



Bowenian Family Therapy Techniques

SELF-DIFFERENTIATION

The goal of this approach is to recognize when one family member is taking on the feelings of others, encouraging them to differentiate from the family and maintain a strong sense of self

TRIANGULATION / DETRIANGULATION

this is the process of introducing then diffusing the role of a third individual between two family members in conflict as a means to promote balance and harmony

GENOGRAMS

These are graphic representations of a family, recording family members' names, health history, behavioral patterns, relationship status, and more

INTERGENERATIONAL PATTERNS

With help of the genogram which is constantly being monitored and updated, your therapist may be able to identify some patterns of behavior being passed down through the generations

I-STATEMENTS

Statements that begin with "I" - as opposed to he, she, or you- are encouraged by therapists as they bring to light an individual's own emotions rather than their family member's

RELATIONSHIP EXPERIMENTS

Such a technique may uncover new ways of communicating and processing ideas within the family

Models Of Family Treatment

Sabine Zange



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