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Julie Thorsheim, ACSW

Dear Julie,

I wanted to let you know how much I enjoyed your presentation on the Kvebaek Family Sculpting Technique at the Southwest Mental Health Center two weeks ago. Your presentation was very informative regarding the clinical and theoretical foundations of this technique, and your style of presentation and skillful use of case material provided clear illustrations regarding how it can be applied in clinical practice.

As a psychologist with interests in personality assessment, I was impressed by the potential of the Kvebaek for use as a projective technique, with particular applications for psychodynamic and family systems models of assessment and treatment. I was a participant in family sculpting training workshops with Virginia Satir many years ago, so I was intrigued to discover another way to acquire this kind of dynamic system perspective through the use of the Kvebaek technique in the assessment and treatment of children and families. This seems like it would be particularly useful for young children, who normally communicate their family dynamics through non-verbal symbolic play materials. It could be equally useful for adults as a projective technique that goes beyond the usual verbal narrative form of communicating internalized family dynamics.

The information you provided was indeed a nostalgic “breath of fresh air” in a time when knowledge and training in family systems theory and therapy are often absent or underemphasized in current child training programs in Psychiatry and Psychology. Perhaps you will be pleased to note that we are ordering a Kvebaek set for our Outpatient clinic.

Thanks again,

Wayne J. Ehrisman, Ph.D., ABPP
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