

Ability to use circular interviewing

An ability to use knowledge of the aims of circular interviewing to:	
	generate new connections among members of the system, and hence to promote change
	directly encourage exploration of the ways that feelings, ideas, beliefs or perceptions of relationships are experienced by each member of the system by asking about how these are represented (e.g. “who in the family is most worried about this problem?” “how does mother show that she is the most worried?”)
	attempt to clarify one person’s understanding of another person's beliefs, expectations, and emotions
	help make connections to wider contexts
	help members of the system to develop a capacity for reflecting on the systems of which they are a part
An ability to make use of the different formats of circular questions, e.g.	
	difference questions, which ask about differences between members of the system
	hypothetical/ future-related questions, which explore options and alternative actions which aim to yield responses which are related to solutions
	behavioural questions, which explore the connections between the effects of one member of the system’s actions on another
	triadic questions, which are posed to a third person about the relationship between two other people
	questions which invite clients to adopt the perspective of another person about feelings, behaviours and systemic processes within the family
	questions which identify connections between beliefs, behaviours, emotions and relationships across time
An ability to phrase circular questions in a manner which maintains therapist neutrality in relation to each member of the system	
An ability to adapt the style and content of circular questioning to the developmental stage of different members of the system	
An ability to draw on knowledge of the use of circular interviewing, in which feedback from clients is used to generate subsequent interventions	