



*key terms:*

systemic-structural constellations

TLP 2.1 ff.

representative perception, semantic reactions

“discreet work”

bridging the gap between *wish* & *will*

SySt formats

transverbal language, transverbality

Herzlich Willkommen auf den Seiten des SySt<sup>®</sup>-Institutes!

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## SYSTEMIC STRUCTURAL CONSTELLATIONS (SySt)

...is a scenic method, in which *momentarily relevant elements of a system are being represented by persons or symbols to simulate structures, relations and tendencies for change in that system.*

## HISTORY

psychodrama, sociometry (Jacob L. Moreno)

family reconstruction, family sculpture, parts party (Virginia Satir)

family constellations (Thea Schoenfelder, Ruth McClendon, Les Kadis, B. Hellinger)

systemic constellations (Gunthard Weber, Gunther Schmid, Fritz B. Simon)

forum theater work (Augusto Boal)

## STRUCTURES “vs.” SYSTEMS (a)

In SySt structures are constellated, not systems. The depicted system and its constellated picture share their structure, not particular elements.

*“Imagine four persons constellated in a given space. How can one distinguish whether those four persons represent a family or a team or a body system? What the four persons show is the structure of their relation: You'll see who is visible for whom, who stands apart, who is oriented towards something else. A person's expression may tell whether she feels comfortable or miserable. However, whom those persons represent is not recognizable; this is decided by the observer.”*

(Sparrer, 2010)

## STRUCTURES “vs.” SYSTEMS (b)

*What constitutes a picture is that its elements relate to each other in a specific way.*

(LW,TLP 2.14)

## REPRESENTATIVE PERCEPTION

.... is understood as *the spontaneous modification of somatic self- and external perceptions, which are experienced by members (representatives) of a model system in good correlation to relational qualities, changes in sensitivity, structures, context relations and tendencies for change within the modeled system.*

*We understand the different perceptions arising among representatives as a perception phenomenon and not as a translation of feelings (...). Although we (...) speak of representatives, we merely ask for differences in physical perception, to minimize interpretation. Thus we ask what is “better”, “worse”, “same” or “different”, in order to gain indications for the direction in which things may proceed in a solution focused manner. It also allows us to work in a fully discreet [“verdeckt”] way.*

(Varga & Sparrer)

## SOLUTION FOCUSED [Brief Therapy] approach (School of Milwaukee)

by Steve de Shazer & Insoo Kim Berg

The properties of the solution are considered more relevant than the properties and an analysis of “the problem”.

*The facts all belong to the problem, not to its solution.*

(LW,TLP 6.43 I)

....so, “the problem” and “its solution” are (most likely) not related.

