



“We are a community that commits itself to diversity and sustainability as dimensions of a just society”

- *Mission Statement, Lewis & Clark College*

**– Bowen Family Systems –
SPRING 2024**

Time & Day: 9:00 am – 5:30 pm 1/13/24 & 2/3/24

Location: York 101

Instructor: Lori Henry, LMFT

Office Hours: By appointment

Phone: Mobile – 971-808-3312

Email: lhenry@lclark.edu

Credits: 1 semester hours.

MCFT STUDENT LEARNING OUTCOMES

SLO 1.2: Students recognize the interconnections among biological, psychological, social systems in people’s lived experience.

SLO 1.3 Students apply systems/relational theories to clinical case conceptualization.

SLO 2.1 Students self-reflect on the implications of own and others’ social location in clinical practice.

SLO 2.2 Students’ practice demonstrates attention to social justice and cultural democracy.

SLO 4.3 Students demonstrate integration of family therapy theory, equity, and social location issues in clinical practice.

REQUIRED TEXTS

Titelman, P. (2014). *Clinical applications of Bowen family systems theory*. Routledge. **Only read chapters 1, 2, 3, 4, 9, 13, 14**

McGoldrick, M., Gerson, R., & Petry, S. (2020). *Genograms: Assessment and treatment*. WW Norton & Company. **Only read assigned chapter**

Recommended Texts

Papero, D. V. (1990). Bowen family systems theory.

Calatrava, M., Martins, M. V., Schweer-Collins, M., Duch-Ceballos, C., & Rodríguez-González, M. (2022). Differentiation of self: A scoping review of Bowen Family Systems Theory’s core construct. *Clinical psychology review*, 91, 102101.

COURSE DESCRIPTION

This course will dive deeper beyond the surface of Bowen Family Systems Theory. We will look at the scientific systems theory Bowen based his theory off of and how he expanded into the family. We will practice genograms and how to use them, the role of differentiation in the family as well as for the therapist, how triangulation shows up in the family and in the room and the other core concepts of Bowen's theory.

Topics covered include:

- Genograms
- Triangulation
- Differentiation
- Nuclear Family Emotional System
- Cutoffs
- Family Projection Process
- Multigenerational Transmission Process
- Sibling Position
- Societal Emotional Process

COURSE OBJECTIVES

Students will be able to:

- 1. Understand the Bowen Family Systems within social systems, family dynamics and self.**
- 2. Apply usage of Genogram**
- 3. Examine the use of Bowen therapies**
- 4. Understand how to apply topic clinically**
- 5. Understand ethical issues relative to application**

COURSE OBJECTIVES, STUDENT LEARNING OUTCOMES, AND EVALUATION ACTIVITIES

Students are also required to:

- Make use of the online course materials available via Moodle(<https://moodle.lclark.edu/>). You need to log into Moodle and give the system 24 hours for the courses to appear on your dashboard. Access to these materials is available once you have registered for the course.
- Check your Lewis & Clark email (lclark.edu) on a daily basis for communication from the instructor and respond in a timely manner

FINAL GRADING

A = 93-100 A- = 90-92 B+ = 88-89 B = 83-87 B- = 80-82

C+ = 78-79 C = 73-77 C- = 70-72

TEACHING METHODS

A variety of teaching methods will be utilized during this course in order to achieve the above objectives. Among those methods will be assigned readings, class discussions, experiential activities, and lectures.

CPSY DEPARTMENTAL ATTENDANCE POLICY

Class attendance is expected and required. Any missed class time will be made up by completing extra assignments designed by the instructor. Missing more than ten percent of class time may result in failure to complete the class. This would be 4.5 hours of a 45 hour class (3 credits), 3.0 hours for a 30 hour class (2 credits) or 1.5 hours for a 15 hour class (1 credit.) In case of extreme hardship and also at the discretion of the instructor, a grade of incomplete may be given for an assignment or the entire course. In such cases, the work to be submitted in order to remove the incomplete must be documented appropriately and stated deadlines met. Students are expected to be on time to class and tardiness maybe seen as an absence that requires make-up work.

DISABILITY SERVICES STATEMENT

- Option 1: If you have a disability that may impact your academic performance, you may request accommodations by submitting documentation to the Office of Student Accessibility in Albany Quadrangle (503-768-7192). After you have submitted documentation and filled out paperwork there for the current semester requesting accommodations, staff in that office will notify me of the accommodations for which you are eligible.
- Option 2: If you require academic accommodations, please contact the Office of Student Accessibility in Albany Quadrangle (503-76-7192 or access@lclark.edu). Once you complete the intake process and the Accommodations Agreement, you may Request to Send your Accommodations Letter. Student Support Services staff will then notify faculty of the accommodations for which you are eligible.

