

About the Clergy Clinic in Family Emotional Process

Schedule

The **Clergy Clinic** meets three times each year for three successive days each time for a total of nine days. Participants choose one of the two groups to attend:

Group A: October 26-28, 2009 February 22-24, 2010 April 26-28, 2010	Group B: November 9-11, 2009 March 8-10, 2010 May 17-19, 2010
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Mondays 10/26; 2/22; 4/26 or 11/9; 3/8; 5/17

1:00 p.m. – Faculty Input or Congregational Case Study Presentations

5:30 p.m. – Supper (provided on site)

6:30 p.m. – Faculty Input

8:00 p.m. – Adjournment

Tuesdays 10/27; 2/23; 4/27 or 11/10; 3/9; 5/18

9:00 a.m. – Input: Bowen Family Systems Theory

12:00 p.m. – Lunch (on your own)

1:30 p.m. – Family of Origin Groups

5:00 p.m. – Adjournment

Wednesdays 10/28; 2/24; 4/28 or 11/11; 3/10; 5/19

9:00 a.m. – Input: Emotional Process and Congregational Systems

12:00 p.m. – Lunch (on your own)

1:15 p.m. – Congregational Case Study Presentations

4:30 p.m. – Conclusion

Location

**First Church of Lombard, UCC
220 South Main Street, Lombard, Illinois**

Lombard is in the western suburbs of Chicago, approximately 30-45 minutes by car from both O'Hare and Midway airports. A map and hotel list will be sent with confirmation of registration.

Tuition

Tuition is \$900 for the entire series for registrations received prior to September 22, 2009. The fee is \$1,000 for registrations received after that date. To register, return the form with full payment. Cancellations are subject to a \$75 administration fee when we receive notification three or more weeks before the clinic begins, or half the registration fee otherwise. There are no refunds or credit for missed sessions.

Faculty

Richard Blackburn is Executive Director of the Lombard Mennonite Peace Center. He has broad experience as a trainer, mediator, and consultant with conflicted churches and their leaders. The congregational mediation model he developed represents a transformational approach, placed within the context of Bowen family systems theory. For several years, he attended Edwin Friedman's *Post Graduate Clergy Seminar in Family Emotional Process* in Bethesda, MD. Richard has also participated in the *Postgraduate Program in Bowen Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington, D.C. He is an ordained Mennonite minister.

Robert Williamson serves with LMPC in an Adjunct Faculty role. He is a graduate of the Lutheran School of Theology at Chicago and has been a parish pastor. Bob has served as a trainer in conflict transformation and a consultant to pastors and churches. He has participated in the *Postgraduate Program in Bowen Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington, D.C. Most recently, he has developed *Here I Stand: Leading Change Through Self-Differentiation*, an approach to pastoral ministry grounded in Bowen family systems theory.

Primary Reading

Participants in the **Clergy Clinic in Family Emotional Process** are required to read *Extraordinary Relationships: A New Way of Thinking About Human Interactions* by Dr. Roberta Gilbert (John Wiley & Sons, Inc., 1992) and *One Family's Story: A Primer on Bowen Theory* by Michael E. Kerr (Georgetown Family Center, 2003). *Extraordinary Relationships* is an excellent and readable summary of the basics of Bowen family systems theory. *One Family's Story* gives an overview of the eight basic concepts of Bowen family systems theory. These books are available for purchase from LMPC.

Concepts To Be Studied

Triangles: The basic molecule of any relationship system, it describes the way any three people relate to each other and involve others in the emotional issues between them.

Differentiation of Self: A way of describing people's differing adaptiveness to anxiety and ability to balance the forces for individuality and togetherness. Change begins in a family (or organization) when a leader clarifies one's thinking, keeps acting on that basis, and stays calmly connected to the family when they react.

Nuclear Family Emotional System and Family Projection Process: The relationship patterns used to play out fusion or anxiety among parents and children, including the way in which parents project their problems to the children.

Multigenerational Transmission Process: The emotional process patterns passed down through multiple generations in a family.

Sibling Position: People take on a functioning position in their family that contributes toward personality development, with birth order being a key variable impacting attitudes and behaviors.

Societal Regression: Society and its institutions are in a period of increasing chronic anxiety and respond with emotionally determined decisions to allay the anxiety of the moment.

Emotional Cutoff: The way people handle the undifferentiation and emotional intensity that exist between the generations and their impact on family symptoms.

The **Clergy Clinic** will help participants understand how each concept has implications for one's family system, as well as one's functioning as a leader within a congregational system.

