

# Cecchin, a bopper in training and therapy

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# How I could describe HIM

- Respectful and curious in his attitude
- Irreverent , ironical, looking for a different point of view, something surprising
- In a constant escalating reasoning with Boscolo
- Eager to propose hypothesis increasing in enthusiasm and daring
- Highlighting peripheral aspect of each description

**His attitude allowed him to intuitively find the resisting point in the common narrative**

# A jazz improviser

I consider Gianfranco a jazz improviser who played therapy without sheet music, utilizing a given theme/melody and improvising on it.

The theme of each composition was his systemic background and his respect for complexity: his ability to see systemically

This theme gave meaning to what was happening around him and allowed him to change the tone with his comments

Work and life seemed to coincide in him

“We don’t improvise by  
chance”

Stefano Bollani

Jazz  
pianist



“We don’t improvise by chance”

Stefano Bollani

jazzist piano player

# Levity and improvisation

Improvising is a serious business which follows a precise logic and has explicit constraints

It is necessary to build each phrase, then the path, the process, in order to deconstruct ideas and propose new connections

Therapy is not only a rational business

His glances, his curiosity, his unconscious system were alert and appeared to respond to what was happening around him in a natural manner yet never predictable

# Atlan: humor in knowledge

Abductive way of thinking and acting: need of moving from one connection to the other, an opening up to possibilities

Utilizing marginal thinking and correlating process means to follow one's instinct and utilize as feelers the many stimuli one seems accompanied by

He was very careful 1. not to be of help; 2. not to become responsible of the family happenings; 3.to decentralize and be able to step back



He seemed to be always searching beyond the spoken words, searching for something else, probably the intense reality which emerges from relationships

He could listen in silence before intervening with a sentence or an irreverent comment, a different point of view, something surprising

He was able to get immediately to the core of each situation, his “weak” force allowed him to find intuitively the resisting point in the narrative

# The risk of colluding

To get distracted is useful in order not to become too invaded by the client's hypothesis

Careful not to saturate each narrative

Irreverence is the third key word: challenging constantly all the possible limits

Create connections among stimuli, ideas, feelings, prejudices, hints, intuitions, past experiences and future hopes, present and past relationships, values, premises ....

# Trust and positioning

To trust means to have faith in the relationship with the world, in our perception and in human becomings (Buber), believing in the process of continual change and complexification

He would stay at the margin, not take the role of the central hero, of the master of ceremonies. This would give him more freedom, mobility and many ways to explore and propose differences

- The chance to approach the way of knowledge as games not to be taken too seriously. The possibility of thinking without finalizing each concept, leaving it open to other possible meanings, respecting multidimensionality, honoring singularities, remembering wholeness.

# Connecting with the past : Gianfranco Cecchin' systemic prejudices

- A person has value since s/he exists
- It is impossible to control others
- It is inevitable to disappoint oneself about the impossibility of influencing and manipulating others
- It is good to be useful not to cure
- Typology is a myth
- We should have temporary certainties instead of permanent truths
- Before changing the world lets try to understand how it works
- Therapy will be prosperous despite outcome research

