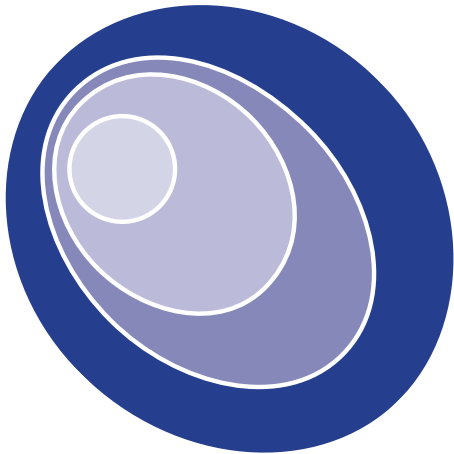


Systems-Centered® Training Workshops

An Innovative Approach to Integrating Differences in the Context of Change



21-24 January 2013

Stockholm, Sweden

*For Clinicians, Consultants, Managers,
Leaders and Curious People*

Susan P. Gantt, Ph.D. with Sven-Erik Viskari, BA and Erika Ekedal, MSc

Building a Systems-Centered Group

21-23 January 09.00 – 17.00

Workshop Design

This workshop offers two levels of training: the Foundation Level and the Intermediate Level. Both Foundation and Intermediate members will work in their own small groups and have an opportunity to observe each other's groups.

The Foundation Group

For members new to SCT and those wanting to develop their SCT skills in building a systems-centered group.

Members will learn:

- functional subgrouping as a method of conflict resolution
- how to modify the restraining forces that inhibit change
- the “fork-in-the-road” of choice between explaining conflicts and exploring them
- to manage and weaken the familiar “one-up, one-down” role relationships
- how to work in a systems-centered group on reactions to authority

The Intermediate Group

With endorsement from their SCT training group leaders, members will work in an SCT group to explore the dynamics in each of the phases of system development.

Members will learn:

- the conflicts in each of the phases of system development
- their own role responses in each phase
- the challenges of moving from person to member in each phase of system development

Container Training

A step towards leadership for intermediate and advanced members. Members will join the Foundation Group experiential sessions in the Container role, with process time in between sessions. Led by Rowena Davis, MSc.

If you need assistance in determining whether the Foundation or Intermediate Group or Container Training is the better training context for your work, contact Susan Gantt at sgantt@systemscentered.com or Sven-Erik Viskari at sven-erik.viskari@telia.com

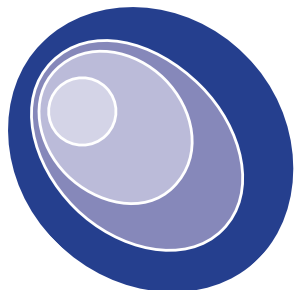
Increasing Work Performance: The SCT Model of Role, Goal and Context

24 January 09.00 – 17.00

Developing a systems-centered perspective enables a shift from taking one's work or organizational roles “just personally” to taking one's membership functionally in support of the goals of the context. This workshop will build a systems-centered context to explore the challenges of role flexibility and functional role-taking in both leadership and membership roles, and the particular challenges in these uncertain times.

Members will learn:

- to discriminate between one's work role in an organization and the ongoing suction to personal roles
- to apply systems-centered thinking to locate oneself in one's role in relation to the goal and the context of the organization
- to weaken the blocks to role flexibility in times of uncertainty



Systems-Centered® Training Workshops

for clinicians, consultants, managers, leaders and curious people

Systems-Centered Training (SCT) introduces:

- functional subgrouping as a method for resolving conflicts
- alternatives to noisy communication
- how to move from self-centered to systems-centered

Functional Subgrouping: Resolving conflicts and building a system that uses differences as resources for work

The human challenge is how to integrate differences rather than avoid them or stereotype them or convert them or scapegoat them. Functional subgrouping introduces a method for containing the two sides of every conflict so that the differences can be explored and integrated. This lowers scapegoating and enables a different group climate, one more compatible with the conditions that facilitate exploration, openness and the neuroception of safety. Differences then become resources rather than problems.

