

Family of Origin Workshop – Fall 2022

Small-Group Format – Online

5 Thursday's 1pm-3pm PST

Oct 6, Oct 13, Oct 20 & Oct 27, Nov. 3, 2022

Total cost \$360

This introductory workshop is for people motivated to develop and use their family diagram as part of the process of differentiation of self.

Overview: Participants will explore their own family as an emotional system, for recognizing patterns of reactivity that govern the lives of family members, and for observing the family as it adapts to life events. Knowledge of family history can be an advantage for problem-solving, learning and functioning (Harrison, 2018).

Who is this workshop for: This small group is for mental health professionals or the public.

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

Structure: The eight interlocking concepts will be briefly reviewed at the first meeting and a family of origin framework provided. The instructor will present her own family of origin work. The second session will provide an overview on working on differentiation of self in the context of family of origin work and the instructor will present her efforts. In the remaining sessions, two participants will present their family of origin work and receive questions and comments from the instructor. 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 prior experience with Bowen Family Systems theory whether through a course, reading, 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 strongly recommended.

About the Instructor: Leila Howard has been studying and applying Bowen Family Systems Theory and Therapy to her own life for 17 years and in her clinical work for 12 years. She is a Registered Clinical Counsellor and the Business & Finance Director with Living Systems Counselling. She has taught short courses in Bowen Family Systems theory over the years and has a background in Human Resource Management,

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

Contact: Please contact Leila Howard at info@livingsystems.ca if you are interested.