Systemic

Dialogue

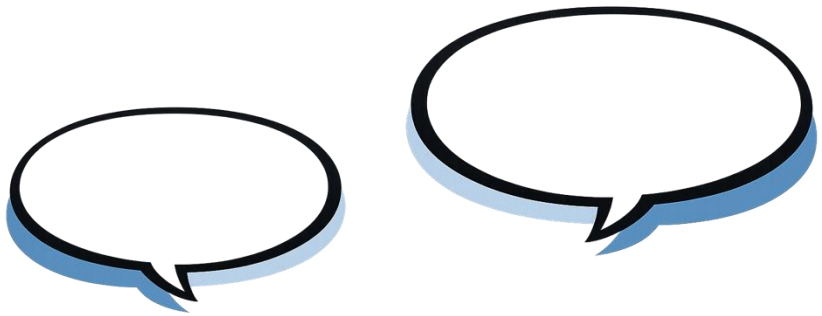
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The Conversation

- in which the client's concern is clarified is sometimes more important than the constellation itself.

What is needed is:

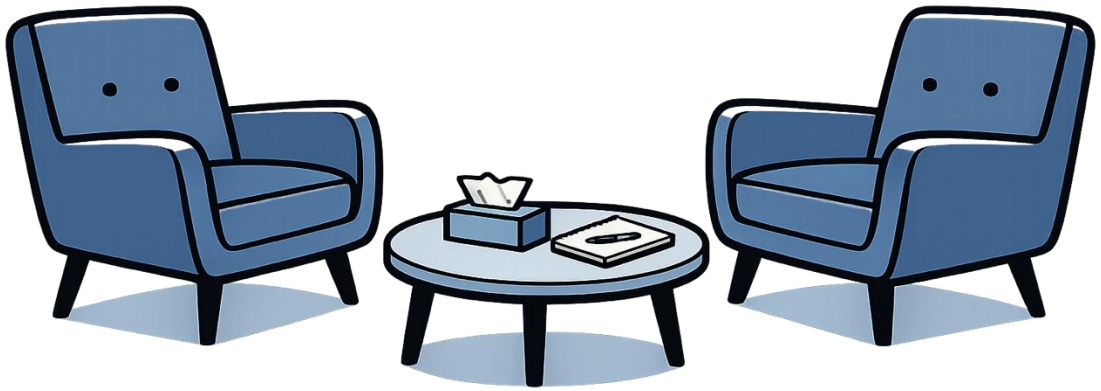
the art of (hypno-)systemic dialogue.



Carl Rogers and Milton Erickson

founded client-centred and hypnosystemic dialogue.

- Their work became the foundation of **systemic dialogue.**



Focus on Patterns and Resources

Classical therapeutic dialogue often centres on a **detailed analysis of symptoms, causes and past disorders.**

Systemic dialogue **does not understand symptoms as deficits**, but as the system's **best attempts at a solution so far**. Attention turns directly to existing resources, unconscious potential and successful exceptions.

Tools in Systemic Dialogue

- Over time, the approaches of Rogers and Erickson developed into systemic dialogue, with methods that can be divided into five areas.

1. Active Listening
2. Pattern Interruption
3. Strengthening Autonomy
4. Encouraging Self-Hypnosis
5. Establishing and Maintaining Connection

