

ADVANCING MY LEADERSHIP

Continuing Studies Seminar

A Post-Graduate Seminar

for those continuing their study and application of

Bowen Family Systems Theory (BFST)

in the arenas of family, faith community and society.

Much in our world points to a deepening of unresolved divisions at all levels of society. Faith communities and families are under stress. Bowen Family Systems Theory has proven to be a valuable resource for ministering persons to better engage the challenges in their families, faith communities and organizations. The EMS Continuing Studies Seminar (CSS) is designed particularly for those who have engaged BFST in the past and are motivated to deepen their understanding and application of the theory. The Seminar will focus on theoretical concepts and how theory is learned and applied to one's own family and work. A perspective informing the Seminar is that the effort of **differentiation of self** is itself a leadership development process.

Purpose:

- To deepen one's understanding of the Eight Concepts of Bowen Theory and their applications for understanding oneself, one's family and one's organization.
- Increased ability to identify common symptoms of anxiety in self, families and communities.
- Increase capacity to be effectively engaged when tension rises in a relationship or a group • To function more consistently in accord with one's principles, goals and callings. • To engage the process of *Differentiation of Self* in the context of family and work. • Explore the intersection of systems thinking with one's theology and beliefs.

Format:

The Continuing Studies Seminar meets 2x each month from October through May, a span of eight (8) months. Participants are expected to consistently engage each program component. Note: all presentations must be attended live with video.

Each month will include:

- A Faculty presentation with discussion (1.5 hours)
- Facilitated discussion of assigned video viewed prior to meeting (1 hour) • Monthly individual coaching scheduled with a faculty member at mutual convenience • Reading assignments from *The Secrets of Bowen Theory* by Dr. Michael Kerr and others. Note: The Presentation Session and Video Discussion session are scheduled on different days/weeks.

Seminar Prerequisites

The EMS Continuing Studies Program in Bowen Family Systems Theory is for ministering persons who have engaged Bowen family systems theory in a unit of EMS CPE, the EMS Formation in Ministry course or a similar structured training process. Participants will have already developed a family diagram and applied some of Bowen's central constructs to their own family. In addition to this background, prerequisites include a completed application and an interview with Kenton Derstine, Program Director. For more information and questions regarding prerequisites please contact Kenton Derstine, Seminar Director: derstine@emu.edu.

Application Process

Application for the EMS Continuing Studies Program is now open. The process includes a completed application form and an interview with Kenton T. Derstine, CS Seminar director. You can access the [application here](#). Please submit application by September 20 or earlier.

Dates for 2022-2023

The program will span October 2022 through May 2023. Exact meeting dates and times are as follows:

- **Tuesday, 9:00am – 10:30am Eastern Time** (8x - Once per month)
 - 10/18, 11/15, 12/6, 1/10, 2/14, 3/14, 4/18, 5/16
- **Tuesday, 9:00am – 10:00am Eastern Time** (8x - Once per month)
 - 11/1, 11/29, 12/20, 1/24, 2/28, 3/28, 4/25, 5/30
- **Individual coaching** – One hour (8x - Once per month)
(If Tuesdays at 9:00am makes it impossible for you to participate, please contact Kenton T. Derstine, Program Director.)

Coaching Requirement

The coaching aspect of learning is an integral part of training programs that Dr. Bowen originally established at the Georgetown University Family Center. Participants will schedule one-on-one monthly virtual sessions with a faculty member where they can better understand emotional processes in their own family and focus on differentiation of self. Each participant will be assigned one of the faculty members who will serve as their coach unless an alternative coach is approved by the Director.

Seminar Fee

The nonrefundable fee for the Continuing Studies Program is \$1,200.00. A scholarship of up to \$900 is available to applicants from EMS by means of the Strengthening Foundations for Thriving in Ministry grant from the Lilly Foundation, Inc. **Applicants are encouraged to access professional development funds that may be available to you and assess your personal resources as you consider your request. (See application)** For tuition related questions please contact Kenton T. Derstine, Program Director: derstine@emu.edu

Program Faculty:

Kenton T. Derstine DMin. CSS Director is retired from his position as Associate Professor of Supervised Ministry at EMS. After completing two years of the Bowen Center's Postgraduate

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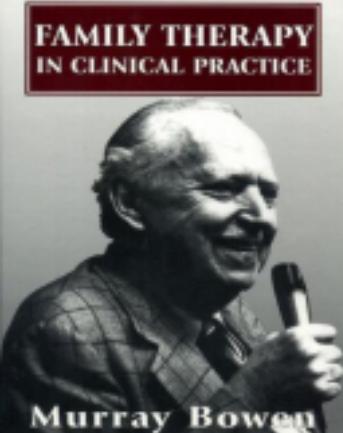
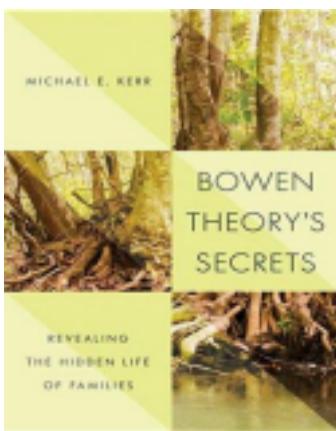
Program from 2001-2004 he served an Internship at the Bowen Center during the 2014–2015 academic year. Subsequently he has supported the mission of the Bowen Center as an Associate Faculty member. After integrating Bowen Theory into his practice as an ACPE Certified Educator for nearly thirty years, he continues to find opportunities to extend the resource of “systems thinking” to ministering persons. Tel. 540-383-5368 Email: derstine@emu.edu

Penny Driediger, ACPE Certified Educator and Dir. of the EMS CPE Program. Penny has been a student of Bowen Family Systems Theory for over 15 years. She has explored the concepts for application to her family relationships as well as her practice as a chaplain and educator. Deepening her study of Bowen Theory, she completed the 2020-21 Post-Graduate Program of the Bowen Center for the Study of the Family. She is eager to support any of her students in their effort to continue their understanding and application of Bowen Theory.

Janis Norton LCSW has studied Bowen Family Systems theory for over thirty years. Initially interested in how Bowen Theory could advance an interest in family therapy, she found the theory most useful and best learned through application to her life and her relationships with family. She has continued to participate at the Bowen Center for the Study of the Family and at the Center for Natural Systems and the Family while pursuing research and writing projects and maintaining a family therapy practice. Areas of interest include how physiology and relationships interact, the role of the leader in organizational functioning and outcomes, the family context of dementia in older adults, and how the one-to-one relationship informs efforts at differentiation of self. Janis is Episcopalian and active in her faith community.

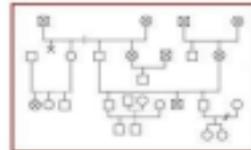
Curriculum and Course Materials

Differentiation of self is the basis for learning and applying Bowen theory. The primary text for this year's Continuing Studies Seminar will be *Bowen Theory's Secrets: Revealing the Hidden Life of Families* by Dr. Michael Kerr. The assigned videos will be selected from the “Basic Series” of lectures by Dr. Murray Bowen, the *Bowen-Kerr Interview Series* and from the lecture series by Dr. Michael Kerr entitled *Bowen Family Systems Theory and Its Applications*. Other readings and viewings may be suggested through the course. The Syllabus is available [here](#). You will be expected to purchase books on Bowen theory utilized in the curriculum.



The Family Diagram & Family Research

An Illustrated Guide to Tools For Working on Differentiation of Self in One's Family



Victoria Harrison