



APRIL 1, 2022 - MARCH 31, 2023

ANNUAL REPORT

Our Mission

The mission of Living Systems is to contribute to the knowledge of human behavior from a natural systems perspective and to offer that knowledge through the provision of counselling, training and education to interested members of the community.

Living Systems is a registered society supported by our generous individual donors, members and the following organizations:



NOTE FROM THE PRESIDENT

An Annual General Meeting is an opportunity to reflect on the year past and look forward to the year coming.

As mentioned in last year's President's Report, we'd gone through COVID and were emerging with new energy as an organization, post COVID, to imagine (re-imagine) what Living Systems might look like in the coming years. I also mentioned in last year's President's Report that Living Systems was going through a transition. In 2020 as we were in the process of reviewing our Strategic Planning, we looked at our Leadership structure and succession planning. We saw that change was needed and went through a transition in our Leadership structure to bring on Katie White as our Executive Director.

We were fortunate that there was an overlapping period of time where Katie assumed her role, with the support of Randy Frost, Leila Howard and the Board, before the unexpected happened. Randy accepted the position of Executive Director of the Bowen Center for the Study of the Family in Washington DC.

After last year's AGM, in August, we said good-bye to Randy, former Executive Director from the 1990's and more recently part of our Leadership Team and his wife Mary Frost. His leaving after providing 32 years of leadership and direction meant truly a new chapter in the story of Living Systems. A new era has begun as Katie's leadership emerges and those in the organization have stepped up to take on new challenges. While many of our programs continue to grow and expand, some newer ventures, such as the development of a faculty, have challenged many of our members to step up and expand their responsibilities. What was carried by a few is now starting to be shared by many.

We now have several training programs, our first year has had robust numbers and we continue to have those who are part of our advanced second year program and a continuing studies program. We also have healthy numbers inquiring about counselling with many of those being lower income individuals and families who we seek to provide service to as part of our core value to make counselling accessible to all.

We are once again grateful to receive a significant grant from the BC Gaming Commission that will be used for our Access Counselling Program, Parenting and Marriage Counselling Program and our Community Education Program. Overall the budget passed today is a significant increase over last year which reflects the growth of our organization.

If you haven't seen it already, take a look at our updated website which is a nice visual representation of movement ever toward a more professional approach to the work we do. This is also reflected in our move over the last few years to using the Jane App Practice Management Software to manage our files online, Maybo Lui's social media efforts and even her formatting the AGM Reports and materials for today's AGM brings us up a notch.

I'm always impressed at this time of year when I review and reflect on all the things that those in the organization have done to keep us running smoothly and growing our resources; from writing policy manuals to 350 hours of recordings to an electronic library, to grant writing, a vibrant social media campaign, blogs about Bowen Theory to name a few...

I want to acknowledge Katie's efforts at providing a new and fresh leadership and her taking charge of her role as Executive Director. Not only has she grown into the position within Living Systems, but also has represented us well and made solid connections to other people and organizations within the greater Bowen Network.

Leila is, as always, providing leadership within the Business and Finance end of things and keeps our organization running smoothly.

And to our Board, Erica Guliker, Ariel Creighton and Dan DeBeyer, I appreciate all you do to oversee and provide governance to the organization.



MARK SMITH
BOARD PRESIDENT

NOTE FROM THE EXECUTIVE DIRECTOR

It is humbling to think that Living Systems has been serving the greater Vancouver community for over half a century. I have observed this year as one of transition in Living Systems; I have welcomed the opportunity to learn about and manage myself in this process. The mission of Living Systems involves counselling, education, training and research. I have been so pleased about the growth in the organization over the last year and wanted to share some details with you.

Our counselling program has been a consistent resource for families from diverse backgrounds for 52 years. We currently have 9 Contractors and Associate Contractors, as well as 21 Interns and Residents who are seeing clients. We work out of 6 offices and virtually to serve hundreds of individuals and families. This year Maybo Lui has taken on the role of Communications Coordinator and is the first step for our clients when they contact Living Systems. I would like to thank Devana Weiss and Leila Howard for their many years of managing the intake line.

Our educational programs this year have included courses and a conference. Sharon Salomons has run courses on Bowen Theory and Ministry and Leila Howard continued with her Family of Origin Workshop. We had a successful conference with Dr. Jenny Brown on "The Parent Hope Project: Supporting Parents to be the Best Resource for Their Children". Dr. Brown continues to be interested in collaborating with Living Systems. We also continue to run our Ethics and Bowen Theory meetings for our counsellors.

