

Generation Code® - Transgenerational Wires and the Influence of the Loyalty Contract in Decision-Making Processes

Anca-Olga Andronic, Dragoş Răceală

Spiru Haret University, Romania

ABSTRACT

The Generation Code® concept was developed in the late 1990s by Lück and Alexander (2014) out of therapeutic work with young women with eating disorders and has since been further developed and applied as a form of group therapy that is intended to work across disorders. The basis for the intervention is systemic family therapy, taking into account psychodynamic as well as body-oriented concepts and methods. The present study highlighted the connection between the child's loyalty contract with his own parents and his influence throughout his later life as an adult, through the game Strong Roots. In the present study, both clients' life satisfaction and dissociative symptoms were measured before and after using the Strong Roots psychotherapy tool. The stress perceived by the study participant was also measured, before and after using the tool created by Sabine Lück. The elapsed time between the pretest and posttest stage was 3 months.

Keywords: life satisfaction; incongruence; symptom; strong roots; therapy effects