

## COMPLEX

Relation between cause and effect is knowable only in hindsight. Outcome is emergent and unpredictable.

Besides mental problems, various social issues and/or organizational issues are involved, related to more people than just the patient and psychologist.

Psychological intervention  
Probe – sense - respond

## COMPLICATED

There is a relation between cause and effect but this is not self evident.

Patient has comorbidity or is unresponsive to regular treatment.

Psychological intervention  
Sense – analyse – respond

## CHAOTIC

Relationship between cause and effect is impossible to determine. Unmanageable patterns.

Besides the patient's mental problems, many factors are involved which interact unpredictably with each other. Main and side issues cannot be distinguished (yet). Many decisions to make and little time to think.

Psychological intervention  
Act – sense – respond

## SIMPLE OR OBVIOUS

Cause and effect relationships are predictable and repeatable.

Patient has a single, diagnosed mental disorder and scientific, disease-oriented guidelines are available.

Psychological intervention  
Sense – categorize – respond

