

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

PROGRAM OUTLINE & APPLICATION REQUIREMENTS

YEAR ONE

Overview:

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

The group meets weekly for group supervision and bi-weekly for training from mid September through early June. Individual supervision is also included in the outline below. 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. 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 Traineeship Program is designed to provide a thorough introduction to Bowen theory and therapy, which provides the foundation for all the counselling, education and research conducted by Living Systems.

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 and clinical work.
- To relate Bowen Theory to knowledge from the natural sciences
- To introduce trainees to systems research

Admission Requirements

Applicants are enrolled in a master’s degree in counselling, social sciences or related fields, and the applicant has a minimum of 100 required client hours as part of their master’s program. 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 their family and professional relationships, and demonstrate introductory skills in 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 the Trainee's success in the program, as such, we require proof of English proficiency prior to acceptance. Applicants must meet at least one of the following language proficiency requirements:

Completion of grades 9-11, including English 11 with a grade of "C" or higher from a country where English is one of the principal languages or completion of 2 years of full-time post-secondary education at an accredited institution where English is the language of instruction or provide verified results for one of the English language proficiency tests listed below. Test results must be dated no more than two years before the start date of the program.

- International English Language Testing Systems (IELTS) Academic: overall score of 6.0 (with no band less than 6.0) or higher.
- Canadian Academic English Language (CAEL) Test: overall score of 40 or higher
- Duolingo English Test: overall score of 95 or higher.

PTIRU recognizes that there may be other comparable standardized tests/assessments than those currently listed above. The Registrar may consider proposals for testing alternatives on a case-by-case basis as part of the program review process.

Method of Evaluation

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

Career Preparation

The training program enables Trainees to work towards registration with the British Columbia Association of Clinical Counsellors and the Canadian Couple and Family Association or the Canadian Psychotherapy Counselling Association. The program contributes to Trainees becoming competent marriage and family therapists, clinical counsellors, school counsellors, and social workers.

Program Duration

The group meets weekly on Tuesdays for group supervision and bi-weekly for training or clinical meetings from mid September through early June (approximately 34 weeks in duration). The training components include lecture/discussion of theory, clinical meetings, conferences, group and individual supervision. Trainees are also required to attend the monthly Clinical Meeting held once a month on a Tuesday evening with the rest of the society. Trainees are required to attend any conferences sponsored by Living Systems.

Delivery Method

The program hours are 100% through distance education offered remotely from a BC location, excluding practicum experience, if applicable. There are approximately two hybrid events offered through the training year that provide an opportunity to network with colleagues. The program is synchronous, meaning trainees attend virtually in "real time" with instructors and classmates.

Program Requirements

A trainee's opportunity to counsel clients of Living Systems depends on four variables 1) The trainee's master's Program Requirements 2) Availability of clients and 3) the Clinical supervisor's estimation, in consultation with the faculty, of the ability of the trainee to carry a professional caseload and 4) The trainee resides in Canada.

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.

The required hours are as follows:

1. Lecture (32 hrs), clinical meetings and conferences (32 hrs): Total of 64 hours
 2. Weekly Group supervision: 60 hours
 3. Individual or paired supervision: 16 individual or 32 paired as agreed to with supervisor
 4. One presentation day held on a Saturday: 7 hours
- Total Required hours = 147. These 147 hours are required for all trainees.

Each trainee 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 Trainees to attend, either the fall or spring, which 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.

Class Size

The Clinical Internship Program and the Specialized Training Program in Bowen Family Systems Theory and Therapy are designed to allow for in depth exploration of theory and discussion around the ideas; therefore, Living Systems works to maintain smaller training cohorts with a minimum of 5 participants and a maximum of 12. Clinical supervision groups will have a maximum of 6 participants per group.

Reading Material and Equipment

A book list (with price and source information for the required books) will be included in the acceptance letter (approximately \$200) and trainees are responsible for purchasing these items before the start of the program. Living Systems also has a library of family counselling related books, journals, audio and videotapes available upon request. Trainees will have an opportunity to view the videotape collection of Dr. Bowen and other Bowen Center faculty discussing aspects of the theory. Trainees are required to supply their own computer and reliable internet connection.