For Further Information

Write: Lombard Mennonite Peace Center
101 West 22nd Street, Suite 206
Lombard, IL 60148

Call: (630) 627-0507 Fax: (630) 627-0519

E-mail: Admin@LMPeaceCenter.org

Web Site: www.LMPeaceCenter.org

Registration Form

Enclose payment of \$900 for the series (\$1,000 after 9/22/09). Make checks payable (in US funds) to "LMPC."
Clip and mail to: Lombard Mennonite Peace Center, 101 West 22nd Street, Suite 206, Lombard, IL 60148.

Name (s) _____

Home Phone _____

Address _____

State _____ Zip _____

Congregation/Organization _____

Work Phone _____

Personal Email _____

Other Email _____

Register me for the 2009-2010 Clergy Clinic in Family Emotional Process. _____ Group A _____ Group B

Send me _____ more copies of this brochure for sharing with clergy colleagues.

Let me know of workshops on family systems theory and congregational systems that can be held in my church.

Keep me informed about LMPC's: _____ Future Clergy Clinics.

_____ Here I Stand: Leading Change Through Self-Differentiation

_____ Mediation Skills Training Institute for Church Leaders.

Please check if registering: I have read and agree to the cancellation policy explained under "Tuition" in this brochure.

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101 WEST 22ND STREET, SUITE 206
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A Leadership Training Program

Clergy Clinic in Family Emotional Process

October 26-28, 2009
February 22-24, 2010
April 26-28, 2010

or

November 9-11, 2009
March 8-10, 2010
May 17-19, 2010



Sponsored by
Lombard Mennonite Peace Center
Lombard, Illinois

Family Emotional Process

Since the publication of *Generation to Generation: Family Process in Church and Synagogue*, by Dr. Edwin Friedman, pastors and other clergy have recognized the importance of understanding Bowen family systems theory as it relates to congregational systems.

Dr. Murray Bowen understood families as emotional systems impacted by two key factors: the level of anxiety within the system and the level of differentiation of family members. As a student of Bowen, Dr. Edwin Friedman saw the relevance of Bowen's ideas for religious congregations and their leaders.

With today's rising level of anxiety in society and its resulting impact on families, there is little doubt that such anxiety will impact the church with increasing intensity in the years ahead. The resulting elevation of pressures within congregations and the increasing demands which that places on clergy make it imperative that leaders step back occasionally from the fray to assess their own capacity for managing themselves in a calmer, more differentiated way.

The **Clergy Clinic in Family Emotional Process** is designed to enhance the ability of participants to function as self-differentiated leaders within their own ministry setting. It will provide a safe forum for processing challenging situations in one's ministry, while also facilitating reflection on a way of thinking about the human condition which has implications for all aspects of life.

Session Format

The **Clergy Clinic** meets three times per year for three successive days each time, thus providing nine full days of reflection on the concepts of family emotional process. The format follows the basic themes articulated in Edwin Friedman's *Generation to Generation*, with reflection on the minister's three interlocking families: the minister's own personal family, the parishioner family, and the congregation as a family.

The first day will be largely didactic, focusing on the basic concepts of Bowen family systems theory. The other mornings will also be didactic, with presentations by faculty as well as videotape input from Murray Bowen, Edwin Friedman, and others.

The afternoons will be primarily clinical in format. On Tuesday afternoon each time we divide into small groups providing participants an opportunity to explore their own family of origin under the guidance of an experienced family systems practitioner. The final afternoon each time, as well as part of Monday afternoon for the February-March and April-May sessions, will be given to the presentation of case studies by participants from their own congregational or other ministry setting, followed by opportunity for feedback, discussion, and consultation.

The program has been designed around several three-day visits, rather than a one-time intensive effort, because we have found that family systems thinking cannot be absorbed simply by attending a single workshop or reading a book. It is necessary to alternate the learning experience with personal efforts to integrate family system thinking into one's own functioning. Given such an effort over an extended period of time, it is possible to raise one's level of differentiation and, thereby, positively impact one's leadership capabilities in all areas of ministry.

Who Will Benefit

- Pastors and Interim Pastors
- Judicatory Officials: Bishops, District Superintendents, Presbytery Executives, etc.
- Church Consultants
- Leaders of Religious Communities and Other Church-Related Organizations
- Congregational lay leaders are welcome as well.

"...So we, though many, are one body in Christ, and individually members one of another." (Romans 12:5)