

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.

10, 17, 24, 31 March 2026

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 coaching 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 of Bowen's Family System theory.
- 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 case studies.
- 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. She has over 35 years of clinical and teaching experience.





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Course Structure and Fee

Part A

Introduction to Bowen Family Systems Theory

Course duration: 28 hrs

01

- 4 days of training
- 10, 17, 24, 31 March 2026

Part B

Integrating and Applications in Bowen Family Systems Theory

Course duration: 16 hours

02

Group Consultation

- 3 group sessions of three hours
- Monthly interval
- 10 July & 14 August 2026
- 3rd date TBC

03

Consolidation and Reflection of Learning

- 1 day of training
- 17 Sep (9am - 5pm)

With additional 5 Individual Consultation sessions to be scheduled in April 2026 [5 hours]

Part A
Fee: \$1,308.00/ pax with GST

Eligible NCSS/ MSF-funded Social Service Organisations only.
Pending PCG Subsidy

Part B
Fee: \$3270.00/pax with GST

Eligible N CSS/ MSF-funded Social Service Social Service Organisations only
Pending PCG Subsidy

Part A & Part B
Fee: \$4,360.00 / pax with GST
(no 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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