

# Living Systems Counselling

## CLINICAL INTERNSHIP IN BOWEN FAMILY SYSTEMS THEORY AND THERAPY (ON-LINE FORMAT)

### PROGRAM OUTLINE & APPLICATION REQUIREMENTS

#### TOWARD A SYSTEMS PERSPECTIVE

##### Living Systems

The training program is a two-year part-time training program. Training enables participants to learn how to use family systems theory in their work with individuals, couples and families. The program also has a pastoral counselling component that enables trainees to apply systems theory in their work with people and families for whom religious faith is important.

The group meets on-line weekly, for four hours each week, early October through mid-June. In the second year the group meets on-line twice a month. Trainees ordinarily start an internship with Living Systems in January. Adequate fluency is required if the trainee expects to counsel English-speaking families.

This two-year program has been approved by the registrar of the Private Training Institutions Branch (PTIB) of the Ministry of Advanced Education, Skills & Training. The program began in 1984 and has developed a reputation within the community for providing a quality training option for clinicians and other professionals.

##### Bowen Theory

Murray Bowen, MD was one of the first persons to “think (natural) systems” about the human family. He is widely recognized as an originator of family systems theory and family therapy. The post graduate program is designed to provide a thorough introduction to Bowen theory, which provides the foundation for all the counseling, education and research conducted by Living Systems.

##### Clinical Internship – Year One

###### **A. Learning Objectives**

- to provide the trainee with a thorough introduction to systems thinking from the perspective of Bowen Theory, its methods and techniques
- to apply the theory to efforts in one’s own family, in clinical work and, when applicable, in the workplace
- to relate Bowen Theory to knowledge from the natural sciences and to theological understanding
- to introduce trainees to systems research

###### **B. Method of Evaluation**

Evaluation is based on the quality of trainees’ engagement with the learning opportunities provided by the program. This includes student participation in discussion of assigned readings, their effort to apply what they are learning in their own family and clinically, and their openness to learning through individual and group supervision. Evaluation will also be based on the quality of short written assignments and the final research paper.

###### **C. Requirements of the Program**

Trainees may only miss two scheduled meetings. Additional missed meetings must be made up as outlined in our attendance policy. Trainees must satisfactorily complete all aspects of the program including the final written paper at the

end of the year. The course grade is pass, fail or incomplete. For further details see our Grade Evaluation Policy on the Living Systems website.

#### **D. Career Preparation**

The training program enables trainees to work towards registration with the British Columbia Association of Clinical Counsellors and the Canadian Marriage and Family Association. The program contributes to students becoming competent marriage and family therapists, clinical counsellors, school counsellors, pastoral counsellors, social workers, human resource managers and is useful for people in law, business, education and psychiatry. The program has included trainees from all of these professions.

#### **E. Weekly Training Format**

The program is a weekly, part-time, nine-month period of study, beginning the first week of October and ending the second week in June (approximately 36 weeks). The training components include lecture/discussion of theory, group and individual supervision, and clinical conferences.

The program is usually scheduled on Tuesdays from 1-5pm or on other days and times of the week if necessary to accommodate the schedule of everyone admitted to the program. Interns have the option of providing clinical or educational services if approved by the Director of Training and Research. In addition, trainees join other trainees and clinicians of the Society in monthly on-line clinical conferences.

The required hours are as follows:

1. Theory/presentation/dialogue: 64 hours
2. Group supervision: 64 hours
3. Individual supervision: 9 hours  
(a minimum of one hour/month, arranged outside of designated program times, in coordination with one's individual supervisor).

**For a total of : 137 Required Hours**

These 137 hours are required for all trainees whether or not they participate in the practicum option.

Strongly recommended (optional hours):

4. Regular clinical conferences: 27 hours
5. Society conference 12 hours

(NOTE: time spent seeing clients is in addition to the above-designated hours).

Trainees have the option of providing clinical or educational services to Living Systems clients. This allows trainees to gain clinical and/or instructional experience while assisting Living Systems in its goal of providing counselling and educational programs to all income levels.

Trainees who see clients must have sufficient professional and personal maturity to manage a small clinical caseload responsibly. Ethical guidelines for clinical work are contained in the BCACC Code of Ethics. It is essential that all trainees seeing clients review this material thoroughly. Trainees may miss up to two sessions during the year for the weekly program. For successful program completion however, additional absences must be made up through special arrangements with the Training Director.

Each student is required to write a 10-20 page paper exploring some aspect of Bowen theory, its clinical or work application, its relationship to knowledge from the natural sciences and/or theological understanding. The paper is to be based on an academic or clinical research project and is to be presented in a specially designated clinical conference in the spring of the training year. Successful completion of the program requires both the oral and written presentation. A certificate will accompany the successful completion of the year's requirements. Please refer to the Program Policies for a complete description of the Grade Evaluation Policy and other important policies.

