

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

PROGRAM OUTLINE & APPLICATION REQUIREMENTS

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

Thematic Approach: the training year will follow a theme that relates to the theory and application of one or more aspects of Bowen Family Systems Theory. Each session will include a discussion of the readings led by a student on a sign-up basis. This is an open forum/salon style and will not be structured as a “lesson.” Following the discussion, each class will feature a student presentation of either a belief paper or a presentation as outlined below. There will be a 10-minute break during the class.

A. Learning Objectives

- For learners to increase their understanding of BFST and its applications, both in personal and clinical settings
- Foster ongoing study and engagement with BFST within a community of learners
- Facilitate opportunities for learners to define and communicate their own thinking in relation to the theme selected for the training year.

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

Required Hours: The group will have a discussion meeting for 2 hours each month from September through May (total of 18 hours). Readings and media that draw on BFST literature and case studies that explore the impact of the theme selected each training year.

The total hours does not include 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. Student Responsibilities

Discussions: Students will take turns introducing the readings/media and leading the discussion. Students are expected to come to each session prepared to discuss the readings/media

Belief Paper: Students will do a 5-10 minute presentation on a belief he or she is reflecting on.

Presentation: 30-minute (20 to present/10 for discussion) presentation on the theme for the program and the impact it appeared to have using a personal or clinical example in any system (family, work, clinical practice). These presentations will begin in October and there will be one or more presentations per session, depending on enrollment.

E. Method of Evaluation

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

F. Attendance Policy

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.

G. Tuition and Payment Schedule

The course fee is \$850. 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.

H. Approval Process involved in Seeing Clients

Students in the Continuing Studies program are not eligible to see Living Systems clients. Exceptions to this rule must be approved by the Executive Director. If approved, students are paid a nominal fee per session, and a minimum supervision schedule is required.

I: 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 May 2026)*