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Emotionen in der lösungsorientierten Therapie

Eve Lipchik (Foto: brieftherapynetwork.com), von 1980 bis 1988 mit Steve de Shazer und Insoo Kim Berg Mitglied des Kernteams des Brief Family Therapy Centers in Milwaukee, hat sich nach dieser Zeit von den gemeinsamen theoretischen Konzepten distanziert, weil die pragmatische Orientierung an lösungsorientierten Fragen einerseits und die Vernachlässigung der Rolle der Affekte und Emotionen für die therapeutische Beziehung aus ihrer Sicht wichtige Aspekte der klinischen Praxis ausgeblendet haben. Ein schöner Text, der im Dezember 2002 im Journal "Ratkes" erschien und im brieftherapynetwork.com nachzulesen ist, macht ihre Position deutlich: "In 1982, something happened at BFTC that shifted the focus from problems to solutions. Someone behind the mirror - today there are various memories about who it was - said at the end of a session "Let's not ask the family what they want to change, let's ask them what they don't want to change." This led to the discovery that when people are asked to notice what they don't want to change, changes occur for the better that may have nothing to do with the problem at all. For example, clients may have come in complaining that they want to stop fighting and discover their solution to be more time spent together on week-day nights. Asking clients to notice what they do not want to change draws their attention to positives and exceptions. This different perspective changes their perception of the situation from one that is problematic to one that also had positive aspects. This in turn affects attitude and behavior. For me, the new solution focus gradually created a dichotomy between theory and practice. One reason for this was the increased emphasis on pragmatics vs. aesthetics. As the team at BFTC strove for increasing minimalism and scientific predictability, theory was reduced to a decision tree about when to ask which question. Indeed, this was theoretically so, but in practice it did not quite work that way most of the time. There was much more to consider than questions. The unique qualities and perspectives clients brought to therapy with them and their process in relation to the therapist were important factors, as well."Zum vollständigen Text...

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