

## Publications and professional papers

2006

**Published a book *Inviting reflexivity into the therapy room how therapists think in practice*.** University Press of America , 463 p. Lanham, Boulder, Toronto, Oxford. This book assists practitioners to have more articulated theories of their practices and to pinpoint the crucial elements that really make a difference in terms of the quality of therapeutic practice. This book explains in details with multiple examples how expert therapists think in practice and the differences and similarities between master clinicians and novices. Clinicians will reach in depth comprehension of the essential concept of reflexivity and reflexive practices. The reader will grow his understanding of the importance of building theories of practice and the notion of practical knowing. The reader will enjoy also like a fly on the wall during the most interesting sessions read the reflection-in-action of the expert as they do their work and compare it with the thought process of novices.

This is an important and thought-provoking book that carries the field of psychotherapy process research to a whole new level of reflection about practice and training. It will help students, practitioners, and researchers confronting them to the challenge inherent to the relationship-based activity of therapy. Beyond the usual therapeutic theories about patients, this book focuses on "How does the mind of the therapist works while practicing therapy". With diligence and passion, Fabienne Kuenzli invites us into the therapeutic room. She helps us to understand (with our cognitive intelligence) and to feel (with our perceptions and emotions) the concept of reflexivity as a central process for a successful therapeutic work.

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Co-author of "The Primary Triangle: a Developmental Systems View of Mothers, Fathers and Infants" (Basic Books, 1999)

2006

**Published an article in *Thérapie Familiale*, 2/2006** (International Family Therapy Journal for the French speaking community in the world): "*How to invite reflexivity into the therapy room : the therapist's practical knowing*". In this article, I present and discuss a brief summary of my doctoral dissertation, presented in 2004 at the University of Lausanne, Switzerland. My article discusses the relevance of the application of reflection-in-action (RIA) that is the practical knowing of the psychotherapist. In other words how the psychotherapist puts into words his thoughts while practicing psychotherapy. This research is qualitative in nature and is based upon the principles of the second order cybernetic. This research also explores how and what is different between the novice and the expert therapist.

2004

**Published on line an article (co-authored with André Kuenzli) to *Gestalt Review*: "[Gestalt Goes Postmodern...Food for Conversations](#)."** This article presents and discusses the development of the postmodern critique from the 60's to nowadays. Suggesting that Gestalt Therapy goes Postmodern, the authors describe the similarities and the differences between Gestalt Therapy and Postmodern Family Therapies. This article introduces the postmodern critique, its latest development and applications in the Family Therapy field. The authors show how important the postmodern critique has been in different domain such as Art and Science. The authors offer an overview of the development of the Family Therapy Field from

its start to the most recent Postmodern Therapies. An imaginary conversation between Gestalt Therapists and Postmodern Therapists highlight the contrast and similarities between the two approaches. Finally, the authors presents schematic and useful representation of the development of the postmodern critique and how it influenced Gestalt.

**2001**

**Published** an article in **Thérapie Familiale, 1/2000** (International Family Therapy Journal for the French speaking community in the world): "Desconstruction of domestic violence: discovering alternatives". In this article I present different approaches to domestic violence. I first introduce the reader to a panorama of the eleven most commonly used theories of domestic violence. I explain why as a socio-constructivist therapist, the search for causality in domestic violence may be hazardous. I shall answer different questions: What is the use of a causal explanation? What is it that a causal explanation reinforces? What does it prevent? I offer an alternative to the causal explanation based on the theory of limitations (Gregory Bateson). It is more helpful to consider what prevents a problem from being dissolved than to wonder where a problem comes from. I also suggest ideas and guidelines to assist the positioning of the therapist and the ethical dilemma facing domestic violence. I offer concrete interventions and guidelines in assisting the prisoners of domestic violence.

