

# GROUP SYSTEMIC SUPERVISION CHEAT SHEET



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## Ideas to Support Application of Learning

### SYSTEMIC THINKING - What am I noticing?

Circle what you are noticing & considering

Systems Focus	Circular Causality	Identified Patient
Symptom Functionality	Family Structure	Subsystems
Hierarchy	Boundaries	Coalitions
Alliances	Family Life Cycle	Family Secrets
Family Rules	Multigenerational Patterns	Triangulation
Family Narratives	Meaning Making	Coping Strategies
Exceptions to the Problem	Previous Solutions	Interaction/ Behavior Patterns
First & Second Order Change	Homeostasis – Status Quo	Morphogenesis - Change
Culture	Gender	Spirituality
Double Description	Family Strengths	Communication
Closed or Open System	Problem Solving	Maneuverability – Bang for Buck

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### **SYSTEMIC HYPOTHESIZING - How am I making sense of this?**

- **Current context** - Cultural, social, economic, developmental, extended family
- **The “dances”** - Behavioural sequences around the problem
- **Meanings** attributed to the situation
- **Emotions** - What’s the emotion communicating? To whom? Information from the therapist's emotions?
- **Structure** - Hierarchy, boundaries, alliances, coalitions, roles, subsystems
- **Transgenerational influences** - Patterns, triangles, legacies, stories, strengths
- **What function could the symptom serve in the system?** Is it supporting stability? Does it play a role in keeping the family together? How might the symptom be distracting or protecting family members?

*In systemic therapy, hypothesizing is an ongoing circular process  
-develop, test, revise -  
aimed at suggesting useful interventions  
targeting the system and helping clients reach their goals.*

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### **DECISION MAKING - What might be a good fit?**

- Consider Client(s):
  - Theory of change; Context; Resources ; Constraints
- Consider Timing/ Staging:
  - Which intervention to do first? Ordering/staging of different blocks of intervention? Parallel interventions?

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## Ideas to Support Application of Learning

### **INTERVENTIONS - What might be helpful?**

**Circle your ideas.**

#### Family Therapy Interventions

##### **Structural Interventions**

- Supporting hierarchy, roles, healthy relationships (not enmeshed or cut off), subsystems, alliances and coalitions

##### **Strategic & Milan Interventions:**

- Tracking; directives/tasks; maneuverability e.g., go slow, one-down position
- Circularity and Circular questions

##### **Narrative Interventions:**

- Alternate preferred storylines; externalizing; unique outcomes; challenging power, racism, and oppression; deconstruction

##### **Intergenerational Interventions:**

- Genogram; family legacies; relationship patterns & themes; family life cycle

##### **Solution Focused Ideas:**

- Goals; Exceptions; Miracle Question; Scaling; Coping; Competencies & strengths; Customer, complainant and visitor relationships

##### **Experiential/Communication Interventions:**

- Communication patterns; authenticity; self-worth; family processes

##### **Other Interventions E.g.,**

- Psychoeducation; ACT; CBT; DBT; Mindfulness
- Expressive Therapies e.g., play therapy, art therapy
- Somatic Interventions
- Creative Interventions
- Theraplay, Dyadic Developmental Psychotherapy, Mentalization Based Therapy

Other ideas: