



24 february 2020

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Challenges in Daily Life

In a period in life when my mother and my in-laws are getting older and sickness is coming, they need help to manage daily life and their illnesses. The question is what kind of help they need? Who is supposed to be that support? Helping my mother and my in-laws is a natural thing, but how much and with what? At what point does me and my siblings helping and caring for our mother, diminishes her own capability to care for herself? A balancing act that can be difficult to walk. Relationship can be modified over time and roles are reallocated, but an increased stress level reveals appearingly emotional patterns in a family. The questions I ask myself are not revolutionary or new, these are questions raised in a stressful time in a family's daily life, these are challenges in a changing time for a family.

Ann-Helen Johansson, co-coordinator

Many lecturers and key-note speakers contribute...

The 3rd International Conference on Bowen's Theory is Open to Everyone. Knowledge of the theory is not required. The offering will give beginners as well as already knowledgeable interesting lectures. The conference has attracted lecturers from all over the world and from many different disciplines. It is a great pleasure to be

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able to offer such an extensive program. Until the June 2020 conference, we will continuously present the various lecturers.

[Click here to see Bowen 2020 program.](#)

Tuesday 16.10-16.30

[Linda MacKay, PhD, Sydney, Australia](#)

[*Thinking Systems about a 21st Century Anxiety Binder: The relationship between young people, social media, differentiation of self and parenting*](#)

Linda MacKay PhD is a highly regarded family therapist and teacher in the Australian family therapy field. As well as being the Associate Editor of the Australian and New Zealand Journal of Family Therapy, Linda is on the Faculty of the University of Notre Dame, Australia, and is also Co-Director of The Family Systems Institute based in Sydney.

"To date, little or no research has been undertaken regarding the interplay between differentiation of self, social networking site usage (SNS), parental involvement and mental health indicators in the first generation of digitally savvy emerging adults (EA; aged between 18-25 years). However, in 2019, in collaboration with Sr Elena Marie Piteo from the University of Notre Dame, Australia, the presenter conducted research to explore whether such a relationship exists."

Monday 16.10-16.30

[Patty Thierry Sheridan, MBA, RHIA, FAHIMA, Sarasota, Florida, USA](#)

[*Using Bowen Theory Helps Leaders, Managers and Employees Manage Relations and Thrive during and after Mergers and Acquisitions*](#)

Patty Thierry Sheridan is owner of #pattytsheridan – Leadership Consulting since 2017. Also faculty Member at the [Center for Family Consultation](#), Evanston, Illinois USA and senior Vice President, Clinical Data Services – Life Sciences, [Ciox Health](#).

"Mergers and acquisitions have become the new norm in healthcare and in other industries. Companies, often competitors, find themselves combining to form one organization. The emotional system of the newly combined organization is a landmine of triangles and functioning along the scale of differentiation. System and individual adaptation to the new combined organization is made more difficult as individuals enter and leave the system and the financial goals of a merger or acquisition take priority over observing and understanding the emotional process."

At bowen2020.com you will find information about the conference and about accommodation, activities etc. Book at bowen2020.com/register/ - don't miss our Early Bird rates until mars 31th.

Save the date!