



## **Family of Origin Coaching Sessions Small Group Format (maximum 5 people)**

### **ON-LINE**

March 11, April 1, April 22, May 13, 2022

4 Friday's 10am-noon

**Total cost \$240**

**Who is this small group format for?** This small group is for mental health professionals or the public interested in applying Bowen Family Systems Theory to their own lives.

**Purpose:** The purpose of the small group format is to provide opportunities for group members to expand their own thinking on applying Bowen Family Systems theory to their own lives.

**Structure:** A framework will be provided and participants will take turns presenting his/her own family work and receive coaching from Leila Howard. There will be some opportunity for questions and to discuss Bowen Theory concepts and topics.

**Requirements:** Participants will have taken a minimum of one course in Bowen Family Systems Theory and Therapy. The book "*Family Diagram and Family Research: An Illustrated Guide to Tools for Working on Differentiation of Self in One's Family*" by Victoria Harrison is recommended.

**About the Coach:** Leila Howard has been studying and applying Bowen Family Systems Theory and Therapy to her own life for 16 years and in her clinical practice for 10 years. She is a Registered Clinical Counsellor and the Business & Finance Director with Living Systems Counselling. She taught a course titled *Family Ties that Bind* in previous years and has a background in Human Resource Management.

**Confidentiality Agreement:** Each participant will be asked to sign a confidentiality and liability waiver form.

**Contact:** Leila Howard at [info@livingsystems.ca](mailto:info@livingsystems.ca) if you are interested.