

and grab his hand. A month later, I learned that Laura and the kids had moved back into their former home with Ben. It is now 2 years later as I write this manuscript and I just got another e-mail from Laura about how they keep celebrating their new marriage as best friends.

### ■ FAMILY SCULPTING: MANAGING A CHANGE OF CHARACTERS

So far, this chapter has focused on working with families as an efficient method of creating long lasting change in individuals and in the systemic interactions of a family. The cases presented in this chapter have all been seen in private practice, yet in many agencies today therapists are incorporating family therapy into treatment plans. The following contribution of Shannon Semersky, a Marriage and Family Therapist Associate, demonstrates the applicability of Virginia Satir's (1983) family *sculpting* within a solution focused framework.

Sculpting is a tool for making an external picture or "sculpt" of an internal process such as a feeling, experience, or perception. It uses body postures and spacing as a demonstration of relationship patterns of communication, power, closeness, and distance. The individual representing his/her interpretation of an event becomes the artist (sculptor), and asks the other group members to assume a specific body position and expression that reflect his/her perception. This allows the individual to remove himself/herself from the picture to gain a more objective view, and opens the possibility for new awareness. (Satir Centre of Australia for the Family, n.d.)

Shannon sees the families of her adolescent clients as a way to help the families systemically change so that the adolescent has support to accomplish goals. She uses a solution focused and narrative approach when doing a family sculpting exercise. Here is a summary of how she does the exercise.

#### **Solution Focused Family Sculpting**

*by Shannon Semersky, LMFT-A*

Family sculpting was developed by Virginia Satir and looks at the visual representation of how an individual experiences his or her