**2001**

**Published** on line an article, to "One only understands the things one tame. Inviting reflexivity in the therapy room.". In this article, I demonstrate the facets of the interesting relationship between theory and practice. Namely, I show the practical knowledge that a therapist uses when doing therapy. Literally, it is this ability to think about one's work while working **and** the ability to keep alive, in the midst of action a multiplicity of view of the situation. I use a clinical situation to illustrate this topic. This article presents the deconstructive work of four therapy sessions. Along with the transcripts, I show how a therapist thinks about his work while doing it (or) as reconstructed afterward (reflexive posture). This article also outlines the nature and process of ethics in the therapeutic relationship. By using this clinical situation, concepts such as listening, caring, compassion, and respect are enacted in the therapy.

**2000**

**Published** an article (co-authored with André Kuenzli) in **Thérapie Familiale, 1/2000** (International Family Therapy Journal for the French speaking community in the world): "Beyond Systemic Therapy: An interview with Harlene Anderson. The highlights of a collaborative approach to therapy". This article presents and discusses the a-priori of the collaborative Language Systems approach. We outline the premises of this approach and how they are connected to postmodernism and socio-constructionism. This article presents an interview with Dr. Harlene Anderson and explore the perspective of this creative author on the notion of change, future orientation.

**2000**

**Published** an article (co-authored with André Kuenzli) in **Psychoscope, 4/2000** (National Journal for all the Swiss Psychologists): " An identity crisis in the US, Family therapy searching for a family" This article presents the evolution of Family Therapy from its birth

until nowadays. The authors compare the current phase of Family Therapy as the phase of adolescence and a certain crisis. This crisis, as exposed by the authors comes both from the postmodern critique and from the change in manage care. The authors offer both strengths and risk of such a turning point in Family Therapy.

#### **1999**

**Published** (co-authored with André Kuenzli) an article in *Thérapie Familiale*, 1/99: "Une différence fait-elle la différence? Le reflecting team comme partie intégrante d'un processus psychothérapeutique". This article presents and discusses the reflecting team. We outline the foundation of the reflecting team, its nature and its process. We suggest a guideline for using it. We present the theoretical assumptions behind the reflecting team and an innovative group that works with the reflecting team in Switzerland since 1996. (This article has been awarded of a prize).

#### **1998**

**Submitted** a guideline for women and children under the influence of Domestic violence. This guideline presents innovative tools in a postmodern perspective to react and counteract the influence of violence in their lives. This guide highlights the importance of rather than polarizing the violence (the victim and the aggressor), the author offers to separate the action from the person and invites responsibility on both sides.

#### **1996**

Co-authored (with André Kuenzli) a professional paper: "Postmodernism and Psychotherapy". This paper defines the Postmodern Critique in contrast to Modernism, explores the use of three major Postmodern therapies (Solution-Focused, Narrative and Collaborative Language Systems), presents qualitative research on the Reflecting Team as well as two case presentations. This paper is based on two years of experience (1994 -1996) in using postmodern therapies with clients at the California Family Counseling Center, Brief Therapy Project, Encino, California. (Unpublished paper).

#### **1993**

Authored a professional paper: "Le bouc émissaire, entre scepticisme et dogmatisme" trans. "The scapegoat. Between Skepticism and Dogmatism". This paper explores the influence of the word "scapegoat" and its social and psychological influence. The emphasis of the paper is on how people choose their words in conversation and the influence of those words on their conversations and social constructions. Institute of Psychology, University of Lausanne, Switzerland. (Unpublished paper).

#### **1991**

Authored a professional paper: "Le bouc émissaire". This paper defines the concept of the scapegoat in regard to its etymological foundations. It explores how different disciplines understand and apply this concept. The emphasis is psycholinguistic as well as

epistemological, exploring the implications of word choice for the construction of reality. Institute of Psychology, University of Lausanne, Switzerland. (Unpublished paper).

**1989**

Authored a professional paper: "Situations extrêmes". This paper explores the reactions and implications of so-called extreme situations, such as concentration camps and other life threatening situations. The author explores her own involvement in a near-to-death experience and applies to her experience the theoretical concepts presented in the psychological literature. Institute of Psychology (Demi-Licence), University of Lausanne, Switzerland. (Unpublished paper).