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## SUMMARIES

### Herman P. Meininger, The health care professionals' way of seeing and way of being. Relational anthropology and systemic approach.

This contribution explores some of the philosophical and anthropological characteristics implied in a systemic approach. Its focus on 'interspace' between individuals challenges the systemic approach to gain a substantially and conceptually clear understanding of this emphasis on human relations. Is it a simple extension of the usual areas of interest that focus on the individual? Does it imply a rejection of their inherent (rational and empirical) ways of acquiring knowledge and providing care and therapy? Or is it an expression of a fundamentally different anthropological perspective, in which relationships are seen as constitutive for being human and in which other (hermeneutic) ways of understanding and of health care practice have to be developed? It is argued that despite a number of pitfalls the second alternative deserves further elaboration.

### Frank Asmus, Guidelines: knowing better or know-it-all

Over the last few years guidelines in psychiatry have been very much promoted by the official Dutch mental health sector. Implementation projects are being set up in institutions. The guidelines are based upon evidence originating from randomized clinical trials. After describing some recent concepts the article describes what is meant by evidence based, the pitfalls in the translation into general practice guidelines and how the process of developing guidelines in the Netherlands has been taking place until now.

The author concludes that the recent guidelines are not suited to play a central role in treatment and organisational planning; they can be of help to the therapist but should nevertheless be weighed. Lacking restraint the guideline committees have been unable to see things in their proper context. In conclusion the article mentions some areas of special attention for a qualitative development of cure and care.

## René Breuk, Functional Family Therapy: a good marriage between strict science and flexible, creative family therapists

Functional Family Therapy (FFT) is a family based system therapy that has kept its scientific roots. During the course of its development it has grown from a behavioural and communication oriented therapy to a more relation oriented family therapy. Research of therapeutic processes made it possible to improve describing, teaching and supervising FFT. Research of adherence and competence of FFT has proven that 'sticking to the model' is imperative since non-competent administering of FFT leads to unsuccessful outcomes.

It is interesting that the first results of newly trained FFT therapists in the Netherlands have shown that drop-out rates are only 10% or less. Dutch FFT therapists have experienced that 'sticking to the model' helps them during the sometimes very emotional sessions to focus therapy towards treatment goals and even provide therapy in a flexible and creative manner.