NON-DISCRIMINATION POLICY

Lewis & Clark College adheres to a nondiscriminatory policy with respect to employment, enrollment, and program. The College does not discriminate on the basis of race, color, creed, religion, sex, national origin, age, handicap or disability, sexual orientation, or marital status and has a firm commitment to promote the letter and spirit of all equal opportunity and civil rights laws.

DISCLOSURE OF PERSONAL INFORMATION

The Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) requires the program to have “established policies for informing applicants and students regarding disclosure of their personal information” (COAMFTE Standard 140.02, 2003). Each student should decide for him/herself what information to disclose. Students are advised to be prudent when making self-disclosures. The program cannot guarantee confidentiality of student disclosures given the group environment, although personal comments should be considered

private and confidential – and remain only in the classroom – unless an exception to confidentiality applies.

LINKS TO LEWIS & CLARK GRADUATE SCHOOL ESSENTIAL POLICIES

This course adheres to the general policies outlined in the catalog and student handbook of the Lewis & Clark Graduate School of Education and Counseling. This includes full adherence to the following policies:

- Nondiscrimination: go.lclark.edu/gsec-nondiscrimination;
- Standards for professional student conduct and academic integrity: go.lclark.edu/gsec-conduct;
- Sexual misconduct: go.lclark.edu/titleIX.

COURSE REQUIREMENTS

1) Attendance, participation, disposition, and dress code

- Timely attendance and active participation in all activities is expected.
- Participate in supporting the professional development of all class members.
- Keep your supervisor informed regarding the status of all of your cases.
- Contact your supervisor immediately should you encounter a clinical emergency or suspect the need to report abuse or neglect.
- Dress code: business casual. How you dress always conveys a social message, even if none is intended.
- Learn how to use the recording equipment and computer related technology.
- Clean up after yourself and keeping the clinic space neat and clean.

2) Ethics

Practice according to the American Association for Marriage and Family Therapy (AAMFT) code of ethics and the Oregon State Laws.

COURSE ASSIGNMENTS

The following assignments are also required to receive course credit. Unprofessional behavior and/or failure to demonstrate appropriate clinical progress could also result in **No Credit** for the course (or a lowered grade).

1. Participation. You are expected to be present, have read/listened/watched all related material before class, be engaged in conversation and work to add to an atmosphere of engaged learning.

2. Read & Present

R&P: Genogram book: This book does not need to be read completely. I will be breaking you into groups to present on specific chapters. Your groups will be assigned in the first meeting and you will present in the second meeting. Please read enough to know how to do the basics of a

genogram and create a presentation (and power point) on your chapter. Please engage with the book and be prepared to practice doing genograms in the second meeting.

3. Application Exercises

A & W- Genogram *This assignment will be DUE 2/29 by 5pm.*

This assignment is focused on you practicing doing a genogram. Please pair up with a classmate and film a 45-60 session in which you are doing a genogram. With this you will turn in the video, an image of the genogram created and a 2-3 page reflection paper on the experience in which you reflect on both sides of the experience.

COURSE SCHEDULE (subject to change)

Day 1:

Assignments due: Bowen book, article

9:00 - 12:00 Introductions, Syllabus review, Lecture

12:00- 1:00 LUNCH

1:00 – 5:00 Lecture

Day 2:

Assignments due: Genogram book

9:00 – 10:00 Grounding meditations & small group discussions

10:00 – 12:00 Lecture

12:00- 1:00 LUNCH

1:00 – 5:00 Assignment discussions, questions, wrap up

Weekly Schedule

Date	Topic/Presentations	Assignments Due
Week 1	<ul style="list-style-type: none"> • Introductions • Syllabus review • Watch Video* • Group Discussion • 8 Concepts • Blue Book discussions 	
Week 2	<ul style="list-style-type: none"> • Genogram Book Presentations • Genogram Example • Genogram Practice (assignment) • Questions Sheet/student Q's 	R&P – Genogram book A&W-* Due 4/10

*Video:

https://www.google.com/search?q=bowen+family+systems&oq=bowen+family+systems++&aqs=chrome..69i57j69i59j69i64j0i20i263i512j0i512j69i60l3.6656j0j4&sourceid=chrome&ie=UTF-8#fpstate=ive&vld=cid:64a15523,vid:nFS5f0_NJPo