

Systemic Integrative Practice Meta-Framework

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?

Systemic Thinking: Consider

Genogram & Timeline

Strengths & Resilience

Emotions

“The Dances” for Problems & Exceptions

Vertical & Horizontal Stressors

Meaning Making

Structural Considerations



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?

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?



DR LEONIE WHITE

Clinical Family Therapist & Psychologist

Helping people grow, connect and thrive
in life's unique journey

www.drleoniewhite.com