

Systemic Case Conceptualization Methods – a Systematic Overview and Comparison

A well-developed case conceptualization is central to effective psychotherapy—yet, unlike in psychodynamic or cognitive-behavioral approaches, no comprehensive overview exists for systemic therapy (Easden & Kazantzis, 2017; Barber & Crits-Christoph, 1993; Challonier & Papayianni, 2018).

In this Research Café, Silvia Scholz shares insights from her scoping review of 29 systemic case conceptualization methods, identified across databases, therapy manuals, textbooks, and an expert network in 2025. The approaches are mapped along two key dimensions: degree of participation and degree of adaptability, revealing a wide spectrum of ways systemic practitioners conceptualize cases and use this conceptualization in different therapeutic contexts.

This session invites reflection and exchange on how case conceptualization can be used meaningfully in systemic work, training, and future research.

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