Communications That Work: Taking the noise out of “talk”

Every communication contains both information and noise. The more noise in a communication, the less the message is received. SCT teaches skills for filtering the noise out of “talk” so the message gets heard.

From Personalizing to Systems-Centered: Not taking things just personally

Personal habitual roles hijack us to past conflicts. Functional roles enable us to live in the present. In the present, we can contribute to the systems that matter to us and we can learn to see ourselves in context, not in isolation or just personally. Supporting the system’s goals increases our personal satisfaction and decreases the anguish that comes from personalizing.

WORKSHOP INFORMATION

TO REGISTER:

Email swedenworkshop@gmail.com for registration details.

DATES:

21-23 January Building a Systems-Centered Group
24 January Increasing Work Performance

LOCATION:

Grillska Huset
The Conference Apartment
Stortorget 3, Gamla Stan/Old Town, Stockholm
Phone +46 8 78 78 645

REGISTRATION FEES:

Early registration by 5 December:

1 Day workshop 2000 SEK
3 Day workshop 5500 SEK
1+3 Day workshops 6750 SEK

Registration after 5 December:

1 Day workshop 2375 SEK
3 Day workshop 6400 SEK
1+3 Day workshops 7900 SEK

5% discount for Svenska SCT-föreningen members. 10% discount for attending both workshops.

25% VAT will be added. Taxable organizations from other countries can apply to the tax authorities to get the VAT back afterwards.

If you do not have the option of paying through your own company or any organization, please contact Erika Ekedal to discuss possible payment options for private persons.

Refund Requests (less 335 SEK processing fee) will be honored until 5 January. No refunds after 5 January.

Susan P. Gantt, Ph.D., ABPP, CGP, is a psychologist in private practice in Atlanta and works for Emory University School of Medicine where she coordinates group psychotherapy training. She is the Director of the Systems-Centered Training and Research Institute. She trains, supervises and consults in the practice of SCT in the USA and Europe and leads ongoing training groups for therapists and consultants in Atlanta, San Francisco and Amsterdam. She co-authored the texts *Autobiography of a Theory*, *SCT in Action* and *Systems-Centered Therapy: Clinical Practice with Individuals, Families & Groups* with Yvonne Agazarian and was recently awarded the Alonzo Award for Excellence in Psychodynamic Group Psychotherapy by the Group Psychotherapy Foundation for her work in editing (with Paul Cox) the special issue of the *International Journal of Group Psychotherapy* on “Neurobiology and Interpersonal Systems: Groups, Couples and Beyond.”

Sven-Erik Viskari, BA, is a licensed psychologist and psychotherapist who also works with team building, group development and coaching of leaders. He is on the faculty of University of Gothenburg, Department of Psychology, and works in private practice with a mix of clinical and OD work. He is also a licensed Systems-Centered Practitioner and a member of the Board of the Systems-Centered Training and Research Institute.

Erika Ekedal, MSc, is a licensed psychologist and organizational consultant who trains leaders and coaches, counsels individuals and groups, and manages change in organizations. She teaches leadership and OD at Karolinska Institutet, is a licensed Systems-Centered Practitioner, and chairperson of the Swedish SCT Association, Svenska SCT-föreningen.

QUESTIONS:

- For more information about the workshop, contact **Susan Gantt** at (001) 404 261 5559, ext. 1 or sgantt@systemscentered.com or **Erika Ekedal** at +46 8 795 4350 or swedenworkshop@gmail.com
- For hotel accommodations information, contact **Erika Ekedal** at +46 8 795 4350 or swedenworkshop@gmail.com
- For more information on Systems-Centered Training, visit the SCTR website at www.systemscentered.com

Sponsored by the Swedish SCT Association (Svenska SCT-föreningen)