

# Contents

<b>Acknowledgements .....</b>	<b>4</b>
<b>Introduction.....</b>	<b>5</b>
<b>1 Systemic Brief Therapy.....</b>	<b>9</b>
1.1 Overview: Systemic Therapy.....	9
1.1.1 From Family Therapy to Systemic Therapy.....	10
1.1.2 Systemic Position and Practice .....	13
1.2 Systemic Brief Therapy versus Short-Term Psychotherapy.....	20
1.3 Definitions of Systemic Brief Therapy.....	22
1.4 MRI Brief Therapy.....	25
1.4.1 Historical Background .....	26
1.4.2 Theoretical Roots .....	27
1.4.3 Theoretical Assumptions .....	28
1.4.4 Technical Schemata .....	30
1.4.5 Therapeutic Influence .....	32
1.5 Further Developments of Brief Therapy.....	33
1.5.1 Solution Focused Brief Therapy .....	33
1.5.2 Resource Focused Therapy .....	36
1.5.3 Brief Strategic Therapy.....	38
1.5.4 Client-Directed, Outcome-Informed Clinical Work.....	40
1.6 Systemic Brief Therapy: Basic Commonalities.....	43
1.6.1 Basic Position in Brief Therapy and its Further Developments .....	44
1.6.2 Basic Elements in Brief Therapy Practice .....	45
1.7 Summary .....	49
<b>2 Theoretical Foundations of EAI Brief Therapy.....</b>	<b>50</b>
2.1 Theoretical Position .....	50
2.1.1 Constructivism and its Implications for Psychotherapy .....	51
2.1.2 The Position of “And” .....	52
2.1.3 The Common Factors Approach and its Implications for Psychotherapy.....	54
2.2 The Phenomenon of Second-Order Change .....	55
2.2.1 Examples of Second-Order Change.....	55
2.2.2 Two Types of Change – A Theoretical Concept .....	56
2.2.3 Problem Formation .....	59
2.2.4 Promoting Second-Order Change in Therapy .....	63
2.2.5 Implications of the Concept of Second-Order Change for Therapy .....	69

2.2.6	Controversial Aspects in the Promotion of Second-Order Change .....	73
2.2.7	Research on the Promotion of Second-Order Change .....	74
2.2.8	Conclusions .....	76
2.3	Utilizing the Analogue Mode for Change.....	77
2.3.1	Digital and Analogue Processes.....	78
2.3.2	Changing Internal Maps – Activating Internal Resources.....	79
2.3.3	The Concept of Implicit Knowledge.....	81
2.3.4	The Concept of Analogue Presentation .....	82
2.3.5	Imagery and the Promotion of Change .....	85
2.3.6	Conclusions .....	91
2.4	AIDE – A Model for Systemizing Resource Activation in Systemic Brief Therapy .....	91
2.4.1	Resource Orientation and Resource Activation in Psychotherapy .....	92
2.4.2	AIDE – Types of Resources .....	98
2.4.3	AIDE – Implicit and Explicit Resource Activation.....	99
2.4.4	AIDE – Digital and Analogue Resource Activation .....	107
2.4.5	Conclusions.....	113
2.5	Summary .....	115

### **3 Practice of EAI Brief Therapy ..... 117**

3.1	Origins of EAI Brief Therapy .....	117
3.2	Pragmatic Assumptions.....	120
3.3	EAI Brief Therapy .....	123
3.3.1	Phase I – Presenting Problem.....	124
3.3.2	Phase II – Problem Focus.....	125
3.3.3	Phase III – Attempted Solution.....	126
3.3.4	Phase IV – Preparation .....	127
3.3.5	Phase V – Body Focus Meditation.....	128
3.3.6	Phase VI – Analogue Presentation.....	129
3.3.7	Phase VII – Problem Re-assessment.....	132
3.4	Explicit Analogue Resource Activation in the Phase of Analogue Presentation: Qualitative Research Results .....	132
3.4.1	What are Therapist and Client Doing in the Process of Analogue Presentation? .....	133
3.4.2	How are the Therapist and Client Tasks Performed? .....	139
3.4.3	The Phases of the Process of Analogue Presentation .....	141
3.4.4	A Model of the Process of Analogue Presentation .....	144
3.4.5	Summary .....	147
3.5	EAI Brief Therapy: Lynn – A Case Example.....	148

3.6 Summary .....	167
<b>Final Conclusions .....</b>	<b>168</b>
<b>References .....</b>	<b>170</b>

## List of Tables

Table 1	The three main aspects of EAI Brief Therapy .....	50
Table 2	Implications of constructivism for psychotherapy .....	52
Table 3	Interventions for implicit and explicit resource activation in systemic brief therapy .....	105
Table 4	Interventions for digital and analogue resource activation in systemic brief therapy .....	111
Table 5	Client resources as a crucial factor in change.....	116
Table 6	MRI Brief Therapy assumptions .....	118
Table 7	Generating new material.....	135
Table 8	Concretization of new material.....	136
Table 9	Checking for blockages .....	136
Table 10	Evaluation of the new material .....	137
Table 11	Trust in and contact to self.....	138
Table 12	Structuring the process.....	139
Table 13	The first theoretical concept .....	144

## List of Figures

Figure 1	Problem formation I.....	60
Figure 2	Problem formation II .....	61
Figure 3	The concept of analogue presentation .....	85
Figure 4	Explicit resource activation in systemic brief therapy: digital versus analogue.....	115
Figure 5	Phases of EAI Brief Therapy .....	131
Figure 6	The process of analogue presentation.....	146