



## ***Session Agenda - December 15, 2022***

- 3:00 PM I. Welcome – Kathy Wiseman
- 3:10 PM II. Thoughts on October Session feedback - Andrea Schara
- 3:55 PM III. Break – 5 minutes
- 4:00 PM IV. Discussion around the reading - Kathy Wiseman  
Chapters 5 – 7, [\*Making Sense of Human Life: Murray Bowen's Determined Effort Toward Family Systems Theory.\*](#)
- 5:00 PM V. Break – 5 minutes
- 5:05 PM VI. Discussion on One's Own Efforts - Andrea Schara  
● Cindy Devoe
- 5:25 PM VII. Close - Kathy Wiseman

### **Questions for consideration:**

1. These three chapters presented the origins of Bowen's thinking of the family as an interrelated system. Eventually, Bowen came to call the family an emotional unit.
  - What do these two descriptions about the family mean to you?
  - In what ways can you observe the interrelatedness in your work or family systems?
  - In what ways does moving into "an observation" position assist you in navigating the challenges in your life?
2. "Symptoms give an organism information on itself and the environment."
  - How does this statement inform the way you address symptoms?
3. How might a "detached observer", or "neutral other" coach another person?
  - What are the factors that determine a principled coaching relationship?