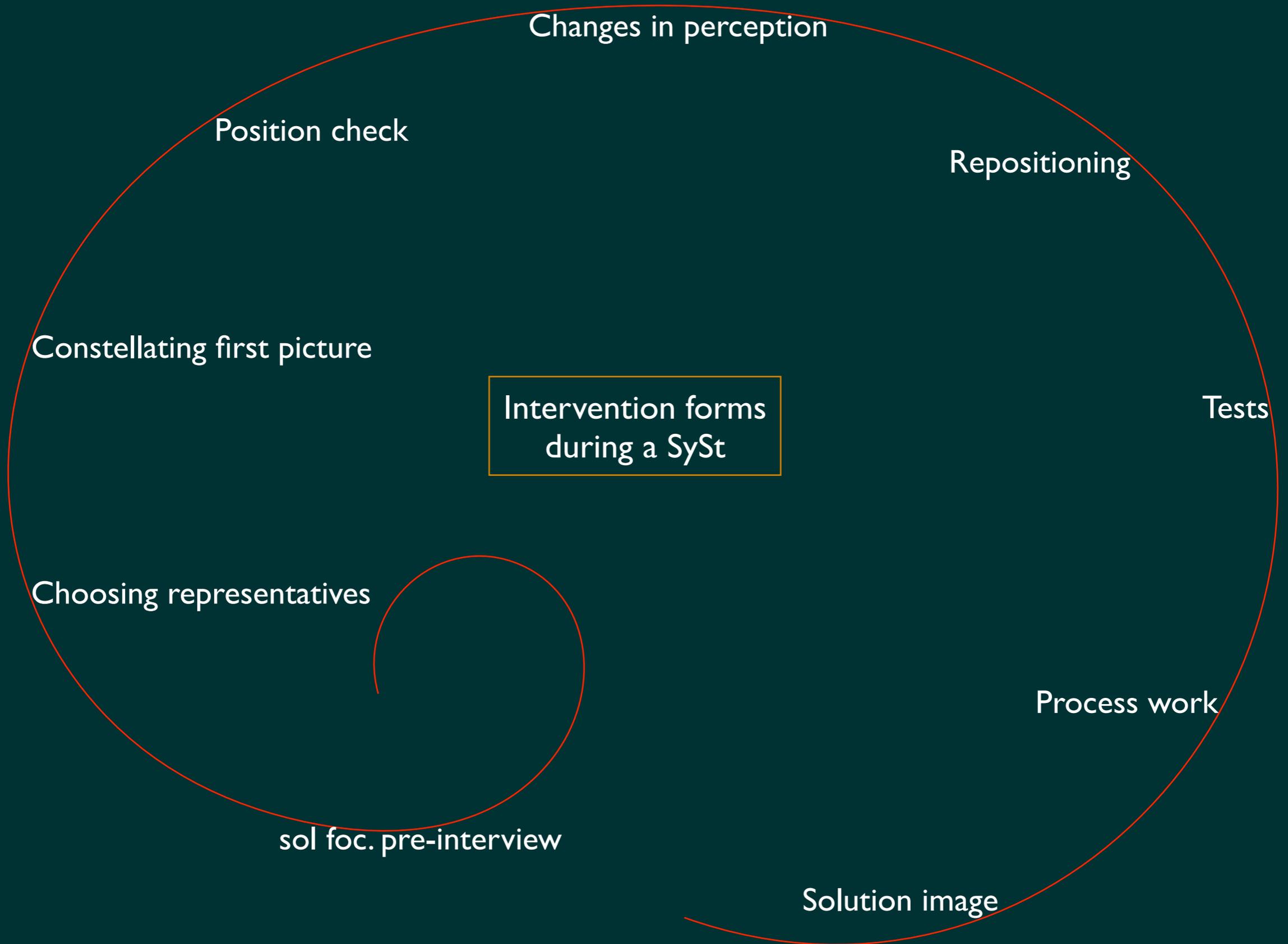
MIRACLE QUESTION

SCALING WORK

Comparative approach!

*We can know what better means, without knowing what good is.*

(Steve de Shazer)



## CONSTELLATIONAL ELEMENT

representative/s

distances, angles

states and changes experienced by  
representatives

constellated picture

first constellated picture

successive picture

following picture/s

sequence of pictures

solution picture (also in form of answering  
miracle question)

## LINGUISTIC ELEMENT

name/s, noun phrase, e.g.: *“the one she’s  
looking at”*; *„what this is about”*

