
Clergy Clinic in Family Emotional Process

October, 2012 to May, 2013

Sponsored by Lombard Mennonite Peace Center

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 settings.

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.

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 family.

The first day each time will be largely didactic, focusing on presentations on the basic concepts of Bowen family systems theory. The morning of the second and third days will also be didactic, with presentations on family systems theory from the clinic faculty as well as videotape input from Murray Bowen, Edwin Friedman, and others.

The afternoons of the second and third days will be clinical in format. On Tuesday afternoon each time we divide into small groups providing participants an opportunity to explore their own family of origin issues under the guidance of an experienced family systems practitioner. The final afternoon each time will be given to the presentation of case studies by participants from their own congregational system, 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 learned simply by attending a workshop or reading a book. It is necessary to alternate the learning experience with personal efforts to integrate family systems thinking into one's own functioning. Given such an effort over an extended period of time, it is possible to raise one's functional level of differentiation and, thereby, positively impact one's leadership capabilities in all areas of ministry.

Faculty

Richard Blackburn is Executive Director of the Lombard Mennonite Peace Center. He has led hundreds of workshops on conflict transformation and mediation skills; he has also had broad experience as a mediator and consultant, working primarily with conflicted churches and their leaders. The congregational intervention model he developed represents a transformational model of mediation, placed within the context of Bowen family systems theory.

For several years Richard participated in Dr. Edwin Friedman's "Post Graduate Clergy Seminar in Family Emotional Process" in Bethesda, MD. More recently, he participated in the Georgetown Family Center's "Special Postgraduate Program in Family Systems Theory and its Applications" in Washington, D.C. Richard is an ordained minister in the Mennonite Church.

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. He also has served as a trainer and consultant to conflicted churches. He studied briefly under Dr. Edwin Friedman at the Center for Family Process in Bethesda, MD. Bob also participated in the Georgetown Family Center's "Special Postgraduate Program in Bowen Family Systems Theory and its Applications."

Richard and Robert have also been trained by Dr. Peter Steinke as facilitators of the *Bridgebuilder* process and as presenters of the *Healthy Congregations* workshop, both of which are based on Bowen Family systems theory.

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Dates and Location

Group A: Group B:
October 22-24, 2012 October 29-31, 2012
February 18-20, 2013 March 4-6, 2013
April 22-24, 2013 May 20-22, 2013

The *Clergy Clinic in Family Emotional Process* meets three times during the year for three successive days each time, thus providing nine days of training.

Sessions will be held at The First Church of Lombard, UCC, 220 South Main Street in the western suburb of Lombard, IL. The church is approximately 30-45 minutes from both O'Hare and Midway airports. A map to the site and hotel information will be sent with confirmation of registration.



Core Concepts Studied

- Emotional Triangles
- Differentiation of Self
- Nuclear Family Emotional Process
- Family Projection Process
- Multigenerational Transmission Process
- Sibling Position
- Emotional Cutoff
- Societal Regression

Who Will Benefit

- Pastors and Interim Pastors
- Judicatory Officials
- Church Consultants
- Leaders of Other Religious Organizations

Tuition

Tuition for the series is \$975 for registrations received prior to September 21, 2012, and \$1,075 if received after that date. To register, return the form below with full payment. Cancellations are subject to a \$75 non-refundable administration fee if we receive notification three or more weeks before the clinic begins, or half of the registration fee otherwise. There will be no refunds for missed sessions. Such cancellation fees are necessary, since we are required to contract with family of origin group leaders several weeks prior to the first session. Cancellations can result in LMPC having to pay for family of origin group leaders who are no longer needed after the number of registrants is reduced by late cancellations.

Mondays

- 1:00 p.m. — Faculty Input and/or Case Studies
- 5:30 p.m. — Supper (provided on site)
- 6:30 p.m. — Faculty Input
- 8:00 p.m. — Adjournment for the Day

Tuesdays

- 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 for the Day

Wednesdays

- 9:00 a.m. — Input: Emotional Process and Congregational Systems
- 12:00 p.m.— Lunch (on your own)
- 1:15 p.m. — Case Study Presentations
- 4:30 p.m. — Conclusion

For further information, call 630-627-0507
Website: www.LMPeaceCenter.org

Registration Form

I am interested in LMPC's *Clergy Clinic* for the year 2012-2013. Enclosed is my payment for US \$975 for the series (\$1,075 after 9/21/12). Make checks payable to "LMPC." Clip and mail to: 101 West 22nd Street, Suite 206, Lombard, IL 60148.

Name _____ Home Phone _____

Address _____

City _____ State/Province _____ Zip Code _____

Church/Organization _____ Work Phone _____

____ Please register me for *Clergy Clinic in Family Emotional Process*. ____ **Group A** ____ **Group B**