



System/Family Board (Systembrett/Familienbrett)

Licensed Systemic Family Therapist F. Tuba Aydın Vienna, Austria

<http://psikoterapi.info.tr/>

The goal of this workshop is to give introductory information to working with a family board that is a standard therapeutic technique employed by systemic family therapists in German-speaking countries.

Working with family systemically means understanding that every individual that belongs to the system is in connection with each other. Every active movement is followed by a reaction. The family board provides therapists a useful tool to visualize the dynamics between individuals. It makes identification of certain areas that requires attention and gives hints for necessary/potential areas of change. Visualization provokes emotions and feelings that provide power for positive changes. The individual sees more clearly and consciously their position in life or a particular situation. This can enable transparency, power and taking small steps towards solutions.

As part of this workshop, you will:

- Explore basic application possibilities of a family board,
- Learn the preparation of the client(s) for working with family boards, working in pairs with family boards in groups of three,
- Observe the photos of family boards that my clients prepared,
- Experience family board technique and hear reflections of colleagues.