predicates, relations

adjectives, adverbs

proposition

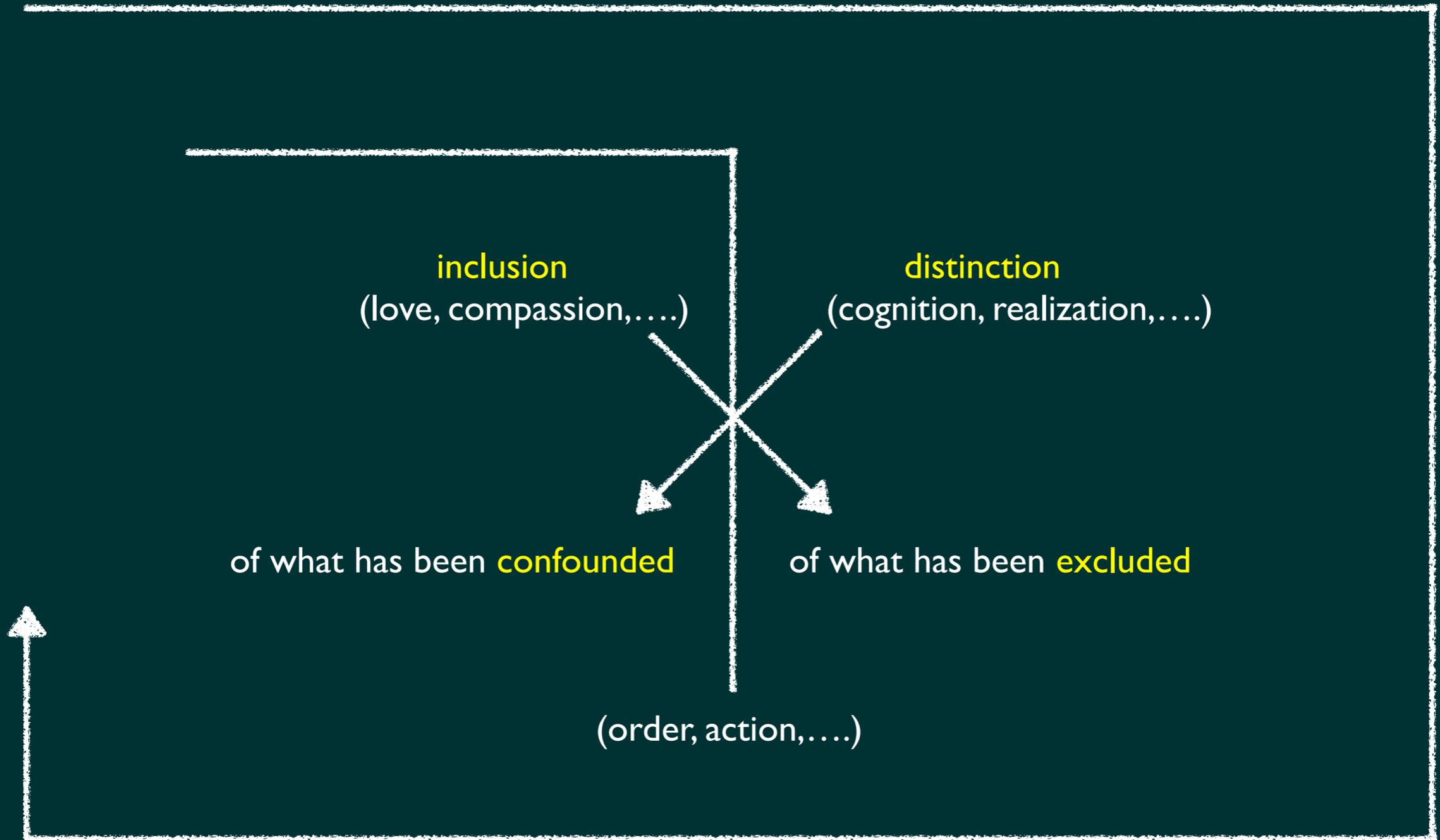
indicative sentence

subjunctive mood; at first often as irrealis:  
*“how it would have been, if...”* (poss.  
regretfully)

subsequently in optative: *“wishing it would/  
could...”*

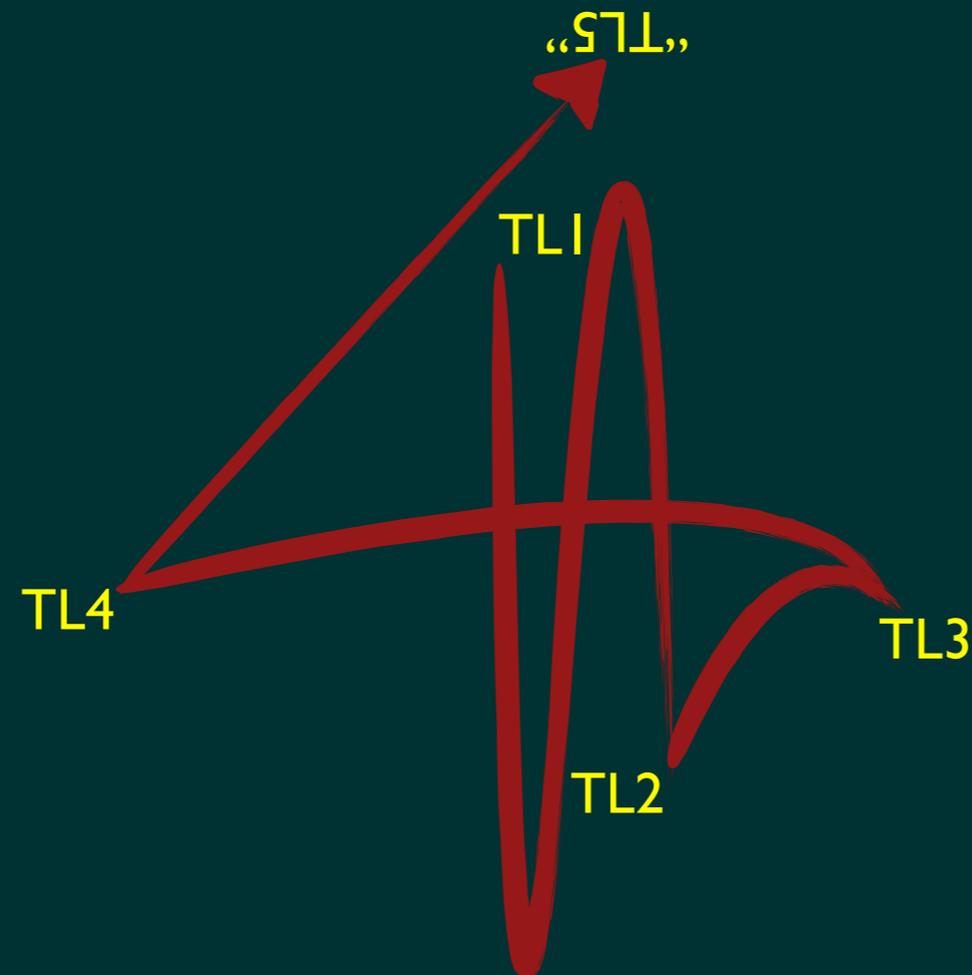
telling of a story, forming of hypothesis or  
deduction

