

*Centre d'Étude et de Recherche sur l'Approche Systémique de Nouvelle-Aquitaine*

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# Floating objects

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## The 7 floating objects as described in 1994 book of P. Caillé & Y. Rey

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- ❖ Empty-chair of the « Plus one »
- ❖ Systemic sculpturation
- ❖ The game of the goose
- ❖ Systemic tale
- ❖ The masks
- ❖ The family quest
- ❖ The reflecting team



Yveline Rey in Biarritz 2022

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## « **Objet flottant** » : a definition by Y. Rey 2008

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- ❖ **Concept object** : which is part of and describes a constructivist theory
- ❖ **Object of experience** : which creates a codified meeting space and marks out the stages of the process
- ❖ **Aesthetik object** : which, through the surprise of beauty, promotes change beyond control, power and technique. In this sense, it is also an ethical object
- ❖ **Narrative object** : which invites to tell the story in different ways, through play, poetry and metaphor, and encourages a creative conversation.

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# Floating objects in therapeutic rituals

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- ❖ Framing purpose : defining a space and a time
- ❖ Exchange purpose : to constitute an intermediate space... full of metaphorical objects
- ❖ Memory purpose : to keep traces of the therapeutic journey

# The game of the goose

- ❖ It is possible to purchase it at [cerasaquitaine.org](http://cerasaquitaine.org)



*From Caillé & Rey's book (1994)*

# The family quest

Left up : the cell of the past

Left down : the cell of the present

Right up : draw a representation (emblematic object...)

Right down : the cell of the future

Above : the motto of the family or the couple



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# Floating objects or floating objects base in my daily practice

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- ❖ **With families** : the family problems basket, the systemic game of the goose, sculpturation, the sewing buttons box, the genogram (with drawing or buttons), the family quest, the empty chair, the plastic animals or toys
- ❖ **With couples** : the chair of the relation, the systemic game of the goose, sculpuration, the genogram (with drawing or buttons), the family / couple quest, the « matriochkas », the masks, the systemic tale
- ❖ **With individuals** : the sewing buttons box, the systemic game of the goose, the masks, the genogram, the « matriochkas », the systemic tale

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# Floating objects in institutions

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- ❖ **For the beneficiaries** : genogram and socio-genogram of the person, systemic quest (for example with elderly people)
- ❖ **With the team** : the game of the goose, systemic quest, systemic tale
- ❖ **In out-reach program with migrants** : the sewing buttons box, systemic tale



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# The sewing buttons box

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- ❖ M.J. Schon : « The story of the button is not sewed with white thread. The use of sewing buttons in constructive family sculpture » in *Thérapie familiale* 2010
- ❖ My article in « Today's genograms : sewing buttons for a creative and sensitive genogram» coordinate by M. Borsca & Y. Daure 2020, ESF



# The family problems basket

- ❖ C. Vacher « The family problems basket : meeting with families around a floating object in a medical service for teenagers » in *Thérapie Familiale* 2012



Wish the basket would only be full of flowers !

« A therapy without surprise  
would not be much of a therapy at all. »

*P. Caillé & Y. Rey 1994*

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