Online Learning Platform

The training program utilizes a professional online learning platform called Google Classroom. A short tutorial is provided to new trainees to learn how to navigate this learning platform. Technical support is available during business hours. This professional learning platform has security features to protect personal information and trainee identify. Assignments are very individualized and there is a lot of one-on-one interaction to ensure trainees are understanding assignments and materials.

Tuition and Pay Schedule

The tuition for the first year is \$2,000. A deposit is due three weeks prior to the start of the program. The first tuition payment is due on the first day of class and the second portion is due January 3rd. Trainees are not paid to see Living Systems clients or paid to complete the necessary file notes.

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 (late applications may be considered). 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 3rd Street West, North Vancouver, BC, V7P 3P9
training@livingsystems.ca www.livingsystems.ca.

YEAR TWO

Overview:

Trainees who have successfully completed year one of the clinical traineeship program or the Specialized Training Program can apply for our year two program.

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 2.5 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.

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.

Admission to the Second Year- trainees must satisfactorily complete the first year of the Clinical Internship program or Specialized Training Program and receive approval from the trainee's individual supervisor and Executive Director to continue into year two of the program. There is a \$120 application fee if you are not currently enrolled in a Living Systems training program.

Method of Evaluation

Evaluation is based on the quality of trainee's 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.

Optional Practicum Requirements

A trainee's opportunity to counsel clients of Living Systems in the second year depends on 4 variables: 1) The trainee must have a master's degree in a related field or be enrolled in a Master's program in a related field 2) Availability of clients and 3) Trainees must have sufficient professional and personal maturity to manage a clinical caseload responsibly and 4) The trainee resides in Canada. 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.

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 Trainees becoming competent marriage and family therapists, clinical counsellors, school counsellors, pastoral counsellors and social workers.

Program Duration

Trainees meet September through June, once monthly for 3-hours with bi-weekly group supervision and individual or paired supervision as agreed to with the supervisor (approximately 34 weeks in duration). Trainees will select an area of study to focus on for the year along with the general structure of the second year listed below. A core curriculum of reading and supervision is supplemented by each trainee's own interests and research.

Program Requirements

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 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.

The required hours are as follows:

1. Theory, presentation/dialogue (28 hrs), clinical meetings/conferences (27 hrs): Total 55 hours
2. Bi-weekly Group supervision: 32 hours
3. Individual or paired supervision: 8 individual or 16 paired as agreed to with supervisor
4. One presentation day held on a Saturday (approximately 7 hours).

Total required hours: 102 hours

These 102 hours are required for all trainees are strongly encouraged to attend society conferences.

Each Trainee 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 End of 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.

Delivery Method

The program hours are 100% through distance education offered remotely from a BC location, excluding practicum experience, if applicable. There are approximately two hybrid events offered through the training year that provide an opportunity to network with colleagues. The program is synchronous, meaning trainees attend virtually in "real time" with instructors and classmates.

Class Size

The program 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.

Reading Material and Equipment

A reading list (with price and source information for the required books) will be included in the admissions package (approximately \$50-\$100). 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. Trainees are required to supply their own computer and reliable internet connection.

Online Learning Platform

The training program utilizes a professional online learning platform called Google Classroom. A short tutorial is provided to new trainees to learn how to navigate this learning platform. Technical support is available during business hours. This professional learning platform has security features to protect personal information and trainee identify. Assignments are very individualized and there is a lot of one-on-one interaction to ensure trainees are understanding assignments and materials.

Tuition and Pay Schedule

The tuition for the second year is \$2,850. A deposit is due three weeks prior to the start of the program. The first tuition payment is due on the start date of the program and the second tuition payment is due January 3rd. Second year Trainees are paid \$25 a session to see clients.

Please contact the Executive Director to express your interest for the 2nd year at 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, but late applications will be considered. 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.

Program Outline subject to change last updated January 2025