

What type of relationship do you have with the client (and others in their system)? Customer, complainant or visitor relationship?

Do you need to consider timing & pacing?

Are you engaging decolonizing practices?

Have you considered the influence of your backpack of life?

