

**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

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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- hashish withdrawn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

↑
the emergent properties of the system
↓

↑
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-dilemmas**

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

Reduction of Psychotic Symptoms in People with Schizophrenia, Using Human Systems Therapy A Randomized Controlled Trial. (Aivaliotou et al (2009))

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.

SOURCE	TIME	MEAN	STD.D	Z	SIG.P
EXPERIMENTAL	BEFORE	9.57	8.07	- 2.03	0.042
	AFTER	5.85	5.27		
CONTROL	BEFORE	5.25	5.28	- 0.17	0.865
	AFTER	4.87	4.87		

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.

	N	Negative differences	Positive differences	Ties	Exct Sig. (2 tailed)
Experimental	8	7	0	1	0,016
Control	7	4	1	2	0,375

improving ADAPTIVE functioning in profoundly mentally retarded and behavior-disordered ex hospitalized Adults: An application of systemic principles. Gkantona Georgia and Nicholas Paritsis

Comparison between the use and non use of the systemic method of optimal and gradual increase of variety and order to bring satisfaction and development parallel to adaptive functioning in the mentally				
	Domestic activity	Socialization Domain	VILAND total	
Using systemic principles concerning development	50 %	37,34 %	22 %	Gantona and Paritsis
Classical methods, without the use of General Systems principles		13,4 %		Siaperas and Beadle-Brown 2005
	9,39 %	7,92 %	3,31 %	Young and Ashmar 2001
Second order change	5,3	4	6,6	Systemic HST methods / non

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