



7 june 2022

The bright nights

The bright nights here in northern Sweden make the evenings extra-long. It gives time for activities after the lectures if you are not content to spend time with other participants. A quiet walk in close, scenic surroundings. Visiting a cultural heritage site in the neighboring village or walking in the midnight sun, up to a lookout point are other options. If you stay a few extra days, there are unique activities and excursion destinations, such as the World Heritage Site in Gammelstad, a day of fishing in the Råne River with a guide or a visit to the Treehotel. read more in the link below:

[What to do in Sörbyn](#)

The latest newsletter describes the presentations that will take place in Swedish. They are all gathered on Tuesday after lunch.

Also pay attention to Patrick Stinson, his effort to develop a computer app that integrates events that occur continuously in the family with the family chart.

[Bowens system theory – how to become a better version of yourself](#)

This presentation aims to introduce Bowen's Theory and to demonstrate its usefulness, particularly with regard to personal development. The presenter will discuss some of the central aspects of the theory – the important role of emotions, the instinctive behaviour of humans, as well as the mutual dependence between the individual and the group/herd. The presenter will touch on what the theory can teach us about ourselves and our lives, and how we can use these learnings in our day-to-day lives to become better versions of ourselves. With the concept of theory it is all about increasing the functional differentiation of self. The presentation will be in Swedis

[Bowens system theory – how to become a better version of yourself](#)

This presentation aims to introduce Bowen's Theory and to demonstrate its usefulness, particularly with regard to personal development. The presenter will discuss some of the central aspects of the theory – the important role of emotions, the instinctive behaviour of humans, as well as the mutual dependence between the individual and the group/herd. The presenter will touch on what the theory can teach us about ourselves and our lives, and how we can use these learnings in our day-to-day lives to become better versions of ourselves. With the concept of theory it is all about increasing the functional differentiation of self. The presentation will be in Swedish

Tuesday 15.00 – 15.30 in Swedish

[Anna-Karin Andersson](#)

Anna-Karin Andersson, is an engineer and also trained in Bowen's systems theory for 4 years. The Bowen Center, Georgetown, Washington DC. Anna-Karin has more than 35 years of professional experience. Many of these years of having worked as a project manager and process manager in various major construction projects over the years. She has also been a director in various consulting companies with project managers as employees. Since 2010, Anna-Karin runs her own consulting business in these areas.

[The complexity of project organizations and how Bowen's system thinking can help understand the processes that take place](#)

From a system perspective, Anna-Karin will show the project organization as an emotional system. Specifically, the complexity of the project organization, which comes primarily from each participant's dual dependency, partly to one's employer and partly to the project, but also to one's own family system. She will show how systems thinking can be useful in managing and in participation in project organizations based on how one can relate to this complexity.

Tuesday 15.40 – 16.10 in Swedish

[Ann-Helen Johansson](#)

Ann-Helen has worked in social services, counselling in health care and student health. For the past fifteen years, she has supervised groups of professionals at social services, schools, and health care centers. Professionals who all want to do good for people who are having difficulties in life, problems they can't handle by themselves. A professional "helper" wants to assist the client in the best of ways and contribute to a better life for the client.

[The Arts of helping](#)

This presentation is about the difficult art of helping other people professionally. Clients often have difficulties on many different levels. A question that has long followed the presenter, is whether the helping efforts lead to a positive and lasting change for a person and when does the help society provides contribute to maintaining a dysfunctional/ destructive life? It is not uncommon for a social worker wanting more than the client to accept and participate in a treatment program and end up in an over-functioning role towards the client. Many programs are based on specific methods and social workers do not know what to do with all the families that do not "fit

in” with the methods that are available. Can Bowen’s system theory complement the methods used today and would it make any difference? The presenter has worked in social services, counseling in health care and student health. For the past fifteen years, she has supervised groups of professionals at social services, schools, and health care centers. Professionals who all want to do good for people who are having difficulties in life, problems they can’t handle by themselves. A professional “helper” wants to assist the client in the best of ways and contribute to a better life for the client.

Tuesday 13.30 – 14.00 and 16.20 – 17.00. In Swedish
[Inez Abrahamsson](#)

Inez has been a leader i various contexts since the 1990’s. During later years she has worked as headmaster in preschools, elementary and high schools.

Apart from exams as a teacher and headmaster, she also has a BSc in journalism. Her interest of Bowen theory began during a course in leadership at Luleå Technical University. After that she has deepened her knowledge as a student in the post graduate program at Bowen Family Center in Washington DC.

[The classroom as an emotional system](#)

Thousands of teachers, school leaders and parents are lying awake at night wondering about how they can make a functional day at school for all pupils. This is one of the biggest challenges facing both schools and society.

The good news is that it only takes one person to create a positive change. But strategies are needed if we want to make a difference, as well as knowledge about for example how the same patterns of behavior that we need in order to feel good also can cause anxiety, bullying and other problems. She will briefly tell you about Bowens systems theory and give some actual advice on situations where you can make a change.

[If we do not solve problems at the level which they occur the will fall down on society’s most vulnerable – our children](#)

We need to think systems in order to raise the level of knowledge among the pupils and create a school for everybody. Today’s society and organizations such as our schools are affected by short term decisions making and a lack of responsibility from the decision makers. This creates an uncertainty and increases anxiety among parents, teachers and school leaders. The positive news is that it can be changed!

Apart from research, papers and my own experience I will use examples of situations which teachers find especially challenging, for example bullying. The aim is show how knowledge of Bowens theory can be of practical use in the school environment.

Wednesday 15.40 – 16.10
[Patrick Stinson, Psy.D](#)

Doctoral Candidate in Clinical Psychology, 2019 – present. Pre-doctoral Clinical Intern at Bowen Center for the Study of the Family. Owner - Vedan? Media (2003 - Present)

[A computer app that integrates the family timeline with the family diagram](#)

Patrick Stinson will present his effort to develop a computer app that integrates the family timeline with the family diagram into a single view of family. He will discuss the role that increasingly sophisticated views of family such as this one play in an accepted science of human behavior. Family Diagram allows you to create family diagrams for use in family or individual psychotherapy, organizational coaching, and case presentations. Different than a genogram, a family diagram is

centered around Bowen's concept of differentiation of self. Coaches who are interested in applying Bowen theory can use Family Diagram in real-time with their clients to quickly gain a larger perspective on an emotional system.
<https://vedanamedia.com/our-products/family-diagram/>