

Clinical Internship in Bowen Family Systems Theory and Therapy – Year One
Advanced Studies in Bowen Family Systems Theory and Therapy – Year Two

PROGRAM OUTLINE & APPLICATION REQUIREMENTS
TOWARD A SYSTEMS PERSPECTIVE

Overview:

The training program is a one or 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 contributes to students becoming competent marriage and family therapists, clinical counsellors, school counsellors, pastoral counsellors and social workers.

The group meets on-line weekly, for four hours each week, late September through mid-June. In the second year, the group meets on-line once a month with additional time scheduled for group supervision. Trainees ordinarily start an internship with Living Systems in December. Adequate fluency is required if the trainee expects to counsel English-speaking families.

This program is approved by the registrar of the Private Training Institutions Branch (PTIB) of the Ministry of Advanced Education, Skills & Training. Please note: we are waiting final approval on some proposed program changes. The program began in 1984 and has developed a reputation within the community for providing a quality training option for clinicians and other professionals.

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 Clinical Internship Program is designed to provide a thorough introduction to Bowen theory, which provides the foundation for all the counselling, 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. Admission Requirements

Applicants are enrolled in a Masters Degree in Counselling, Social sciences or related fields, or are a member in good standing with the BCACC, CAMFT or CPCA, and the applicants demonstrate a combination of life and work experience that, in the judgment of the faculty, 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 faculty 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 oneself 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 as outlined in the application form.

C. 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.

D. Requirements of the Program

Trainees may only miss two scheduled meetings in the first year. 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.

E. 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 or the Canadian Psychotherapy Counselling Association. The program contributes to students becoming competent marriage and family therapists, clinical counsellors, school counsellors, pastoral counsellors and social workers.

F. Weekly Training Format

The program is a weekly, part-time, nine-month period of study, beginning late September and ending the first week in June (approximately 34 weeks in duration). The training components include lecture/discussion of theory, group and individual supervision, and clinical conferences.

The program is usually scheduled on Tuesdays for 4 hours. Trainees provide clinical services if approved by their clinical supervisor with input from the lead instructor. In addition, trainees join other trainees and clinicians of the Society in monthly on-line clinical conferences. A trainee's opportunity to counsel clients of Living Systems depends on two variables: 1) availability of clients and 2) the Clinical supervisor's estimation, in consultation with the faculty, of the ability of the intern to carry a professional caseload

The required hours are as follows:

1. Theory/presentation/dialogue/clinical meetings: 64 hours
2. Group supervision: 64 hours
3. Individual or Paired supervision: 9 hours or 16 hours depending on the volume of clients they see. A minimum of one hour/month, arranged outside of designated program times, with one's individual supervisor.

For a total of : 137 Required Hours

These 137 hours are required for all trainees. Trainees are also strongly encouraged to attend any conferences sponsored by Living Systems.

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

Trainees who see clients must have sufficient professional and personal maturity to manage a clinical caseload responsibly, it will be assessed upon entry to the program that the trainee has had a course or training in counselling ethics and risk assessment, if this has not occurred additional training may be necessary. 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 faculty.

Each student is required to write a 10-15 page paper, double spaced, 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. Other short assignments include a belief paper and a presentation of one of the concepts. A brief description of each assignment will be provided at the start of the program. 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.

G. Class Size

The course is designed to allow in depth exploration of theory and discussion around the ideas; therefore, Living Systems works to maintain smaller training cohorts. The year one program needs a minimum of 5 to run each academic year, with a maximum of 12 participants being accepted. Clinical supervision groups will have a maximum of 6 participants per group.

H. 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 Bowen Center faculty discussing aspects of the theory.

I. Tuition and Pay Schedule

The tuition for the first year is **\$2,000**. A \$200 non refundable deposit is due **three** weeks prior to the start of the program. \$1,000 is due on the first day of class and the remaining \$800 is due December 15th.

