



FACULTEIT PSYCHOLOGIE EN  
PEDAGOGISCHE WETENSCHAPPEN

## The usefulness of the concepts relational influence and relational agency for systemic psychotherapy

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## Focus of systemic psychotherapy

1. Importance of human relationships
  3. Interpersonal space between humans:  
few concepts describing emotional side: attachment,  
loyalty, and...
  5. Influence
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## Influence

1. Influence = interpersonal phenomenon that humans affect each other continuously in a meaningful way
  3. Continuous creation and construction of meanings about yourself, the other, the relationship, the family ...
  4. Main issue: disconnection of intentions and effects
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## Inside – Outside – Other (side)

1. Inside: feelings, thoughts, desires, motivations, intentions,...
  2. Outside: behaviour, body, language, ...
    - We influence by means of our outside
  4. Other (side) interprets our outside
    - We cannot control our effects
    - Unintended effects are unavoidable
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## Sense of influence

1. A sense (awareness) that your influence has effects that are incalculable
  3. Sense of influence and sense of being influenced
  4. Easier to sense the influence of others
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## Dimensions of sense of influence and sense of being influenced

### 1. Four basic dimensions:

- sense of positive/constructive influence
- sense of negative/unpleasant influence
- sense of being influenced in a constructive way
- sense of being influenced in a negative way

### 3. Basic hypothesis: our clients have lost a sense of influence and being influenced

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## Process

1. Sense of being negatively influenced  
→ language for massive feelings of disadvantage
  2. (and 3.) Sense of constructive influence
  3. (and 2.) Sense of being constructively influenced
  4. Sense of negative influence
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