



Instituut
Contextuele
Benadering

Applying Contextual Theory to Therapy: An analysis of the Practice of Ivan Boszormenyi-Nagy

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In this session

Research question:

In what way does Nagy apply the principles of his contextual theory to therapy-interventions?

In this research: Interventions are verbal utterances of the therapist such as questions, remarks, directives, et cetera

Research-design

In what way does Nagy apply the principles of his contextual theory to therapy-interventions?

- Gathering data
- Transcribing
- Analyzing
- Concluding

Research-design

Gathering data

- 10 sessions
- Consultation-sessions
- Focus on how CT is applied – on interventions
- Debriefings explain the interventions

Research-design

Transcription of the data

- All 10 sessions are carefully transcribed
- Using Jefferson's transcription conventions

Research-design

Analyzing the data

- Constant Comparison Method (Grounded Theory)
- Atlas TI
- Inductive analysis of the interventions of Nagy (grounded)
- Deductive analysis – Contextual theory as reference - repetitively renaming merging, removing and adding new codes
- Five sessions also analyzed by a second researcher
- Combining relevant and equivalent codes to clusters
- Naming the clusters

Findings - Contextual interventions

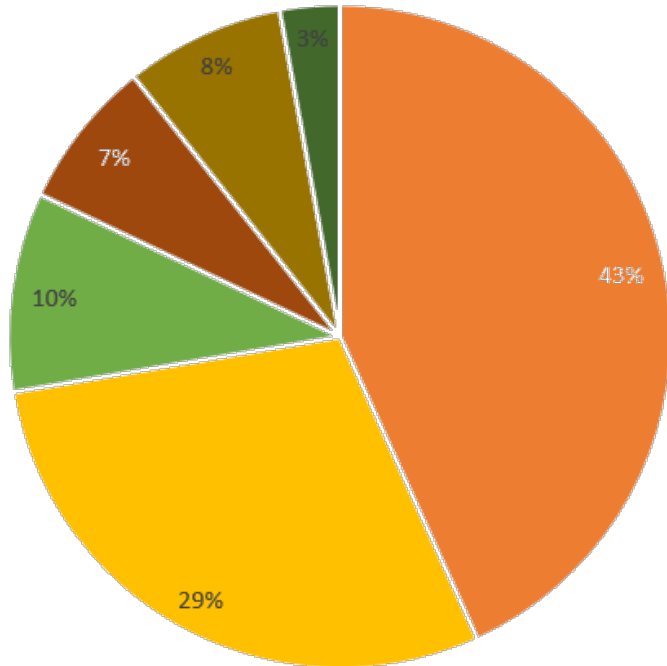
For a start and warm-up:

Nagy's introduction of the sessions

Findings - Contextual interventions

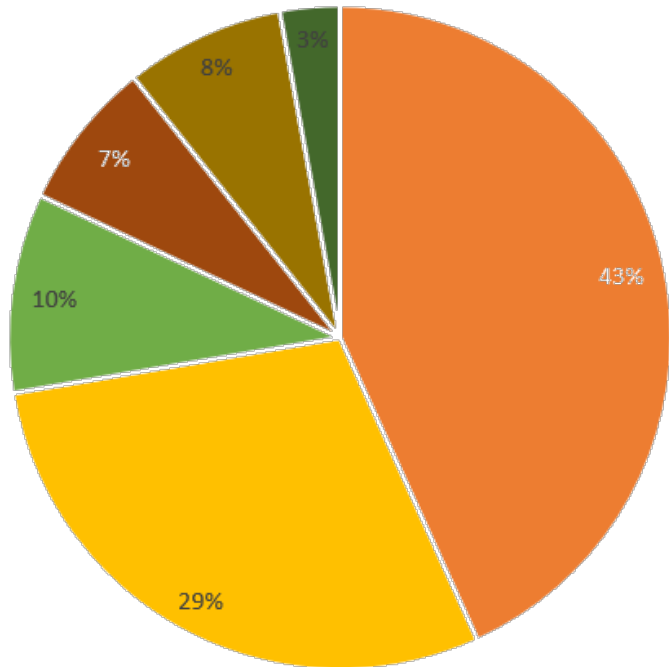
- Acting from multidirected partiality
- Uncovering the balance of give and receive
- Executing a transgenerational manoeuvre
- Caring for the future
- Considering other relational ethical elements
- Leading into exoneration

