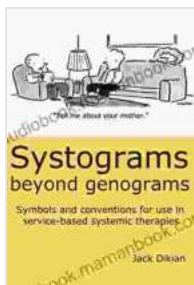


Symbols and Conventions for Use in Service-Based Systemic Therapies: A Comprehensive Guide

Service-based systemic therapies (SBSTs) are a family of therapeutic approaches that seek to improve the functioning of individuals, families, and other social systems. These therapies are based on the systemic perspective, which views problems as arising from interactions within a system rather than from the individual.

Symbols and conventions are used in SBSTs to represent the different components of a system and the relationships between them. These symbols and conventions can help therapists to visualize the system, identify patterns of interaction, and develop interventions.

Individuals are represented by a variety of symbols in SBSTs. The most common symbol is a circle, which represents the individual's boundaries and identity. Other symbols that may be used to represent individuals include:



Systogram, beyond Genograms: Symbols and conventions for use in service-based systemic therapies by Jack Dikian

★★★★★ 5 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 16 pages



- **Triangles:** Triangles represent individuals who are in a position of power or authority.
- **Squares:** Squares represent individuals who are stable and organized.
- **Circles with lines:** Circles with lines represent individuals who are experiencing conflict or stress.

Relationships between individuals are represented by lines in SBSTs. The type of line used to represent a relationship indicates the nature of the relationship. For example:

- **Solid lines:** Solid lines represent strong, positive relationships.
- **Dashed lines:** Dashed lines represent weak, negative relationships.
- **Arrows:** Arrows represent the direction of communication or influence in a relationship.

Systems are represented by a variety of symbols in SBSTs. The most common symbol is a triangle, which represents the system's boundaries and structure. Other symbols that may be used to represent systems include:

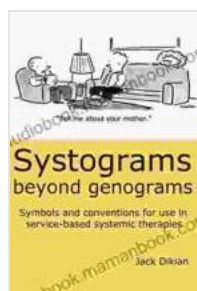
- **Circles:** Circles represent systems that are closed and self-contained.
- **Squares:** Squares represent systems that are open and interactive.

- **Triangles with lines:** Triangles with lines represent systems that are in a state of flux or change.

Change is represented by a variety of conventions in SBSTs. The most common convention is to use arrows to indicate the direction of change. For example:

- **Upward arrows:** Upward arrows represent positive change.
- **Downward arrows:** Downward arrows represent negative change.
- **Curved arrows:** Curved arrows represent changes that are ongoing or cyclical.

Symbols and conventions are a powerful tool for therapists who use SBSTs. These symbols and conventions can help therapists to visualize the system, identify patterns of interaction, and develop interventions. By understanding the meaning of these symbols and conventions, therapists can more effectively help clients to achieve their goals.



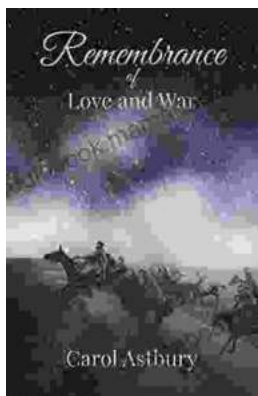
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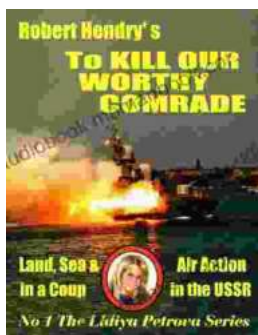
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