ADVANCING MY LEADERSHIP
Continuing Studies Seminar

A Post-Graduate Seminar
for continuing the study and application of
Bowen Family Systems Theory
in the arenas of family, faith community and society.

COURSE SYLLABUS 2022-23

(Draft)

October 18, 2022 (Tuesday 9-10:30 AM)
Topic: *Evolution, family emotional process, and differentiation of self* - Kenton T. Derstine
Readings:

- Kerr, Michael E. 2019. *Bowen Theory's Secrets: Revealing the Hidden Life of Families*. New York:Norton
    - Introduction
    - Part 1: Chapter 1 "Systems Thinking"
    - Chapter 2 "Evolution and the Emotional System"
    - Chapter 3 "The Molecule of the Emotional System"
- Creech, Robert R., *Family Systems and Congregational Life: A Map for Ministry*
    - Chapter 1 "Always Take a Map"
    - Chapter 2 "Reading the Map"

November 1, 2022 (Tuesday 9-10:00am) Video integration discussion –

- Bowen-Kerr Interview Series #7: *Obstacles to Systems Thinking*
  https://www.thebowencenter.org/bowen-theory-vids

+Journal entries: See assignment information below in "Overview and Guidelines."
+Coaching: Scheduled by trainee.
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November 15, 2022(Tuesday 9-11 AM)
Topic: The *Nuclear Family Emotional System* – Janis Norton LCSW
Readings:

- Kerr, Michael, 2019. Bowen Theory's Secrets.
  Chapter 4: Patterns of Emotional Functioning
  Chapter 9: Emotional Programming

November 29, 2022 (Tuesday 9-10AM) Video integration discussion

- Kerr Lecture Series #4: "The Nuclear Family"

+Journal entries: See assignment information below in Overview and Guidelines.
+Coaching: Scheduled by trainee.

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December 6, 2022 (Tuesday 9-11 AM)

Theme: *Triangles:* Penny Driediger MDiv., ACPE CE

Readings:

- Bowen, Murray. 1978. Family Therapy in Clinical Practice.
  - Chapter 2 The Role of the Father
- Kerr, Michael, 2019. Kerr, Michael, 2019. *Bowen Theory's Secrets.*
  Chapter 16 "Personal Vignettes of the Process of Differentiation"

December 20, 2022 (Tuesday 9-10am) Video integration discussion

- Kerr Lecture Series #3: Individuality, Togetherness, and Triangles

+Journal entries: See assignment information below in Overview and Guidelines.
+Coaching: Scheduled by trainee.

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January 10, 2023 (Tuesday 9-11am)

Topic: Family Projection Process and Sibling Position – Kenton Derstine

Readings:

- Kerr, Michael, 2019. Kerr, Michael, 2019. *Bowen Theory's Secrets.*
  - Epilogue Applying Bowen Theory to My Own Family
  - Chapter 12 Sibling Position

- Bowen, Murray. 1978. Family Therapy in Clinical Practice.
  Chapter 8 Family Psychotherapy with Schizophrenia

January 24, 2023 (Tuesday 9-10am) Video integration discussion

Basic Series #3 Sibling Position (start at min 24:20 to end)

- Basic Series #2 Family Projection Process (start at min 30:20 to end)
  https://www.thebowencenter.org/bowen-theory-vids

+Journal entries: See assignment information below in Overview and Guidelines.
+Coaching: Scheduled by trainee.

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FYI - February 9, 2023 (Thursday 7:00-9:00pm) Bowen Center Professional Lecture
"Life at the Helm" - Kathleen Cotter Cauley

FYI - February 10, 2023 (Friday 9:30am-3:30pm – The Bowen Center –
Faith Leaders Conference (Theme: TBD)

<u>February 14, 2023</u> (Tuesday 9-11am)
Topic: Multigenerational Transmission Process: Presenter: Janis Norton LCSW
Readings:

- Bowen, Murray. 1978. *Family Therapy in Clinical Practice*. New York: Jason Aronson.
    - Chapter 9 The Use of Family Therapy in Clinical Practice
- Kerr, Michael, 2019. *Bowen Theory's Secrets.*
    - Chapter 11 The Multigenerational Family Organism

<u>February 28, 2023</u> Video integration discussion

- Kerr Lecture Series # 5. *The Multigenerational Family*

+Journal entries: See assignment information below in Overview and +Guidelines.
+Coaching: Scheduled by trainee.

