

Bowen differentiation outline for essay with goals and intervention samples

[Psychology](#), [Success](#)



Outline for Bowen paper on Beginning, Middle, Endgoals/interventions

1. a. joining family as 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 family/genogram For Behavior therapy - shaping For cognitive therapy - challenging destructive schema Structural therapy- realigning structure
- Bowen - 1. Insight 2. 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, hierarchy, 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