

Building Better Relationships

A Systems Approach

4 Saturdays:

April 21, 28, May 5, 12 | 1:30 – 4:30

South Vancouver Neighbourhood House, 6470 Victoria Drive, Vancouver

This psychoeducation course* will help participants understand and apply core concepts from Bowen Family Systems Theory with an aim to improving relationships with family, friends, coworkers and significant others. Topics will include:

- Common problematic patterns in relationships and how to change them
- A framework for understanding why some relationships fare better than others
- Ways to manage anxiety and emotional reactivity in relationships
- Key systems concepts related to relationship functioning, including: triangles, cut-off, differentiation of self, and more
- The significance of your family tree: drawing a family diagram and researching the relationship processes in your family system
- An introduction to Dr. Murray Bowen and his unique contribution to our understanding of human relationships

**This is an educational workshop, not group therapy*

Cost: \$160

Course limited to 15 participants.



Facilitated by:

Bonnie Hall, M.Couns., RCC

Bonnie is a Registered Clinical Counsellor in private practice in Richmond, BC and is a Community Instructor with Living Systems.

To register, contact:

778-230-4634 or bonnie@inharmonycounselling.ca

Sponsored by Living Systems Counselling, Serving the community since 1971: *Living Systems is a leading West Coast provider of counselling, training, education and research based on Bowen family systems theory.*

www.livingsystems.ca