Findings - Contextual interventions



- Acting form multidirected partiality (10/10) 43%
- Uncovering the balance of give and receive (9/10) 29%
- Executing a transgenerational maneuver (8/10) 10%
- Caring for the future (6/10) 7%
- Considering other relational ethical elements (4/10) 8%
- Leading into exoneration (3/10) 3%

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Multidirected partiality

Acting from multidirected partiality - method and attitude

- Turn distribution
- Empathy and crediting
- Involving absent members
- Evoking a dialogue

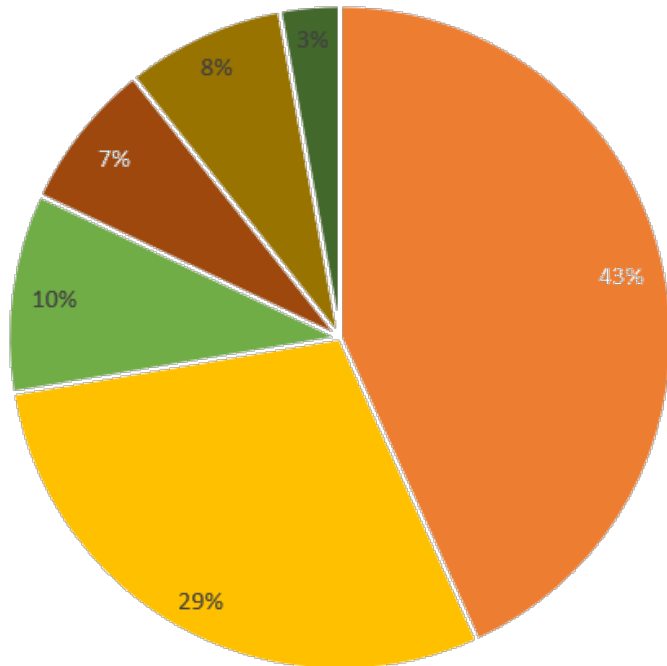
Balance of give and receive

‘Because I see families as helping each other or potentially helping each other and I would like to see the resources in families, how peoples’ relationship can be a resource.’

- a rapid entry into the realm of relational ethics.
- Implicitly addressing the question of justice and injustice.

An example of how Nagy elaborates on this balance:

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Transgenerational maneuver

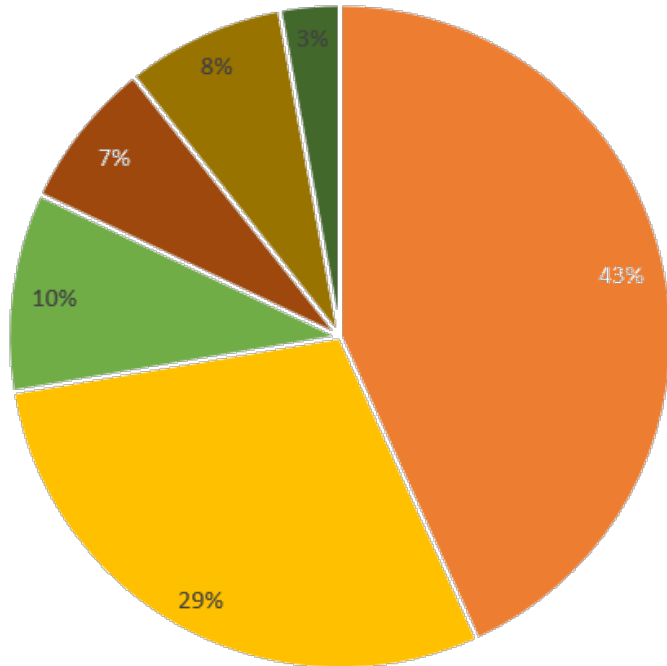


Investigating a parallel between the live of the parent as a child and the situation of the parents child now.

In cases of injurious behavior towards the child
Instead of attacking the client
show partiality towards his own past childhood victimization.