partial realization of future event in the  
present; cf. future perfect, e.g.: *“will have  
had success”*; so-called “Aramaic  
mode” (after Pinchas Lapide)



wisdom (sophia)

neg.TETRA-LEMMA acc. to Nagarjuna [founder madhyamaka Buddh.]  
N.: "I have never assumed a position" ...



## TRANSVERBAL LANGUAGE

1. encompasses **verbal & nonverbal** language
2. extends them by (the syntactic element of) **representative perception/s**
3. has **person groups**, building model systems, **as primary speaker**

*“... looks at scenic methods as a specific example, and at many everyday aspects of human behavior in groups and communities as processes that can in a useful way be regarded as generalized linguistic processes, going beyond verbal and nonverbal expression by making use of certain **perceptual abilities specific to human groups as model systems** (cf **representative perception** [...]). Role playing, use of theater principles, sociodrama and **constellation work** can be seen as examples.”*

(Varga 2006)

## TRANSVERBILITY

*“... means going beyond the verbal and non-verbal in a way that encompasses both and extends them by **irreducible aspects of groups of persons** (...). This extension is connected with possibilities for **forming models of systems behavior by groups of persons**. Scenic methods are primary fields of application for the concept of transverbality.”*

(Varga 2006)

*(...) to conceive of a language means to conceive of a form of life.*

(LW, PI 19)

