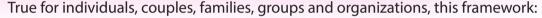
"If you can't get rid of the family skeleton, you might as well make it dance."

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.





- 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 <u>what you want out of this workshop</u>. Space is limited.

Ouestions? 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