

## Systemic-specific metacompetences

### **Ability to make use of the interpersonal perspective**

An ability to hold and communicate an interpersonal perspective on the problems and possible solutions.
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### **Ability to hold a non-pathologising view of the system**

An ability to take a non-pathologising, positive view of the system including the ability :
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to recognise and work with the strengths of the clients(s)
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to work with the client(s) to generate potential solutions
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An ability to balance an externalising, non-blaming stance with one which helps clients to take responsibility for their actions, where this is appropriate
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An ability for the therapist to maintain a stance of curiosity when working with colleagues and with clients and to convey this stance to clients
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an ability to convey this stance to clients through the experience of the methods employed in systemic therapy
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### **Ability to implement systemic interventions in an adaptive manner**

An ability to know when and how step out of the therapeutic frame, when this is required (for example when it becomes necessary to deal with risk), and to make this change of stance explicit and understandable to clients
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An ability to know when and how to introduce “expert knowledge” in a way which takes into account its impact on the therapeutic process
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An ability to employ question styles flexibly so as to match them to therapeutic intent (including both linear and circular questions)
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An ability to determine what form of systemic intervention is most appropriate
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taking account of the context
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flexible in form and content of therapy adapted to the needs of clients
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adapted to the resources available
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