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<u>March 14, 2023</u> (Tuesday 9-11am)
Topic: Emotional Distance/Cutoff - *?K*athleen Cotter Cauley, MEd, LMFT??

Reading:

- Kerr, 2019. *Bowen Theory's Secrets.*
    - Chapter 13 Emotional Cutoff
- "The Cornerstone Concept: 65 Years after Cutoff". PDF will be provided.

<u>March 28, 2023</u> Video integration discussion

- Basic Series #7 Cut Off
  https://www.thebowencenter.org/bowen-theory-vids

+Journal entries: See assignment information below in Overview and Guidelines.
+Coaching: Scheduled by trainee.

April 18, 2023 (Tuesday 9-10:30 AM)

Differentiation of Self – Presenter: TBD_____

Readings:

- Kerr, Michael, 2019. *Bowen Theory's Secrets.*
  Chapter 5 Differentiation of Self
  Chapter 6 Emotional Regression
  Chapter 8 Emotional Objectivity
  Chapter 10 Chronic Anxiety

<u>April 25, 2023 (Tuesday, 9-10am)</u> Video integration discussion

- Kerr Lecture Series #2: Chronic Anxiety and Defining a Self

+Journal entries: See assignment information below in Overview and Guidelines.

Coaching: Scheduled by trainee.
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<u>May 16, 2023 (Tuesday 9-10:30 AM)</u>
Individuality and Togetherness: Concepts and applications: Kenton Derstine DMin.
Readings:

- Kerr, Michael, 2019. *Bowen Theory's Secrets.*
    - Chapter 7 Emotional Regression and The Individuality-Togetherness Balance
    - Chapter 15 Key Ingredients in the Process of Differentiation
    - Chapter 18 The Process of Differentiation: Theory, Method and Technique

<u>May 30, 2023 9-10am -</u> Video integration discussion

- Kerr Lecture Series #6: The Process of Differentiation

+Journal entries: See assignment information below in Overview and Guidelines.
+Coaching: Scheduled by trainee.

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Overview and Guidelines

Continuing Studies consists of eight presentations with discussions, readings, eight videos with discussions, coaching and journaling.

FYI – For Your Information: FYI identifies optional events on the schedule that are supplementary to the CSS Curriculum.

Presentations. The presentations are listed in the syllabus with a title of the topic, the presenter, and meeting dates. The presentations have a specific order, from an introduction of general theory to a study of the main concepts and ending with an example of an application. There are eight meetings in total. Each meeting lasts 2 hours and is divided into the presentation and time dedicated for discussion for both the presentation and the reading.

Readings. The readings are in-depth descriptions of the theory, primarily from Michael Kerr's *Bowen Theory's Secrets*. Trainees are expected to complete the readings and have several comments ready for each meeting. Questions to consider before each reading are: What are my goals for this reading? What are concepts that stand out as significant for me? What am I learning about myself and my own functioning? What concepts do I need more clarification on? How does the reading clarify or challenge the thinking I use in my profession? Readings will be discussed during the eight presentations.

Videos. The videos compliment the reading and presentation topics. There are eight separate meeting dates for videos. Various faculty members will lead the one-hour discussion. Video discussion meetings are driven by trainee participation. Trainees are expected to view the video and have comments and questions ready for each meeting. Questions to consider before each reading are: What stands out as important new knowledge? What am I learning about my own functioning in my family? What concepts do I need more clarification on? How does the video

content clarify or challenge my professional approach? The video discussion meeting will also be an opportunity to integrate readings, journaling, and previous presentations.

Coaching. Trainees have eight meetings with coaches starting in mid-September/early October and finishing by late May. It is the trainee's responsibility to schedule and prepare for each coaching session. Coaching involves developing one's family diagram and making connections between present functioning and one's multigenerational system. Coaching is an opportunity to collect multigenerational 'facts of functioning' and to clarify goals of one's defining self in family and work.

Journaling. Each trainee will monitor the amount and content of the journaling assignment. The journal will not be turned in or reviewed by anyone else. The recommended amount of time for 'thinking on paper' is at least a half-hour per week. Journaling will give trainees an opportunity to integrate the presentations, readings, videos, and coaching to one's work on self. One suggestion is to think about the journal as a differentiation journal and as an opportunity to clarify one's principles and beliefs, one's part in his/her own relationship systems, and general reflections of one's functioning in family and/or work environments.