

Ability to use systemic techniques to promote change

An ability to help clients develop new and more functional understandings by using systemic techniques which include:	
	encouraging clients to question their feelings, thoughts, beliefs and attitudes
	helping clients to identify links between presenting problems and patterns of behaviour
An ability use “externalisation” to provide distance between the client(s) and the problem to promote reflection by offering them an alternative perspective, which aims	
	to promote exploration by separating the problem from the person and giving it an external identity e.g. by asking clients to map the influence of the problem in their lives, and their influence on the life of the problem
	to reduce attributions of blame to individuals
	to encourage belief that clients can potentially manage the problem
An ability to use narrative techniques to help client(s) reframe and re-label their ideas and descriptions of the presenting problem(s) their descriptions of themselves and their relationships	
An ability to identify family and individual strengths which may not be apparent to clients in order to help draw their attention to the resources available to them	
	an ability to comment on observations of patterns of behaviour which occur across time and which reflect the strengths of the system
	an ability to amplify change through a positive stance which focuses on past actions of the client(s) which have initiated or implemented change
An ability to offer information and opinion which promotes change by:	
	helps clients to develop a different perspective
	offers a resource which empowers the members of the system (e.g. information about medical conditions, or about developmental stages)
An ability to help clients contextualise emotional and behavioural expression, by:	
	normalising emotional or behavioural responses
	validating emotional or behavioural responses
An ability to make use of reframing techniques e.g. in order to reduce blaming, to help shift perspectives, to help clients “reposition” themselves in relation to difficulties	
An ability to observe and address problematic family processes in order to draw these to their attention and to help members see that there could be alternative ways of interacting	
An ability to use a range of experiential systemic techniques to enable families to experience, express and communicate content which it may be difficult to verbalise (e.g. role play, interviewing the “internalised other”, sculpting, repositioning family members in the session, implementing developmentally appropriate techniques (such as drawings, puppets etc))	