

**Living Systems Counselling
Continuing Studies in Bowen Family Systems Theory
(ON-LINE FORMAT)**

PROGRAM OUTLINE & APPLICATION REQUIREMENTS

Continuing Studies Program

Living Systems is a registered institution with the Private Training Institutions Branch. This particular program does not require approval by the registrar of the Private Training Institutions Branch (PTIB) of the Ministry of Advanced Education, Skills & Training.

A. Learning Objectives

- To gain a better understanding of different applications of Bowen Family Systems Theory.
- To learn about the connections of Bowen Theory with other areas of science
- To better understand how Bowen Theory applies to the student's personal and professional life through the application of Bowen Theory principles to those areas.
- To improve one's application of Bowen Theory
- To improve one's ability to articulate Bowen Theory concepts and how they can be applied by participation in the discussions and the submission of written papers.

B. Application Requirements

Students must satisfactorily complete one year of the clinical internship training program or the equivalent at another Bowen network program and receive approval from the student's supervisor and Living Systems Executive Director to enrol in the continuing studies program. Students who wish to see Living Systems clients must have satisfactorily completed two years of the training program. Consideration will be based primarily on the following combined reasons:

1. Professional accreditation requirements are such that more counselling and supervisory hours are required by the student.
2. The student is strongly motivated to pursue further study of Bowen Theory
3. The student has given consistent evidence during the clinical internship of one's ability to function responsibly in the program and in clinical practice.
4. Space is available in the program.

C. Monthly Training Format

Thematic Approach:

The year will follow a theme that relates to the theory and application of one or more aspects of Bowen Family Systems Theory (e.g., The Family as a Unit). Each 2-hour session will have assigned readings from Dr. Bowen's or Dr. Kerr's writings and recordings from previous conferences. Assigned material (articles, recordings) may include research from various scientific disciplines.

Assignments:

Students will write a **Belief Paper** (2-3 pages) on a topic of their choice that defines how they think and what convictions they have regarding their topic. How the student thinks about a topic, how they arrived at their thinking, and how their behaviour reflects this belief is part of this assignment. This paper will be presented in class in the first part of the year (before the December break).

In the second term students will work on a **Project Paper** in which they investigate an aspect of the theory of their choosing. This could be how Bowen Theory is observed in some other area of science or counselling, and/or how it applies to their personal or professional life.

- In the last third of the program, students will present a summary of their Project Paper to the Living Systems community
- Students will submit the finished Project Paper (10-15 pages) at the end of the year. The instructors will review and comment on the paper and return it to the student within 30 days of the date the paper was submitted.

Required attendance hours: The group will have a discussion meeting for 2 hours each month from September through May. These meetings involve a review of readings, recordings and presentations: 18 hours. (This is separate from the student's own study time).

Optional hours: Monthly Clinical Meetings (Tuesday evenings): 27 hours
Attending the monthly Clinical Meetings is strongly encouraged as well as attendance at the Society's conference(s).

D. Method of Evaluation

Evaluation is based on participation in the discussion of assigned readings, quality of one's presentation, belief paper and final paper.

E. Requirements of the Program

Students may only miss one scheduled discussion meeting, which must be made up as outlined in our attendance policy. Students must satisfactorily complete all aspects of the program. The course grade is pass, fail or incomplete. For further details see our Grade Evaluation Policy on the Living Systems website. A certificate of completion is issued if all requirements are met.

F. Tuition and Payment Schedule

The course fee is \$750. A deposit is due three weeks prior to the first day of class and the first tuition payment is due on the first day of class and second payment is due Jan. 3rd.

G. Approval Process involved in Seeing Clients

Students who meet the criteria for seeing clients are required to have a minimum of monthly individual supervision as set out by the student's supervisor. Students (Residents) in this program are paid a nominal fee to see Living Systems' clients depending on the availability of clients and office space.

H: Application Form

Send an email expressing your interest to the Executive Director at katie.white@livingsystem.ca.

*Program outline and details subject to changes
(Last updated March 2026)*