Bowenian Family Therapy

- Most basic premise:
  - “…unresolved emotional reactivity to our parents is the most important unfinished business of our lives” (Nichols & Schwartz, p. 119).

- __________________________________ from three or more generations

- Extended Family Systems Therapy
  - ________ = ________

Key Concepts of Extended Family Therapy

- Differentiation of self
- Fusion
- Emotional Reactivity
- Solid self vs. pseudo-self
- Undifferentiated Family Ego Mass
- Emotional cutoff
- Family Projection Process
- Emotional triangulation

Triangles

- Triangle — state of calm between comfortable twosome & outsider
- Third parties shadow emotionally significant relationships
- Relationships go through cycles of closeness & distance
  - Distance makes triangles more likely
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Interventions: Using Triangles

• Detriangulate — help people separate feelings from intellect
  – Ask questions about thoughts
  – Construct _________________________________
  – Give homework that requires people to visit families to learn through questioning
  – Examine sibling positions
• By __________________________, people gain insight & understanding into the past which frees them to choose how to behave in the future

Therapeutic Goals

• Overall, the goals of Bowenian Family Therapy:
  – ________________________________ focus
  – Decreased emotional reactivity
  – Modification of dysfunctional patterns
• These are all ______________________ goals focused on process rather than content.
• Therapists need to address their own level of differentiation to avoid triangulation

Additional Interventions

• Enactment and dialogue between members
• The source of unsatisfied longings
• Process questions
• Importance of taking _________________________________
• Use of "displacement" stories
• Use of therapeutic _________________________________
• Potential for meetings with family of origin
• Avoid over-attention to content
• Psycho-education is important but ineffective
• ________________ is an often undiscussed element