

Ms. Victoria Harrison

Differentiation of Self: The Magic of Managing Relationships



Working on Differentiation of Self is the fundamental ingredient for effective use of Bowen theory in family and work and community relationships. What does this involve?

This presentation will focus on extended family work as the basis for a) recognizing a part one's own reactivity plays in problems in the family and organization; b) shifting the focus to working on self; and c) defining self to others more thoughtfully. An example will illustrate the process.