



SYSTEMIC THERAPY

What is Systemic Therapy?

Systemic therapy seeks to address people not only on the individual level, but also as people in relationships, dealing with the interactions of groups and their interactional patterns and dynamics. It has its roots in family therapy, or more precisely family systems therapy.

The basic principles are:

- This form of counselling and psychotherapy seeks to reduce distress and conflict within family dynamics by addressing and improving the systems of interactions between individuals.
- However, the general consensus now is that systemic therapy it doesn't necessarily require a family focus to be called systemic. What's important in this approach is the relationship: the process of interaction between people and not so much observation of the isolated individual.
- Therapy can involve anyone in the family including parents and children, siblings, grandparents, partners, husbands/wives, friends and carers/supporters.
- This principles behind systemic therapy is that individuals cannot be understood in isolation but rather within various systems. These systems includes family, work sand social life systems.
- This therapeutic approach also aims to identify deep-rooted patterns within individual relationships with family members.
- This type of counselling and therapy can help you to uncover communication and behaviour within the family system, assuming that the individual's emotional issues are a result of difficulties within the family dynamic, and relationships outside of the family.
- Rather than providing answers and solutions, the therapist is a facilitator, aiding members of the system (e.g. the client (s) to provide, discuss and carry out solutions of their own.
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- Therapy can vary in length.
- Systemic therapy is flexible and can be applied to a range of issues including depression, anxiety, substance misuse, eating disorders as well as more general issues such as body image problems, sexual difficulties and low self esteem.
- Systemic therapy effects change within the context of the individual's life rather than expecting someone to change while those around want everything to stay the same.