This year has marked another year with larger training group numbers in the past. It has also seen people take on new roles around teaching and supervision; I have seen the faculty's willingness to take steps for what they want to explore in theory. I am excited about the programs we have coming up. My goals are to support people in how they are interested in taking theory and to build a robust faculty at Living Systems.

Part of my role as Executive Director involves reviewing the strategic plan. This year we have taken a process to review and update our strategic plan to assure our programs align with our mission. In 2024, we hope to bring people together for a more formal review process. Our mission to support research occurred this year in the advanced group where Randy Frost is working to build a research method using Bowen Theory.

There are so many people who have contributed to and continue to contribute to the work that we do, too many to acknowledge individually. But I would like to thank Mark Smith and the board for their support and Leila Howard, who makes Living Systems run as smoothly as it does.

I appreciate all of you who have taken on new roles in teaching and supervision this year. Living Systems is the strong organization it is as the people in it are always working on their own differentiation.

“

You have inherited a lifetime of tribulation. Everybody has inherited it. Take it over, make the most of it and when you have decided you know the right way, do the best you can with it.
~ Murray Bowen



KATIE WHITE
EXECUTIVE DIRECTOR



BETWEEN APRIL 1, 2022 - MARCH 31, 2023:

405

CLIENTS WERE SERVED IN-PERSON & ONLINE

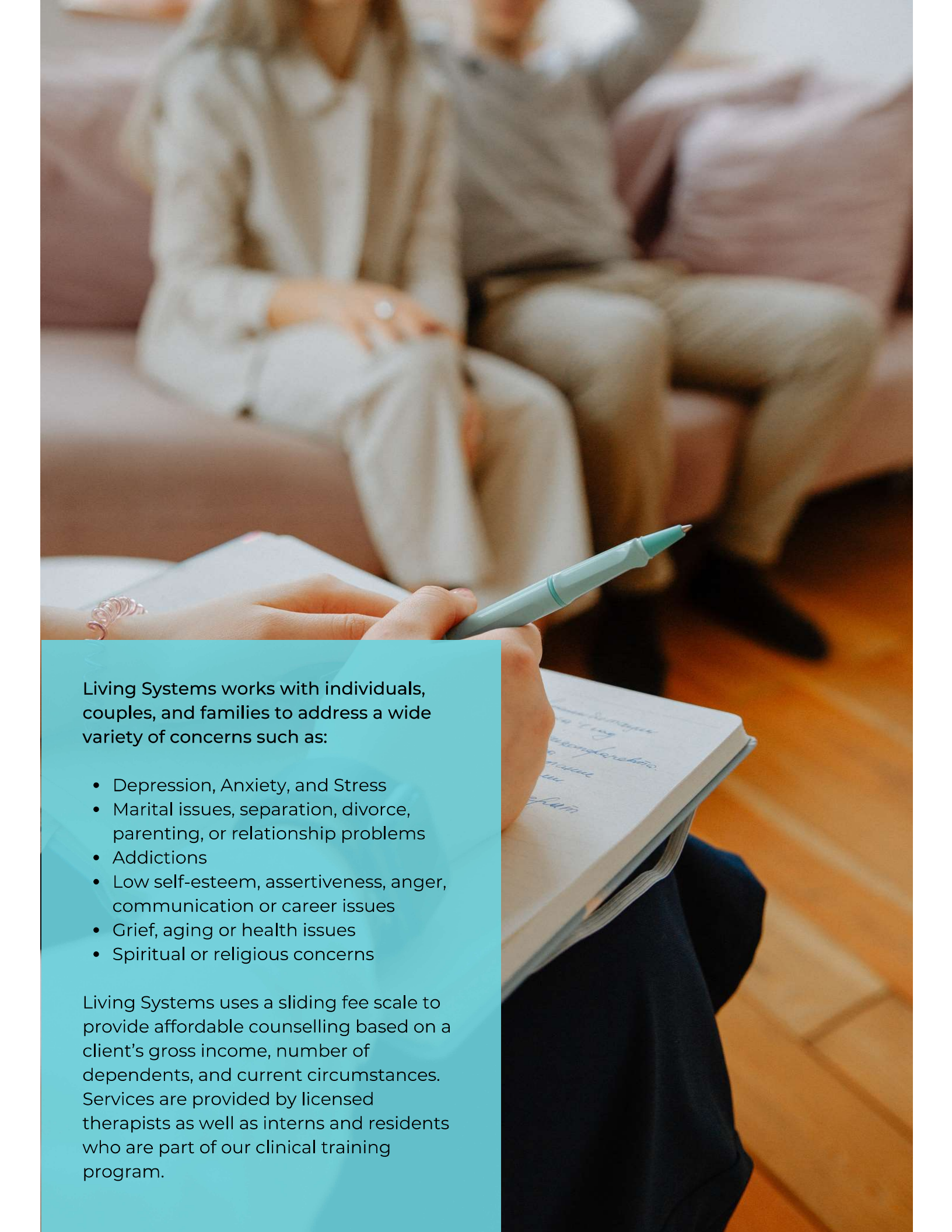
10+

CITIES WHERE CLIENTS LIVE

26

INTERNS AND RESIDENTS WERE TRAINED

In the 2022-2023 fiscal year, with contractors, interns, residents and volunteers across 6 locations, Living Systems supported hundreds of individuals, couples and families in the Lower Mainland.



Living Systems works with individuals, couples, and families to address a wide variety of concerns such as:

- Depression, Anxiety, and Stress
- Marital issues, separation, divorce, parenting, or relationship problems
- Addictions
- Low self-esteem, assertiveness, anger, communication or career issues
- Grief, aging or health issues
- Spiritual or religious concerns

Living Systems uses a sliding fee scale to provide affordable counselling based on a client's gross income, number of dependents, and current circumstances. Services are provided by licensed therapists as well as interns and residents who are part of our clinical training program.

TRAINING & EDUCATION PROGRAMS

CLINICAL INTERNSHIP PROGRAM

This program is designed to provide a thorough introduction to Bowen family systems theory and therapy and contributes to students becoming competent relationship, family, and clinical counsellors, school counsellors, pastoral counsellors and social workers.