J. Admissions Material for the 1st Year Program (see APPLICATION FORM). The non-refundable application fee is \$120.

Deadline to Apply: Applications will be open in May and interviews will begin in June. We accept final applications by August 1st.

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 early September.

Please address inquiries and applications as follows:

Training Department,
Living Systems, #209, 1500 Marine Drive, North Vancouver, BC, V7P 1T7
training@livingsystems.ca www.livingsystems.ca

ADVANCED STUDIES IN BOWEN FAMILY SYSTEMS THEORY AND THERAPY – YEAR TWO

A. Learning Objectives

- deepen the understanding of Bowen Theory, gain further clarity in defining the concepts of Bowen Theory gain further understanding about how Bowen theory is supported in current research
- advance thinking about the clinical application of Bowen Theory and application in one's own family
- gain further clinical experience under supervision

B. Admission to the Second Year- Trainees must satisfactorily complete the first year of the training program and receive approval from the trainee's individual supervisor and Executive Director to continue into year two of the program. See Application Form for year two.

C. Method of Evaluation

Evaluation is based on the quality of trainees' engagement with the learning opportunities provided by the program. This includes the trainee's 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 and presentation.

D. 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.

E. 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 or the Canadian Psychotherapy Counselling Association. The program contributes to students becoming competent marriage and family therapists, clinical counsellors, school counsellors, pastoral counsellors and social workers.

F. Monthly Training Format with Bi-weekly Supervision

The program continues the components of Year One: theory/dialogue, group and individual supervision and clinical conferences. Trainees will meet online monthly and review video and reading material. Trainees will select an area of study to focus on for the year along with 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 late September through early June (approximately 34 weeks in duration), monthly for just over three hours and bi-weekly two-hour group supervision. 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, clinical meetings: 55 hours
2. Group supervision: 38 hours
3. Individual supervision: 9 hours or to be determined in consultation with supervisor if additional needed for program

Total required hours: 102 hours

These 102 hours are required for all trainees whether or not they participate in the practicum option.

Trainees will also attend all monthly clinical meetings and are strongly encouraged to attend society conferences.

Each trainee will have 3 writing assignments during the course of the year. They will present a paper of high quality at a specially designated clinical conference throughout the training year. A clinical component to the second year remains an option, again dependent on client availability and approval of the individual supervisor in consultation with the Executive Director. The BCACC Code of Ethics is the designated standard for professional practice for the Living Systems training programs.

G. Class Size

The course is designed to allow in depth exploration of theory and discussion around the ideas; therefore, Living Systems works to maintain smaller training cohorts. Year-two needs a minimum of 6 to run each academic year, with a maximum of 12 participants being accepted. Clinical supervision groups will have a maximum of 6 participants per group

H. 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 digital library of clinical and theoretical related videos. Trainee will have an opportunity to view the videotape collection of Dr. Bowen and other Bowen Center faculty discussing aspects of the theory.

I. Tuition and Pay Schedule

The tuition for the second year is \$2,850 . \$250 deposit is due three weeks prior to the start of the program. Full payment is due the first day of class or a \$1,300 payment and the remaining payment of \$1,300 due January 5th. Second year trainees are paid \$25 per paid client hour, which includes responsibility for completing necessary file notes.

J. Please complete the Application Form on our website.

Deadline to Apply: Applicants apply by contacting Katherine White to express interest and with the approval of their supervisor. They will be presented with an application at that time. Applications will be open in May and an interview may be requested beginning in July. We accept final applications by August 1st. Preference is given to those who have met criteria and completed the first year training program, second preference is given to those who have attended an advanced program within Living Systems, then it will be opened to the wider Bowen Network.

Please address applications as follows:

Training Department,
Living Systems, #209, 1500 Marine Drive, North Vancouver, BC, V7P 1T7
training@livingsystems.ca www.livingsystems.ca

This document is subject to reasonable changes as determined by the leadership team.