

Building Better Relationships

A Family Systems Approach

4 Saturday Mornings:

February 2, 9, 16, and 23rd, 2019 | 9:30am – 12:30pm

South Vancouver Neighborhood House, 6470 Victoria Drive, Vancouver

This 12-hour workshop, based on Bowen Family Systems Theory, will help participants gain a unique perspective on how to build and maintain better relationships with significant others, family, friends, and coworkers. Core concepts from the Theory and their application will be explored. 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 family systems concepts related to relationship functioning, including: triangles, cut-off, differentiation of self, and more
- The significance of your family tree: understanding how the relationship processes in your family of origin affect your current functioning in relationships
- An introduction to Dr. Murray Bowen and his unique contribution to our understanding of human relationships

This is a psychoeducational workshop, suitable for people interested in improving their relationships or in deepening their understanding of Bowen Family Systems Theory. This workshop is not group therapy and is not intended for those in crisis.

Cost: \$160 **Early Bird Rate:** \$140, if paid by Dec. 31, 2018
Course limited to 15 participants.

To register, contact:

778-230-4634 or bonnie@inharmonycounselling.ca



Facilitated by:
Bonnie Hall, M.Couns., RCC

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

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.*

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