

YUCELMETHOD

'Working on recovery'

Visual and strength-focused
assistance for individuals and systems



The Yucelmethod is designed by
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Why use the Yucelmethod?

In mental health care, clients should be assisted in employing their own strengths when identifying, clarifying and resolving life problems. Currently, awareness of the importance of this fundamental requirement is increasing rapidly.

The Yucelmethod is designed to help individuals, families or networks - that are temporarily in need for support - to utilize their own strengths and potentials in overcoming their difficulties. Where conventional practice tends to be abstract and verbal, the Yucel- method provides a concrete, practical and visual way of analyzing problems.



What is the Yucelmethod?

Supported by the Yucelmethod, a client (an individual or family) builds a colorful, visual representation of his/her own situation in life. The set of building blocks contains a representation of the client (a beam), supporting factors (colored T-shaped blocks) and burdening factors (colored rectangular blocks). The dimensions and colors of the blocks, the properties of the beam and the simple manner of combining them in a structure, will help clients grasp the proportions and context of their problems.

How does the Yucelmethod work?

By expressing their problems while building a pictorial representation of their current situation, clients are assisted in gaining insight in their problems. It helps give them fresh views on their difficulties, which may lead to acceptance or mourning and may support them in identifying with their own situation. The result is that clients experience an increase of self-control, strength and motivation.

Who uses the method?

System therapists, family therapists, psychotherapists, practitioners in youth care, social workers, probation officers, (social) psychiatrists, psychologists, mental health nurses, practitioners in addiction treatment, general practitioners, practiced nurses, professionals in the care of the elderly, professionals in social services and welfare.

Who benefits from the method?

Young, adult and aged mental health clients, individuals with an addiction, slightly learning disabled clients, the elderly, persons with little verbal skills, migrants, vulnerable youths, vulnerable clients or families at social services, persons in detention (in preparation of release), clients with partnerrelationship problems, vulnerable families, dysfunctional organizations.

Training

In order to apply the Yucelmethod, a two-day training is required. After the training supervision and coaching are provided on request.



"The Yucelmethod is a multi-sensory approach; it helps clients to communicate by kinesthetic, visual and verbal means, in order to grasp the core of their situation."

(Practitioner)

"I finally realized how burdened I was."

(a single mother, managing everything on her own, and suffering from depression and stress)

"This method is more beneficial than the traditional abstract therapy, as practitioner and client immediately enter a process."

(Practitioner)