

## **Clinical Internship in Bowen Family Systems Theory and Therapy Year One and Year Two (Online Format)**

### **PROGRAM OUTLINE & APPLICATION REQUIREMENTS 2024-2025**

#### **YEAR ONE**

##### **Overview:**

The first-year training program enables participants to learn how to use family systems theory in their work with individuals, couples and families. The program contributes to Interns becoming competent marriage and family therapists, clinical counsellors, school counsellors, pastoral counsellors and social workers.

The group meets on-line weekly on Tuesdays, for four hours each week, late September through mid-June. Adequate fluency is required if the Intern 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. 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.

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

- To provide the Intern 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 Interns to systems research

##### **B. Admission Requirements**

Applicants have a master’s degree or are enrolled in a master’s 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 requirement for Intern 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).

### **C. Method of Evaluation**

Evaluation is based on the quality of Interns' engagement with the learning opportunities provided by the program. This includes Intern 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**

A requirement of the clinical internship program is that Interns see a minimum number of clients per week as approved by their clinical supervisor and input from the lead instructor. An Intern'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.

Interns may only miss two scheduled meetings in the first year. Missed meetings must be made up as outlined in our attendance policy. Interns 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 Interns 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 Interns 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 meetings. The program is usually scheduled on Tuesdays for 4 hours. Interns will meet weekly for four hours, with the exception of the first Tuesday of the month where Interns will participate in group supervision and attend the 3-hour clinical meeting in the evening with the rest of the society.

#### **The required hours are as follows:**

1. Theory/presentation/dialogue/clinical meetings: 64 hours.
2. Group supervision: 64 hours
3. Individual or paired supervision: 9-23 hours depending on the volume of clients an Intern sees. A minimum of one hour/month, arranged outside of designated program times, with one's individual supervisor.
4. Two presentation days held on a Saturday (approx.10 hours in total).

#### **Total Requires hours = 147.**

These 147 hours are required for all Interns. Interns 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).

Interns 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 Intern 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 Interns seeing clients review this material thoroughly. Interns 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 Intern is required to write an 8-10 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 Interns to attend, either the fall or spring, which is sponsored by Living Systems. Examples of these conferences can be found on our website. The Interns 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 (approximately \$200). Living Systems also has a library of family counselling related books, journals, audio and videotapes available for loan. Interns 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 **\$2,500 (master's students with practicum requirements who are accepted into the program receive a \$500 scholarship towards their tuition)**. A \$250 nonrefundable deposit is due **three** weeks prior to the start of the program. \$1125 is due on the first day of class and the remaining \$1125 is due January 3<sup>rd</sup>. Interns are not paid to see Living Systems clients or paid to complete the necessary file notes.

**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 1<sup>st</sup>. 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, #133-901 3<sup>rd</sup> Street West, North Vancouver, BC, V7P 3P9  
training@livingsystems.ca www.livingsystems.ca.

## YEAR TWO

### **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 Interns becoming competent marriage and family therapists, clinical counsellors, school counsellors, pastoral counsellors and social workers.

In the second year, currently the group meets Monday's on-line once a month for 3 hours, as well as the first Tuesday of the month for 3 hours to attend the clinical meeting with the society. Additional time is scheduled for bi-weekly group supervision.

This program is 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.

### **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-** Interns must satisfactorily complete the first year of the training program and receive approval from the Intern's individual supervisor and Executive Director to continue into year two of the program. There is no admissions fee.

### **C. Method of Evaluation**

Evaluation is based on the quality of Interns' engagement with the learning opportunities provided by the program. This includes the Intern'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**

A requirement of Clinical internship program is that Interns see a minimum number of clients per week as approved by their clinical supervisor. Interns may only miss one scheduled meeting. Any missed meetings must be made up as outlined in our attendance policy. Interns must satisfactorily complete all aspects of the program including the three written assignments and presentations. 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 Interns 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 Interns 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. Interns will meet online monthly and review video and reading material. Interns 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 Intern's

own interests and research. Interns meet September through June, once monthly for four-hour training sessions, once monthly for 3-hour clinical meetings and supervision as agreed with the supervisor. 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 (28 hrs), clinical meetings (27 hrs): Total 55 hours
2. Bi-weekly Group supervision: 32 hours
3. Individual or paired supervision: 9-23 hours depending on case load and agreement with supervisor
4. Two presentation days held on a Saturday (approximately 10 hours in total).

### **Total required hours: 106 hours**

These 106 hours are required for all Interns are strongly encouraged to attend society conferences.

Each Intern will have the following assignments during the course of the year:

1. Belief Paper
2. Clinical or Family Paper ----practical application of BT to a system (mid year turn in) –short 3-4 pgs.
3. Topic Paper --Shorter paper getting clear on a exploring a concept in Bowen theory, work to link this to current research. This could contribute to a future BLOG entry (Midyear turn in).
4. Presentation of topic paper made to larger society in January.

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 (approximately \$200). Living Systems also has a digital library of clinical and theoretical related videos. Intern 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 \$2,200. \$220 deposit is due three weeks prior to the start of the program. Full payment is due the first day of class or a \$990 payment and the remaining payment of \$990 due January 3rd. Second year Interns are not paid to see clients or paid to complete the necessary file notes.

**J.** Please contact the Executive Director to express your interest for the 2<sup>nd</sup> year at [training@livingsystems.ca](mailto:training@livingsystems.ca)

**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 1<sup>st</sup>. 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.