

Navigating Systems is a learning forum for experienced business professionals, consultants and responsible family members who work in the enterprise. These professionals appreciate that there is more to learn about how families function over the generations and how to manage themselves optimally. Bowen family systems theory is the theoretical basis for this personal and professional learning.

A professional consultation or a leadership position is more than transmitting ideas— **it is about one's presence in the relationships and increasing one's ability to manage emotionality that is inherent in all families and groups.**

When a key member of an emotional system can control his own emotional reactivity, the entire system will change.

Murray Bowen

People using Bowen family systems theory to inform their work with families understand the way relationships impact decisions and the emotional process that can mitigate the effective implementation of decisions. It is essential to manage emotional reactivity in one's self in relation to others, especially in the client family when they are not able to do the same.

Important in this process is:

- Observing one's self
- Learning the concepts of Bowen family systems theory
- Managing with less reactivity in the presence of others
- Making decisions guided by self-determined principles.

There is more to being a self. However, being in charge of oneself instead of being regulated by the family emotional process is **key**.

CORE LEARNING COMPONENTS

- Bowen family systems theory
- Neurofeedback – training the brain for efficiency
- Defining a self in one’s family and in one’s work
- Observing when and how the emotional process in the learning group affects the individual and the group.

Program Activities

- Bowen family systems theory
 - concepts integrated into life applications
 - video tapes
- Individual and group consultation
- Monthly webinar / online presentation and discussion
- Neurofeedback sessions (4)
- Research project

Man can know something intellectually a long time before he "knows" it as part of his being.

Murray Bowen

Bowen Family Systems Theory

Bowen family systems theory is a theory of human behavior that conceptualizes the functioning of individuals as a product of the family emotional unit. Bowen developed a theory of eight interconnected concepts that describe the predictable variation in the nuclear family as a product of the multigenerational history and adapting to natural life challenges. It describes the variation in human families as associated with the degree of interdependence within the group and how the group manages the natural byproducts of interdependence. This theory relates to the human family and all human social groups including non-related organizations. This perspective is the basis for this learning forum.

Neurofeedback

From a Bowen theory perspective, neurofeedback interrupts the patterns of chronic anxiety reflected in the inefficient patterns in the electrical activity in the brain. In adapting to the challenges of the nuclear family, the brain adapts with an ongoing impact throughout the generations.

Neurofeedback works by providing the brain with real-time visual and auditory feedback about its current state, enabling it to decrease chaotic activity while increasing the more present-focused state.