POST GRADUATE PROGRAM (NON-PRACTICUM OPTION)

This program is new for 2023-2024 and is designed to provide a thorough introduction to Bowen family systems theory and therapy and enables students to learn how to apply the theory to their own lives and, if applicable, with individuals, couples and families in their private practice or work setting, without including a practicum.

ADVANCED STUDIES PROGRAM

The Advanced Studies program deepens the understanding of Bowen Theory and allows participants to gain further clarity in defining the concepts of Bowen Theory and their practical application.

CONTINUING STUDIES PROGRAM

The program is new for 2023-2024 and provides advanced students of Bowen Theory opportunities to explore different areas of Bowen Theory each year to further their understanding and application of the theory.

FAMILY OF ORIGIN WORKSHOP INSTRUCTOR: LEILA HOWARD

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

USING BOWEN FAMILY SYSTEMS THEORY IN MINISTRY INSTRUCTOR: SHARON SALOMONS

This course introduces clergy and faith leaders to the concepts of Bowen Family Systems Theory to begin thinking about their own role and function within their family as well as their role within their faith communities.

THE PARENT HOPE PROJECT CONFERENCE SPEAKER: DR. JENNY BROWN

This was an online conference held in April 2023 that introduced the Parent Hope Project, a clinical intervention for parents to improve parent confidence and outcomes for struggling children.

Living Systems provides various programs to professionals and the public to educate individuals on the concepts and application of Bowen family systems theory. Living Systems also hosts an annual conference to bring leading researchers from various disciplines to Vancouver to explore Bowen family systems theory and other fields of study. The next annual conference will be happening in Spring 2024.

Thank you to the dedicated and talented members of our Board of Directors and Faculty Members as well as our wonderful team of Interns, Residents and Contracted Counsellors.

BOARD OF DIRECTORS

- Mark Smith, MSW RSW, Board President
- Erica Guliker, MA, LMC, Member at Large
- Ariel Creighton, Secretary/Acting Treasurer
- Dan DeBeyer, Bsc, MBC, Member at Large

FACULTY MEMBERS

- Randy Frost M.Div, RCC
- Lois Walker, M.Div, RCC
- Katherine White MSc, RMFT, RCC
- Leila Howard HRMD, MA, RCC
- Devana Weiss, MA, RCC
- Lori-Anne Boutin-Crawford, MDiv, RCC
- Sharon Salomons M. Div, RCC
- David Galloway, Diploma, FEA
- Pamela Richmond, MSW, RSW
- Sarah Ruggier, MA, RCC

CLINICAL COUNSELLORS

- Lois Walker M.Div RCC
- Margaret Anne Speak MA CCC
- Devana Weiss, MA, RCC
- Leila Howard, HRMD, MA, RCC
- Katherine White, MSc, RMFT, RCC

