A BRIEF INTRODUCTION TO HUMAN SYSTEMS THERAPY. Theoretical foundations, methods of change and applications (randomized control trials) in psychoses and drug abuse.

25 years development

Nicholas Paritsis

University of Crete, Greece, and Society for Human Systems Therapy and Intervention, Greece

gresythepas@yahoo.gr, www.sosyti.gr
Main features

- **Human Systems Therapy** has been developed and evaluated over the last 25 years.
- **It is a general systems therapy,**
  applied equally to
  individuals, couples, families, groups, organizations and social network.
- **It is based mainly to:**
  a definition of an open system
  principles of systems development and
  a model of human systems intelligence
  a co–synthetic epistemology
- **Offers a number of new techniques** or methods of change
Question: Way Human Systems Therapy?

The answer is empirical:
Because, surprisingly, the so far trials at least on
- schizophrenia,
- improving adaptive functioning in mentally retarded persons and
- hashish withdrawn
gave the best results compared to any other type of psychotherapy (including systemic, family, behavior-cognitive and psychoanalytic).
Main principles and concepts

- **A definition of an open system:**

  The members, their properties and their relations  
  \[\uparrow \quad \downarrow\quad \]
  the emergent properties of the system  
  \[\uparrow \quad \downarrow\quad \]
  The environment

  All levels interact and influence each other
  This definition leads to the multilevel intervention
Main principles and concepts

- Principles of systems development
- Increase of variety (Ashby 1958, Miller 1978) without order (order decreased information).
- Increase of order (Prigogine 1984) without variety (variety increased entropy)

- Balanced increase of order and variety (Paritsis 1993)
- Law of optimal variety (Paritsis 1992)
  Gradual increase of variety and order in order to not produce stress
- Motivation towards development (Paritsis and Stewart 1979)
Main principles and concepts
- A model of human systems intelligence (Paritsis 1987)
- Process of auto–synthesis
  Zeugmas
  - Cognitive–emotional structures (Gray 1973)
  - Schemas (Piaget 1976)
- Zeugmas (Paritsis 2009, 2010) are enriched cognitive affective structures (models) for specific interactions of with its environment that include:
  - Perceptions, emotions, purposes, desires, plans of action, motivations
  - Motivations are towards interactions for satisfaction and development

According to the state of the system and of the environment, particular zeugmas are activated or inactivated for interaction of the system with particular environments.
Main principles and concepts

- **Co-synthetic “reality”**
- First order Cybernetics: the observer is not necessary perceived the reality
- Second order Cybernetics: The observer changes the perception
- Constructivism: Perception is basically constructed by the observer
- Social constructionism: perception is determined by socio-cultural reasons

- **Co-synthetic epistemology:** There is a multilevel perception (biological, psychological, social and cultural) which is formed by the interaction of observer and the observed (Paritsis 2005).
Main techniques and methods of change

- There are more than 10 new techniques based on the principles of HST such as:
  - presentation of logical consequences*
  - over-positive comments*
  - The alchemy of behavior*
  - Reduction of Incompatible States (increase of Order)
  - Solving Problems in Alternative Ways (increase of variety)
  - Use of fuzzy logic for pseudo-dilemmas*

* Partial paradoxes
Main techniques and methods of change

- **Presentation of logical consequences**
  First we accept the beliefs of the client and then present refutable for him logical consequences

- **Over positive comments**
  Comment positive the negative and over–positive the positive

- **The alchemy of behavior**
  Behave and comment very friendly any aggressive behavior
Main techniques and methods of change

– Reduction of Incompatible States (increase of Order)
  
  Comment the incompatibility between thoughts, emotions, actions of the client and ask him to choice one among the incompatible

– Solving Problems in Alternative Ways (increase of variety)
  
  Encouraging alternative ways of thinking, feeling and acting relevant to problems

– Use of fuzzy logic for pseudo-dillemas
  
  Balance the negative with the positive on problematic behavior and ask the client to choice
Research Trials

On:

- **Individuals** on schizophrenics, drug abusers, aggressive persons, mentally retarded
- **Groups** on schizophrenics, drug abusers, aggressive individuals and groups
- **Families** having members schizophrenics, mentally retarded, violent cases

**Organizations** having members, schizophrenics, mentally retarded, aggressive persons

The results of Wilcoxon Signed Rank Test on Del–Hal (delusions hallucinations) scores in the control (8 persons) and the experimental group (7 persons) before and after the intervention.

<table>
<thead>
<tr>
<th>SOURCE</th>
<th>TIME</th>
<th>MEAN</th>
<th>STD.D</th>
<th>Z</th>
<th>SIG.P</th>
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<td>EXPERIMENTAL</td>
<td>BEFORE</td>
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<td>8.07</td>
<td>-2.03</td>
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<td>AFTER</td>
<td>5.85</td>
<td>5.27</td>
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<td>CONTROL</td>
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<td>5.25</td>
<td>5.28</td>
<td>-0.17</td>
<td>0.865</td>
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<td>AFTER</td>
<td>4.87</td>
<td>4.87</td>
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WithdrawAL from hashish use in adolescents, after improving family and peer relations. A randomised controlLED trial using Human Systems Therapy. (Kilaidakis et al 2011)

Results of Sign Test on last month experience of hashish use in the control and experimental group before and after the time of intervention.

<table>
<thead>
<tr>
<th></th>
<th>N</th>
<th>Negative differences</th>
<th>Positive differences</th>
<th>Ties</th>
<th>Exct Sig. (2 tailed)</th>
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<tr>
<td><strong>Experimental</strong></td>
<td>8</td>
<td>7</td>
<td>0</td>
<td>1</td>
<td>0,016</td>
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<tr>
<td><strong>Control</strong></td>
<td>7</td>
<td>4</td>
<td>1</td>
<td>2</td>
<td>0,375</td>
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improving ADAPTIVE functioning in profoundly mentally retarded and behavior-disordered ex hospitalized Adults: An application of systemic principles. Gkantona Georgia and Nicholas Paritsis

<table>
<thead>
<tr>
<th></th>
<th>Domestic activity</th>
<th>Socialization Domain</th>
<th>VILAND total</th>
<th>Author(s)</th>
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<tbody>
<tr>
<td>Using systemic principles concerning development</td>
<td>50 %</td>
<td>37,34 %</td>
<td>22 %</td>
<td>Gantona and Paritsis</td>
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<tr>
<td>Classical methods, without the use of General Systems principles</td>
<td>9,39 %</td>
<td>7,92 %</td>
<td>3,31 %</td>
<td>Siaperas and Beadle–Brown 2005</td>
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<tr>
<td>Second order change</td>
<td>5,3</td>
<td>4</td>
<td>6,6</td>
<td>Systemic HST methods / non-</td>
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</tbody>
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Bibliography


Bibliography


Paritsis N. (2005), Social systems, their observation and description, Res–Systemica (electronic journal)

