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
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
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
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
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
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