

## Knowledge of systemic principles that inform the therapeutic approach

An ability to draw on knowledge that the individual needs to be viewed in a number of different contexts, including:	
	their family and other significant relationships
	their social and community setting
	the professional network(s) involved with them
	their cultural setting
	the socio-political environment
An ability to draw on knowledge that these different contexts are connected and interacting and constitute the “system” which:	
	is shaped by feedback
	is reflected in behaviour and interactions between people
	evolves over time
An ability to draw on knowledge that the ways in which individuals relate will be shaped by:	
	needs relevant to the individual’s developmental stage
	biological factors (e.g. physical health, genetic loading)
	the family history and the stage of development of the family life cycle
An ability to draw on knowledge that people understand themselves and the world around them through a process of social construction:	
	that meaning is generated through social interactions, and the language used in social interactions:
	between people
	with their communities
	with institutions
	that meaning is generated through interactions with societal norms, beliefs and values
	that understanding is shaped by the interactions between multiple levels of relationships
An ability to draw on knowledge that different power relationships (e.g. an individual’s position in a system) and different cultural contexts (e.g. gender, religion, ability, age, culture, class and ethnicity) have an important influence of the development of meaning, relationships, feelings and behaviour	
An ability to draw on knowledge that there are always multiple perspectives and descriptions of any interaction/ relationship	
	that each person in a system is likely to form alternative accounts of the same event, and that:
	each person’s relationships and behaviour are shaped by their account(s)
	that these accounts can be fluid

An ability to draw on knowledge that recursive cycles of feedback (a continuous process of mutual influence) shape each person's:	
	narratives
	emotions and feelings
	behaviour
	relationships
An ability to draw on knowledge that these recursive cycles of feedback ("circularity") are characteristic of, and influence, all systems (including those of the therapist)	