

"If you can't get rid of the family skeleton,
you might as well make it dance."

George Bernard Shaw

When dancing skeletons will help the family, there are a few ways for therapists to make them dance.

Thinking systems is the first step. The 1950s ignited a paradigm shift in therapy from treating the "individual" to treating the "family system". Among the new thinkers, Murray Bowen developed a framework for mapping family dynamics that is intuitive and easy to learn. It is congruent with other good – old and new – treatment models. Standing the test of time it offers a way to map the system and track the flows of worry and tension. Skillful application often sparks client insights and change.

True for individuals, couples, families, groups and organizations, this framework:

- is client centered and collaborative
- places "symptoms" in perspective
- develops a map of the whole system within a snapshot of current needs
- helps clients to observe and choose mindful actions in their relationships to achieve better outcomes
- suggests likely transference and counter-transference traps
- compliments other good treatment approaches including transpersonal

Workshop participants will:

- experience the relevance of Bowen's 8 concepts
- learn the usefulness of genogram maps in client centered work
- apply practical insights from complimentary models
- brainstorm collaborations with clients to develop fruitful homework
- understand more about their personal family system and its impact on practice choices
- receive peer consultation for working with cases they bring
- earn 6 CEUs (Social Workers, Psychologists, and LPCs)

When? Wednesday, June 10, 2015, 9 am to 4 pm, with a 60 minute lunch break

Where? Churchill boardroom

Cost? No charge for participants

Participants? Peak Wellness Center Clinical staff who are pre-registered

Register? Send an email to Carolyn@insightforchange.com: Include your name, professional discipline, what your practice is at Peak, and what you want out of this workshop. Space is limited.

Questions? Email them to me. Thanks!

Facilitated by **Carolyn Bartlett, LCSW** with **Bonnie Cochran, LCSW**

Articles related to this workshop topic are posted www.insightforchange.com