ASSOCIATE CLINICAL COUNSELLORS

- Catriona Remocker, MPH, RCC
- Maybo Lui, MS, RCC
- Pamela Richmond, MSW, RSW
- Sarah Ruggier, MA, RCC

RESIDENTS & INTERNS

- David Galloway, Diploma, FEA
- Jude Barnes, B.Sc, J.D.
- Mehrnoush Poursaket
- Bruce Hiebert, MTS, M.Div, Ph.D
- Lori-Anne Boutin-Crawford, MDiv, RCC
- Deborah DeJong, BA, BEd
- Alison Nicholas, RN, MA, RCC
- Corrie Howard, BScN
- Michael Toft, MA, RCC
- Peter Yawney, BA
- Mimi Ting-Yen Yang, M.Ed
- Denise Kwan, MSW, RSW
- Jennifer Hassard, MSW, MSc, MBA
- Eve Yi Chi, MSc, MBA, CAE
- Dixie Vandersluys, MA, CCC
- Silvia Talamonti, MA
- Azadeh Nobakht, BSc, IFS, ACC
- Deanna Bergen, BSW
- Tiffany Fehr, MSW, RSW
- Erin Nulty, MSc, MCP
- Maria Mar, BA
- Sharon Elia, BA, BEd
- Marlene Stobbe
- Isabella Nielsen, BBA
- Iryna Pauliukova, MACP
- Adrienne Brown, PMP, B.A
- Suzanne Ashley, MDiv
- Rebecca Van Der Hijde, MA, BCBA





Randy Frost, M. Div., RCC

*"It is easier for man to to fight his wars,
inflation, social ills, and pay his money for
noneffective corrective action, than to
contemplate changing himself."*

*~ Murray Bowen, a quote shared by
Randy Frost in his farewell speech
in August 2022*

THANK YOU

Randy Frost, who was our Training & Research Director at Living Systems for the past 30+ years had embarked on a new journey in Washington, DC this past year.

Thank you so much for his commendable contribution to the organization and to the Bowen family systems community throughout the years.

Congratulations on his new role as the Director of the Bowen Center and we wish him all the best!

NOTE FROM THE BUSINESS & FINANCE DIRECTOR

I am pleased to report that Living Systems continued to maintain a solid financial position in the 2022-2023 fiscal year. A secure financial base enables the Society to ensure existing programs and services as well as develop new initiatives.

We are incredibly thankful for the financial support we received from our donors, the BC Gaming Commission, the District of North Vancouver, City of North Vancouver, the Vancouver Foundation, and memberships.

We had a small net profit of \$5,582 for our March 31st, 2023 year-end financials thanks to full attendance in all our programs, additional funding from the BC Gaming Commission and generous donors.

The March 31, 2023 Year End Financials Statements will be presented at the AGM on June 8, 2023 along with the Society's Budget for 2023-2024.

We are optimistic heading into this fiscal year. We are focused on providing high quality programs and services to the community. We are in a positive financial position to continue to develop faculty and programs to extend the reach of our services to more people in the community and beyond.



