Chapter 4 Systems theories: Ecological and crisis intervention approaches

Useful websites and resources

[Bertalanffy Center for the Study of Systems Science (BCSSS)](http://www.bcsss.org/)

BCSSS is an independent Austrian research institute dedicated to systems science and applied systems research. Transdisciplinary research efforts – across the humanities and the sciences – use systems concept and systematic approaches to drive innovative solutions for sustainable global development. Online publications and lectures demonstrate systems thinking in diverse contexts of science, philosophy and medicine and healthcare.

[The Bouverie Centre, La Trobe University](https://www.latrobe.edu.au/research/centres/health/bouverie/resources)

The Bouverie Centre is an Australian practice-research organisation aimed at the development, translation and implementation of an integrated model for family-focused and trauma-informed clinical practice. A range of multimedia resources are available to support professionals to engage with diverse families in an effective and trauma-informed way.

[Bronfenbrenner Center for Translational Research, Cornell University](http://www.bctr.cornell.edu/)

Bronfenbrenner Center for Translational Research promotes translational research processes which connect researchers, practitioners, policymakers and community members to inform policies, programs and practices. The centre builds on the work of Uri Bronfenbrenner and his ecological systems theory, which sees human development as unfolding across nested systems of psychological, cultural, social, economic and political elements. Publications and media resources showcase translational research and systems thinking into human health and wellbeing across the life stages.

[ReCAP – Disaster Recovery](https://recoverycapitals.org.au/)

The Recovery Capitals (ReCAP) project was created to help improve the well-being of individuals who have experienced a disaster by providing resources that utilise ‘strengths-based, holistic, and inclusive recovery approaches’. The ReCAP Framework outlines seven recovery capitals – financial, natural, cultural, social, built, human and political. Online evidence-based resources support people and organisations to maintain, increase and draw upon these recovery capitals to enhance health and wellbeing.

[The Bowen Center for the Study of the Family](https://www.thebowencenter.org/)

The Bowen Center is an educational, research and clinical centre based in the District of Columbia that is dedicated to the development and dissemination of Bowen family systems theory. Bowen family systems theory utilises systems thinking to conceptualise the family unit as an emotional unit with complex interactions and emotional interdependence. The family diagram animates the family as this emotional system to highlight patterns of emotional reactivity and adaptability to life circumstances.

Multimedia links

[A systems thinking approach – The Australian Prevention Partnership Centre](https://preventioncentre.org.au/work/systems-thinking/)

The Australian Prevention Partnership Centre prioritises a systemic approach to chronic disease prevention research, targeting not only individual behaviours but the wider contexts in which individuals live, work and play. This multimedia resource explains the key differences between *systematic* and *systemic* thinking, and uses chronic health prevention as an example to highlight the importance of expanding a systemic approach to human research.

[Systems thinking is not optional: Lessons from a pandemic – Steve Woodsmall, TEDxLakeJunaluska [YouTube]](https://www.youtube.com/watch?v=yuvHvi84TFw)

Steve Woodsmall is a published author with a PhD in Organisation and Management, and was previously a Major in the US Air Force. In this TEDx Talk, he explains the laws of systems thinking and applies them to the COVID-19 pandemic to highlight how non-systemic thinking results in ineffective and dangerous community solutions. A systemic approach to planning and decision-making recognises that everything is interconnected, and that complex societal issues cannot be solved without understanding the dynamic interactions between multiple, connected systems.