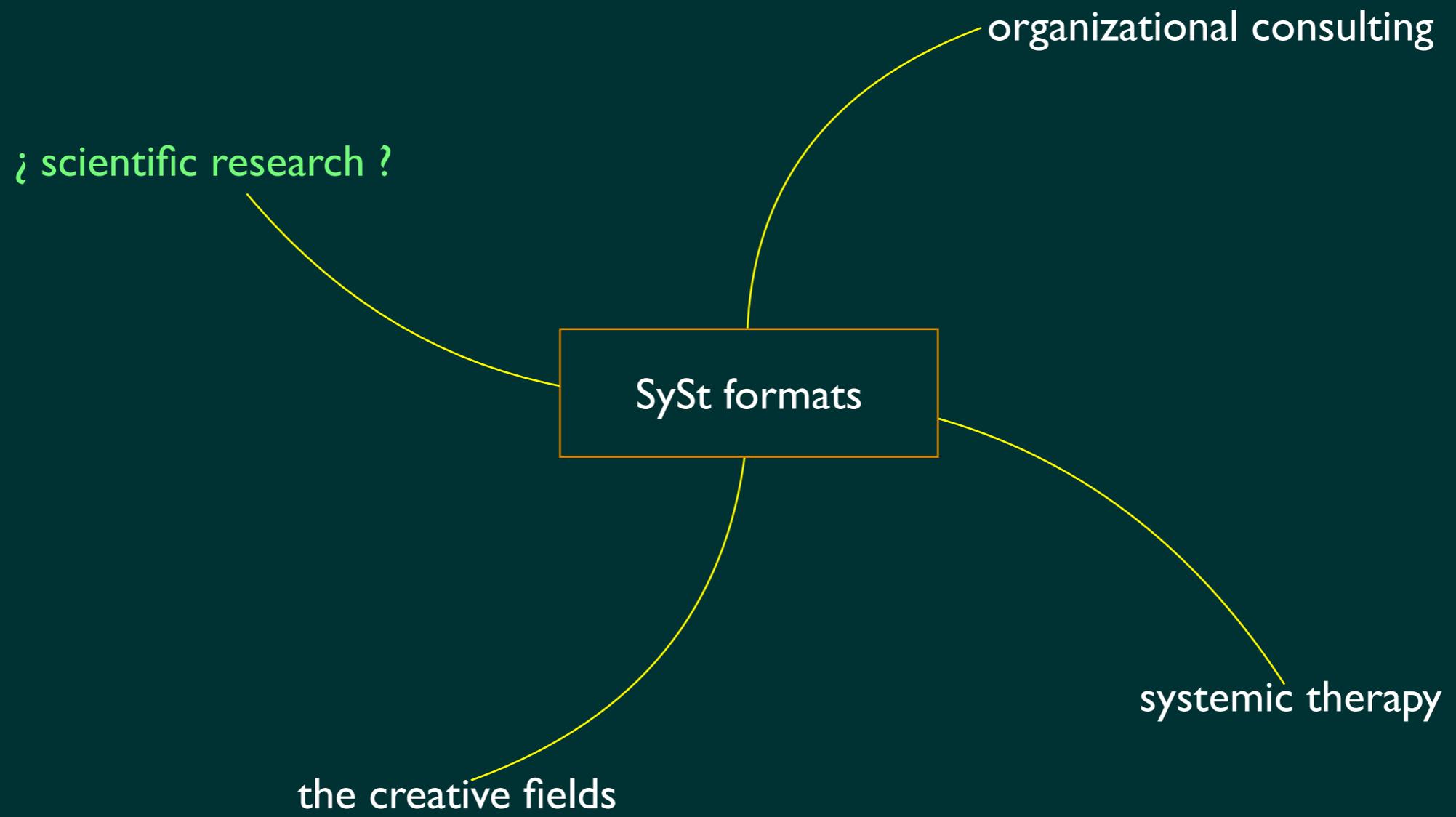


(...) reconsider human knowledge by starting from the fact that *we can know more than we can tell*.

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*Our body is the ultimate instrument of all our external knowledge, wether intellectual or practical.*

(Michael Polanyi, *The Tacit Dimension*)



# INTERVENTIONEN BEI AUFSTELLUNGEN

## WAHRNEHMUNGS-VERÄNDERUNGEN

- Zug, Druck
- Farben
- Geräusche
- Schwindel
- Emotionen
- Wärme, Kälte



## UMSTELLUNG

- Rangfolge
- Augenkontakt
- Abstand
- Würdigung
- Abgrenzung
- Winkel



## STELLUNGSHECK

- Entfernung
- Augenkontakt
- Konfrontation
- Ausschluss, Isolation
- Anhäufung
- Muster: Kreis, Dreieck
- Blick ins Leere
- Gemeinsamer Blick zur Leerstelle
- Ordnung



## TESTS



## PROZESSARBEIT

- Symbolisches Nachholen
- Des-Identifikations-Ritual
- Alter-Ego-Methode
- Infrarot-Übertragung
- Hypnotherapeutische Weiterführung



## WAHL DER REPRÄSENTANTEN

- Völlig gleichgültig
- Vielsagend und aufschlussreich
- "Lass deine Füße dich führen, achte auf deinen Herzschlag und mache einen Schritt nach vorne."
- Zu den Repräsentanten: Sorgt gut für euch!



## INTERVIEW

- Lösungsfokussiert
- Nicht semantisch, nur syntaktisch
- Skala 0 - 10
- Zeichen für positive Veränderungen
- Was hätte ich noch fragen sollen?
- Wunderfrage



## LÖSUNGSBILD

- Ankern
- Prozesse
- Ergebnis
- Abschied: das Ganze mit den Armen zu sich nehmen
- Entrollen
- Repräsentanten
- Auch Gegenstände



"Ich habe das für dich getragen, aber es gehört nicht zu mir, es ist deins, ich gebe es dir zurück"

