



**POST GRADUATE TRAINING PROGRAM  
IN MARRIAGE AND FAMILY THERAPY AND PASTORAL COUNSELLING  
(with Clinical Practicum Option)**

**Currently This Program is Being Offered On-line**  
October 2020 to June 2021, North Vancouver, BC

**Living Systems Counselling**

Living Systems Counselling is a leading West Coast provider of counselling, education, training and research based on Bowen Family Systems Theory since 1971. The organization has multiple counselling offices in Lower Mainland, BC and has been offering the post graduate program since 1994 in our North Vancouver location.

The Post-Graduate Training Program is a two-year, part time program for counsellors and other professionals interested in learning to “think systems” about human behavior and how to apply it. Trainees ordinarily either have or are pursuing a Master’s degree in their field. The first year of the program provides a thorough introduction to Bowen theory. Trainees read most of Bowen’s papers in order to work toward a solid intellectual grasp of the theory. Trainees can begin seeing clients in January. The second year provides an opportunity to specialize in particular areas of interest.

**Theory and Practice**

Knowledge of theory and the ability to apply theory to one’s own functioning is considered essential for the development of clinical excellence. Emphasis is placed on assisting trainees to understand their functioning in their own family and to develop a systems orientation to life. Trainees receive supervision of work in their own families as well as their work with clinical families.

**Pastoral Counselling**

The program includes an opportunity to learn pastoral counselling from a systems perspective. Trainees learn how to work with families for whom religious faith or spirituality is important. The development of personal beliefs and principles is integral to defining a more solid self. The program is unique in its integration of systems theory and pastoral counselling.

**Natural Sciences**

Dr. Bowen’s effort to think toward the natural sciences is also represented in the program. Trainees are exposed to current thinking in such areas as brain research, the stress response, primatology, immunology and evolution. By focusing on the common biological bases of human behavior, the theory provides an approach that transcends culture. Previous trainees from various cultures have found the concepts of Bowen theory applicable to families of their culture.

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## Research

The program also introduces trainees to systems research. Trainees are encouraged to do small clinical research projects that use family systems theory to generate hypotheses that are then evaluated on the basis of clinical evidence. The efforts to think toward science offers students an opportunity to contribute to knowledge about human behavior from a systems perspective.

## Program Structure

In the first year, the training group meets once a week for four hours from early October through mid-June. Two hours each week are devoted to discussion of assigned readings and two hours are spent in group supervision. Trainees receive monthly individual supervision. In the second year, the format is the same except the group meets twice a month.

Trainees are expected to participate in monthly clinical conferences held by Living Systems counsellors. Starting in January, trainees may begin a practicum and see Living Systems clients or they may present families they are seeing in other settings for supervision. Trainees may use clinical hours and supervision time toward accreditation by such groups as the BCACC or BCAMFT or CCC. Trainees in Masters programs often can use the training program toward fulfilling requirements for their degree. For an hourly breakdown of the first- and second-year program please refer to the Program Outline.

## Tuition

The tuition for the first year is \$3,800 due on the first day of the class in October (a payment plan is available upon request). There is a \$95 admissions interview fee. Applications are due by Sept 1<sup>st</sup>. Tuition for the second year is \$2,500.

## Faculty

Faculty and supervisors of the program have extensive training and experience in the use of Bowen theory in therapy. Randy Frost, M. Div, RCC, the Training & Research Director, trained under Dr. Bowen and Lois Walker, M. Div, RCC, completed the post graduate program founded by Dr. Bowen.

## Benefits of the Program

The program is unique in that trainees receive thorough training in a theoretical orientation that has wide applications beyond the field of counselling. The program has an excellent student-instructor ratio and trainees receive regular individual and group supervision. Trainees are paid to see clients which can help offset the tuition for the program. Monthly clinical conferences provide opportunities for the trainees to participate and learn from our counsellors.

## Application Procedures

For applications procedures or for more information contact Randy Frost, Training and Research Director, 604 926 5496 Ext 304 or [info@livingsystems.ca](mailto:info@livingsystems.ca). Please visit [www.livingsystems.ca](http://www.livingsystems.ca) (training tab).