There typically is one professional conference for trainees to attend, either the fall or spring, that is sponsored by Living Systems. Examples of these conferences can be found on our website. The trainees are also invited to other functions and presentations throughout the training year.

## **F. Texts and Reading Material**

A reading list (with price and source information for the required books) will be included in the admissions package. Living Systems also has a library of family counselling related books, journals, audio and videotapes available for loan. Trainees will have an opportunity to view the videotape collection of Dr. Bowen and other Georgetown faculty discussing aspects of the theory.

## **G. Tuition and Pay Schedule**

The tuition for the first year is posted on our website and a payment plan is available as outlined on the student contract. Trainees can make up some of the cost of the program tuition through the pay they receive for providing therapy to Living Systems clients. First year trainees are paid \$15 per paid client hour, which includes responsibility for completing necessary file notes.

A trainee's opportunity to counsel clients of Living Systems depends on two variables: 1) availability of clients and 2) the Training Director's estimation, in consultation with the intern's individual supervisor, of the ability of the intern to carry a professional caseload

## **Clinical Internship – Year Two**

### **A. Learning Objectives**

1. deepen the understanding of Bowen Theory and its practical implications for personal and professional functioning
2. gain further clinical experience under supervision
3. specialize in a particular area of interest
4. conduct or contribute to a research study of high quality

### **B. Method of Evaluation**

Evaluation is based on the quality of trainees' engagement with the learning opportunities provided by the program. This includes student participation in discussion of assigned readings, their effort to apply what they are learning in their own family and clinically, and their openness to learning through individual and group supervision. Evaluation will also be based on the quality of short written assignments and the final research paper.

### **C. Requirements of the Program**

Trainees may only miss one scheduled meeting. Any missed meetings must be made up as outlined in our attendance policy. Trainees must satisfactorily complete all aspects of the program including the final written paper at the end of the year. The course grade is pass, fail or incomplete. For further details see our Grade Evaluation Policy on the Living Systems website.

### **D. Career Preparation**

The training program enables trainees to work towards registration with the British Columbia Association of Clinical Counsellors and the Canadian Marriage and Family Association. The program contributes to students becoming competent marriage and family therapists, clinical counsellors, school counsellors, pastoral counsellors, social workers, human resource managers and is useful for people in law, business, education and psychiatry. The program has included trainees from all of these professions.

## E. Training Format

The program continues the components of Year One: theory/dialogue, group and individual supervision and clinical conferences. Trainees assume responsibility for planning their own program of learning within the general structure of the second year. A core curriculum of reading and supervision is supplemented by each student's own interests and research. Trainees meet October through June, twice monthly for four hours each session (approximately 36 weeks). There will be an option for in-person group and individual supervision if it can be done safely.

The Required Hours:

1.	Theory presentation/dialogue:	32 hours
2.	Group supervision:	32 hours
3.	Individual supervision:	<u>9 hours</u>
	<b>Total required hours :</b>	<b>73 hours</b>

These 73 hours are required for all trainees whether or not they participate in the practicum option.

Strongly Recommended Hours (optional)

4.	Clinical conferences	27 hours
5.	Society conferences	12 hours

Each trainee will present a paper of high quality (15-30 pages) at a specially designated clinical conference in the spring of the training year. A clinical component to the second year remains an option, again dependent on client availability and approval of the Director of Training. The BCACC Code of Ethics is the designated standard for professional practice for the Living Systems training programs.

## F. Texts and Reading Material

A reading list (with price and source information for the required books) will be included in the admissions package. Living Systems also has a library of family counselling related books, journals, audio and videotapes available for loan. Trainee will have an opportunity to view the videotape collection of Dr. Bowen and other Georgetown faculty discussing aspects of the theory.

## G. Tuition and Pay Schedule

The tuition for the second year is posted on our website and a payment plan is available as outlined on the trainee's contract. Clinical trainees can make up some of the cost of the program tuition through the pay they receive for providing therapy to Living Systems clients. Second year trainees are paid \$20 per paid client hour, which includes responsibility for completing necessary file notes.

## Clinical Residency

This program does not require approval by the registrar of the Private Training Institutions Branch (PTIB) of the Ministry of Advanced Education, Skills & Training.

