

The presenters

Lennart Lorås, D.Sys.Psych., is a professor in the Master program in Family Therapy and Relational Work at Western Norway University of Applied Sciences (HVL). He also holds an adjunct professorship in the family therapy program at VID Specialized University in Oslo. His academic work encompasses a substantial body of peer-reviewed articles, book chapters, and books that address key developments in family therapy, relational practices, and systemic psychotherapy. Lorås is a highly sought-after lecturer and supervisor, engaging with national and international academic institutions, research groups, and clinical settings.

Jacob B. Priest Jacob B. Priest, PhD, LMFT, is a clinical associate professor at the University of Iowa. Dr. Priest specializes in family systems theory and has authored two books: *The Science of Family Systems Theory* and *Systemic Diagnosis: The Application of Family Systems Theory*. In his clinical work, Dr. Priest focuses on helping individuals, couples, and families build and maintain healthy relationships. He is passionate about the connection between relationships and overall health, and he provides therapy and supervision at the University of Iowa's LGBTQ Clinic and Weight Management Clinic.

Beyond intuition and tradition: Grounding practice in Family systems theory and multi-methodological systemic research

This lecture explores the philosophical and epistemological foundations of practice and research in systemic couple and family therapy (CFT). It critically examines the dominance of postmodernist and social constructionist perspectives, arguing that these approaches often have led to the rejection of empirical, research-based knowledge and theories. We will argue that systemic CFT must move beyond intuition and tradition, grounding its practice in scientifically validated theories and evidence-based methods. One such framework is Family Systems Theory (FST). FST provides a robust foundation for understanding relational dynamics and ensuring that therapeutic interventions are research-informed, effective, and ethically responsible. To ensure the continued development of systemic CFT as a discipline, it is essential to prioritize research-supported theories and approaches that incorporate both qualitative and quantitative methods. A broader methodological perspective will enhance clinical decision-making and intervention design, ultimately contributing to more effective and ethically sound therapeutic practices.