

# [Bowen differentiation ouline for essay with goals and intervention samples](https://assignbuster.com/bowendifferentiation-ouline-for-essay-with-goals-and-intervention-samples/)

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Outline for Bowen paper on Beginning, Middle, Endgoals/interventions 1. a joingfamilyas a coach, healthy triangle look up beginning stages of therapy limit emotional reactivity experimental therapy –teacher/coach b. therapeutic alliance/relationship c. how change brought about? Through insight… For Bowen theory – insight gained by looking at patterns in famly/genogram For Behavior therapy – shaping For cognitive therapy – challenging destructive schema Structural therapy- realigning structure Bowen – 1. Insight2. Multi-generation transmission 3. Differentiation of self 2. skip . vignette – conceptualization/hypotheses 4. 3 stage treatment plan (beginning, middle, end of therapy) a. global goals b. interventions Beginning goals/interventions 1. Make client feel safe/build rapport/build relationship 2. Ask their goals 3. question about their family positions 4. empathy/active listening 5. symptom relief – ask about symptoms, what brings them to therapy, not taking sides, repeat (mirror), no judging a. Build working hypothesis – ask clarifying questions, seating position Middle goal for Bowenian Therapy 1. Id subsystems, hierachy, genome relationships . Bowen Goal: Begin challenging pathological beliefs/faulty cognitions (intervention) - genogram 3. Bowen Goal: Reach differentiation Intervention - 4 Bowen Goal: Assist family in looking at family dynamics: Intervention – Genogram End 1. Time to end when believe they are able to maintain change/and how a. Client/clients have maintained change for some time in therapy b. Learn to deal with loss, if attached to therapist c. Have a plan i. resources ii. index cards d. Review progress iii. Bowen copy of genogram, beginning and end iv. Bowen – copy of CED, other tests