The shift in focus from the bad behavior of the parent towards partiality to his or her own early suffering usually opens up the perspective of identifying with the exploited child

Findings - Contextual interventions



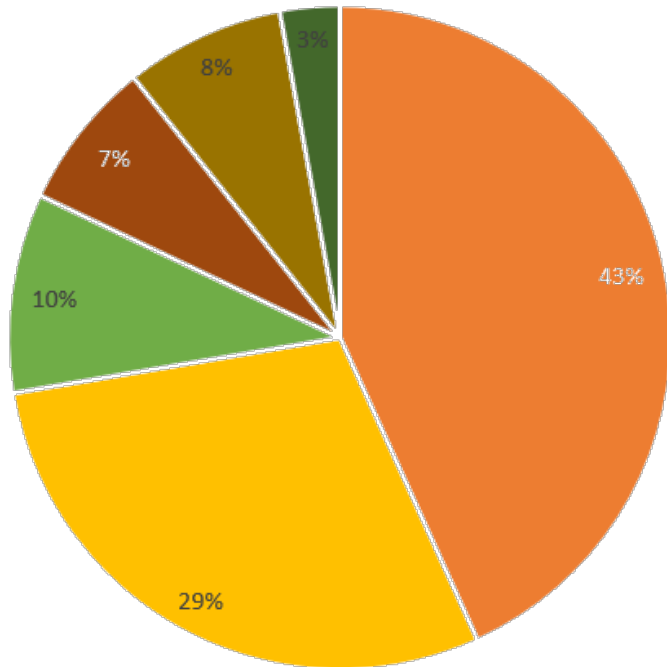
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Care for the future

‘Helping parents actualize their responsible mandate for posterity is ultimately the greatest source of leverage for everyone’s therapeutic progress’

(Boszormenyi-Nagy & Krasner, 1986, p. 264).

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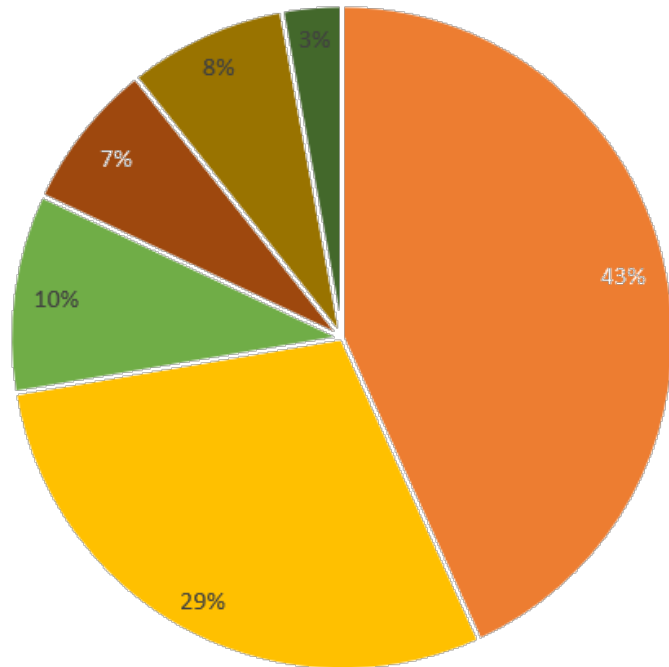
Other RE elements

Two fragments:

Nagy: How, uhm how important it is for you now uh not to displease your fathers will? (P1:214)

Nagy: how do you as parents think about what Dylan was saying about his sort of directing the storm on himself, thereby sort of relieving the two of you from the tension or something like that. (P9:92-108)

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Leading into exoneration

A major methodology in contextual therapy.

In summary, exoneration can be defined as ‘making an exemption from liability on the grounds of reasonableness and fairness’ (Rhijn & Meulink-Korf, 1997, p. 131).

An example / fragment:

Concluding

- A rather consequent, recurring working-proces
- Permeated by a focus on relational ethics but without jargon
- From the perspective of multidirected partiality (turn distribution)
- Focus on giving and receiving
- Positive attitude (from trust in peoples innate sense)
- Focus on the future

Publication

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Questions



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