



## **Family of Origin Workshop Small Group Format (maximum 6 people)**

### **ON-LINE**

The group meets 6 times, every other Friday, 1pm-3pm PST  
March 11, March 25, April 8, April 22, May 6, May 20

**Total cost \$360**

**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 this workshop is to provide opportunities for group members to expand their own thinking on applying Bowen Family Systems theory to their own lives.

**Structure:** The eight interlocking concepts will be briefly reviewed and discussed at the first meeting and a family of origin framework will be provided. At the second meeting, these topics will be explored further with more opportunity for questions and discussion. The coach will present her family of origin work at the second meeting. In the remaining sessions, participants will take turns presenting his/her own family work and receive coaching from Leila Howard. Participants are asked to keep in mind that this workshop is an introductory format and further courses or counselling sessions in Bowen Family Systems theory are recommended.

**Requirements:** Participants will have some introductory knowledge and experience with Bowen Family Systems Theory whether through a course, reading or personal experience or a combination. 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 work for 11 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:** Please contact Leila Howard at [info@livingsystems.ca](mailto:info@livingsystems.ca) if you are interested.