## A: Learning Objectives

After successful completion of Year Two of the Clinical Internship Program, trainees may continue their studies as a resident for one or more years after completion of the two-year program. Any second-year trainee, on completion of certificate requirements, may apply to be considered. This will allow the trainee to continue his/her clinical development through Living Systems. Trainees must satisfactorily complete the first two years of the training program and receive approval of the Director to continue training as a Clinical Resident. Consideration will be based primarily on the following combined reasons:

1. Professional accreditation requirements are such that more counselling and supervisory hours are required by the trainee in order to qualify for membership
2. The trainee is strongly motivated to pursue further study of Bowen Theory
3. The trainee has given consistent evidence during the clinical internship of his/her ability to function responsibly in clinical practice, and as a member of a clinical team
4. Client availability and clinical space is sufficient to accommodate one or more residents

## **B. Method of Evaluation**

Evaluation is based on the quality of trainees' engagement with the learning opportunities provided by the program. This includes student participation in discussion of assigned readings, their effort to apply what they are learning in their own family and clinically, and their openness to learning through individual and group supervision. Evaluation will also be based on the quality of short written assignments and the final research paper (15-30 pages).

## **C. Requirements of the Program**

Trainees may only miss one scheduled meeting. Any missed meetings must be made up as outlined in our attendance policy. Trainees must satisfactorily complete all aspects of the program including the final written paper at the end of the year. The course grade is pass, fail or incomplete. For further details see our Grade Evaluation Policy on the Living Systems website.

## **D. Career Preparation**

The training program enables trainees to work towards registration with the British Columbia Association of Clinical Counsellors and the Canadian Marriage and Family Association. The program contributes to students becoming competent marriage and family therapists, clinical counsellors, school counsellors, pastoral counsellors, social workers, human resource managers and is useful for people in law, business, education and psychiatry. The program has included trainees from all of these professions.

## **E. Training Format**

Trainees meet again, October through June, twice monthly for four hours each session (approximately 36 weeks). The schedule is as follows:

The requirement hours:

1.	Theory presentation/dialogue:	32 hours
2.	Group supervision:	32 hours
3.	Individual supervision:	9 hours
	<b>Total Required Hours</b>	<b>73</b>

These 73 hours are required for all trainees whether or not they participate in the practicum option.

Strongly Recommended Hours

4.	Clinical conferences	27 hours
5.	Society Conferences	12 hours

## **F. Tuition and Payment Schedule**

Please refer to your contract. A separate certificate will be awarded for successful completion of each year of residency. Resident trainees are paid \$25 per paid client hour, which includes responsibility for completing necessary file notes. We accept cheques or e-transfers for payment of tuition. We do not accept cash.

## **Admission Requirements**

Applicants either have or are pursuing a Master's degree in the social sciences or related fields, or they demonstrate a combination of life and work experience that, in the judgment of the Director of Training, will enable them to function successfully in the program. Such applicants must demonstrate an ability to reflect objectively on their own functioning in family and professional relationships and skill in helping others through formal or informal counselling. The Director of Training will make these judgments during the admissions interview and from letters of evaluation by others who know the candidates' personal and professional functioning. At least as important as educational preparation is the individual's openness to learning a new way of thinking about human functioning and the ability to manage him or herself with reasonable maturity in their relationships with others.

Adequate English proficiency is required for student success in the program, as such, we require proof of English proficiency with either the International English Language Testing System (IELTS- academic version) at overall band score of 6.0 (with no band less than 6.0), the Test of English as a Foreign Language (TOEFL) with 79 (Internet-Based),

or 213 (computer-based), or 550 (paper based) and or English 12 (minimum 67%) in a Canadian school or English speaking US or International high school).

### **Admissions Material for the 1<sup>st</sup> Year Program**

Applicants for the Clinical Internship Program must include all of the following material:

1. Name, home address, e-mail address, phone number, age, marital/relationship status, and present family make-up.
2. A copy of your criminal record check that is less than six months old.
3. Work, education and general health history
4. A copy of the highest degree obtained and the academic transcript for that degree.
5. Copies of all relevant supervisory or evaluative reports you have received
6. A statement as to whether or not you want any of your program hours to be used for meeting the qualifications of any particular programs or organizations
7. Two letters of evaluation (not just a letter of recommendation – it should include weaknesses as well as strengths) from people who have observed your abilities and/or work
8. A statement indicating what factors led you to apply for this program, and what you expect to get from it.
9. A brief autobiographical sketch including family of origin diagram, parent sibling positions and contact with extended family, historically and presently, etc.
10. Proof of English proficiency with either IELTS, TOEFL and or English 12 (minimum C+) in a Canadian School.
11. A written request for duty to accommodate a disability if relevant.

The current admissions interview is listed on our website and is non-refundable.

**Admission to the Second Year**- Trainees must satisfactorily complete the first year of the training program and receive approval of the Director to continue into year two of the program.

**Deadline to Apply:** Applications and all materials for both programs are required by August 15th. Late applications may be considered if space in the program is available.

A personal interview (or negotiated equivalent if distance precludes this) will be arranged with all applicants who are being considered for training on the basis of their written materials. Interviews will be completed by the beginning of September. Please address inquiries and applications as follows:

Randy Frost, Director of Training & Research,  
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