

# Specialist Post Graduate Certificate in Bowen Family Systems Theory



**Calling: Counsellors, social workers, psychologists who are interested in understanding and applying Bowen Family Systems Theory in their clinical work.**

**5, 12, 19, 26 February 2025**

## **Bowen Family Systems Theory**

- Bowen's theory, developed through extensive research by psychiatrist Murray Bowen and his team, provides a framework for understanding human functioning across all life spheres. It views the family as an emotional unit, highlighting how natural emotional processes influence each member's thoughts and behaviours. This knowledge aids in addressing relational and behavioural challenges.
- The approach emphasizes personal responsibility and self-growth. Participants gain in-depth knowledge of Bowen's theory, which they can apply to their personal and professional development through family-of-origin work. The course includes lectures, discussions, readings, presentations, clinical consultations, and individual consultation to support personal development and differentiation of self.

## **Learning Objectives**

- Understand the development of the Bowen Family Systems Theory and its link to current scientific knowledge of natural systems.
- Learn the eight core interlocking concepts
- Learn to understand one's own functioning and the functioning of one's family-of-origin.
- Learn to apply the theory in one's clinical work through group consultation.
- Learn to improve the management of self in the family and in counseling sessions.

**Gracia Wiarda is a Licensed  
Marriage and Family Therapist and  
private practitioner in California.  
Over 35 years of clinical and  
teaching experience.**





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## Course Structure and Fee

### Part A

#### Introduction to Bowen Family Systems Theory

01

Course duration: 28 hours

- 4 days of training
- **5, 12, 19, 26 February 2025**

### Part B

#### Integration and Application of Bowen Family Systems Theory

*(With 6 individual consultation)*

02

#### Group Consultation

- 3 group sessions of 3 hours
- Monthly interval
- From May to July 2025

03

#### Consolidation and Reflection of Learning

- 1.5 days of training
- Dates to be confirmed,  
happening in Nov 2025

Course duration: 20 hours  
*(excluding individual consultation)*

**Part A**  
**Fee: \$1,000**  
*(subject to prevailing GST)*

**Part B**  
**Fee: \$2,970**  
*(subject to prevailing GST)*

**Part A & Part B**  
**Fee: \$3,500**  
*(subject to prevailing GST)*

**Part A & B**  
**Pending PCG subsidy**

To obtain the Specialist Post Graduate Certificate, Part A & Part B are to be completed within a 2-year period.

**REGISTER NOW**



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