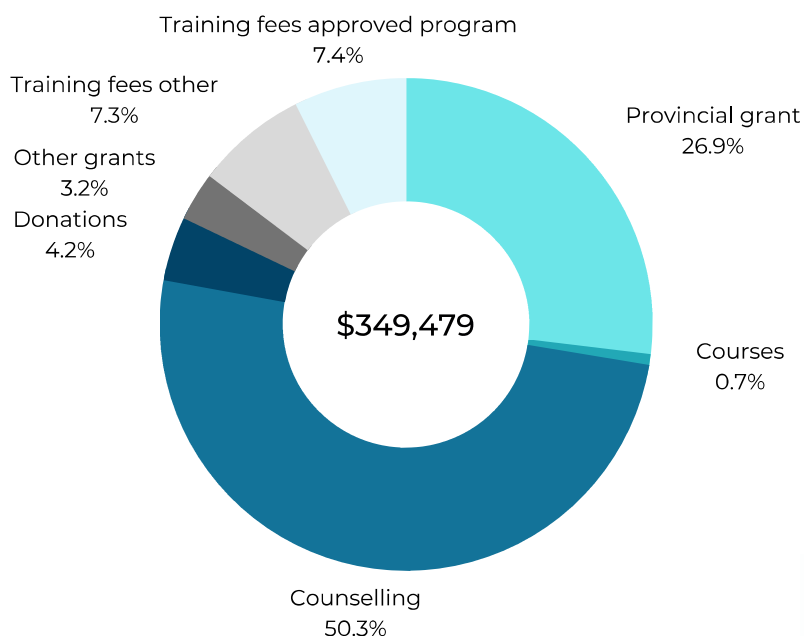
LEILA HOWARD

BUSINESS AND FINANCE DIRECTOR

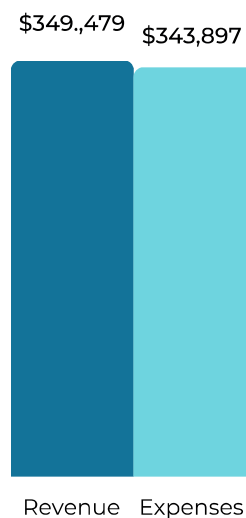
2022-2023 FINANCIALS

YEAR ENDING MARCH 31, 2023

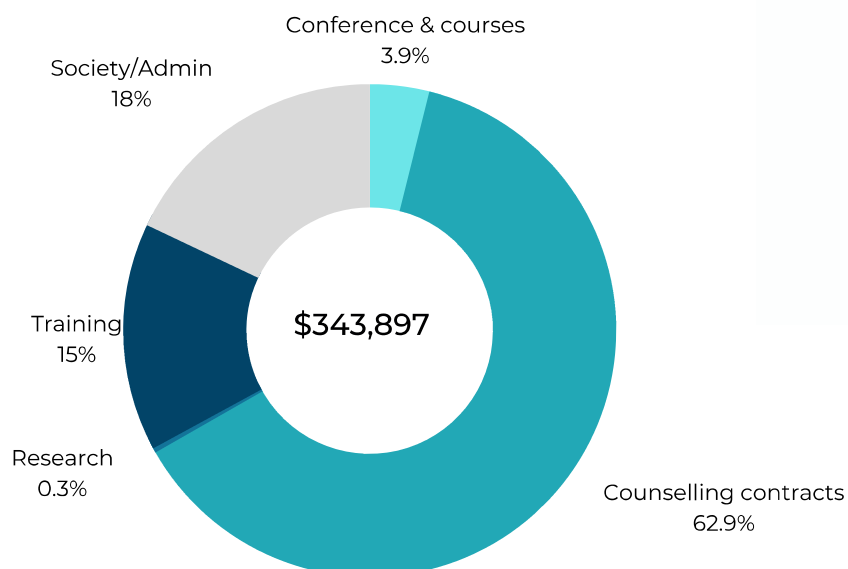
Total Revenue: \$349,479



This year, Living Systems had a net profit of \$5,582



Total Expenses: \$343,897





ACKNOWLEDGEMENT

Living Systems gratefully acknowledges that our organization operates on the unceded and traditional territories of the Coast Salish people who have cared for these lands and waters for time immemorial. We recognize this acknowledgment is a small part of the bigger ongoing work to foster reconciliation.

As an organization which promotes mental health and wellbeing, we are aware that historic and ongoing overt and systemic racism have impacted the mental health of Indigenous peoples, and we condemn and denounce racism, oppression, and genocidal policies in every form. We also celebrate and acknowledge the dignity, worth, and value of all people. We are immensely grateful for the Indigenous people who have chosen to work with us. We are committed to building a meaningful relationship with Coast Salish peoples based on mutual respect, trust, and understanding as we strive towards creating a better future together.

In British Columbia where Living Systems operates, land acknowledgements are increasingly offered in public life to recognize the traditional territory of the Indigenous peoples who called the land home before the arrival of settlers/colonization. We humbly follow the Indigenous practice of recognizing and honoring the relationship of people to space and place. Through acknowledging whose land, we are on, we remind ourselves of the relationships that need repair and our ongoing commitment to reconciliation.

OUR LOCATIONS

North Vancouver:

**NEW LOCATION EFFECTIVE JULY 1, 2023*
#133 – 901 3rd Street West, North Vancouver

New Westminster:

306 – 625 Fifth Avenue, New Westminster

East Vancouver:

5745 Wales St, Vancouver

Downtown Vancouver:

915 – 1125 Howe Street, Vancouver

Gastown:

310-304 W Cordova St., Vancouver

Burnaby:

201-3701 Hastings Street, Burnaby

CONTACT US



604-926-5496



#133 – 901 3rd Street West,
North Vancouver



www.livingsystems.ca



info@livingsystems.ca