Systemic Self-Integration

Ernst-Robert Langlotz

FELD INSTITUT

Ernst-Robert Langlotz

Ernst-Robert Langlotz is a psychiatrist and systemic psychotherapist who has been in private practice in Munich since 1976. He developed SSI.

- **SSI = Systemic Self-Integration**



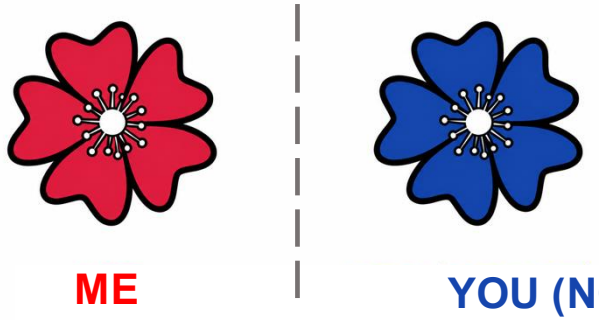
Langlotz's Theory

Autonomy

- describes our ability as adults to lead a self-determined life, even when we face challenges or experience disappointment.

Distinction

- Our autonomy is based on our ability to distinguish between "me" and "you".



EXERCISE

Distinguishing: Me / You

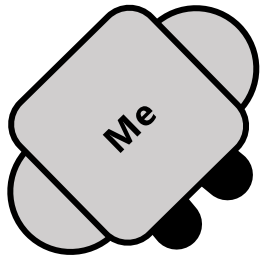


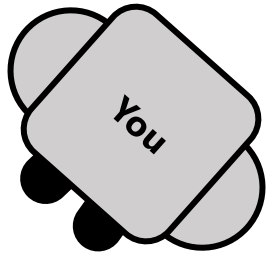
Group of 4

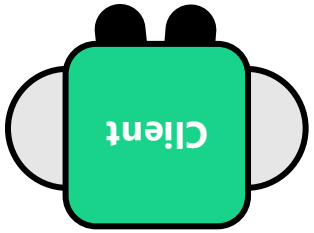
15 min each

Me / You / Client / Facilitator

Task







The client chooses two representatives, one for their “me” and one for a “you” and initially places them in a triangular arrangement in front of them.

From there, the representatives may move freely.

To make this distinction, **Langlotz focuses on our**

