

Understanding and Working with Triangles: A Challenge in Applying Family Systems Theory

30 Learning Objectives for 14 Training Hours

Participants will be able to:

1. Describe and analyze how triangle threats have real-world effects on the functioning of brain regions associated with rejection and social pain.
2. Describe and analyze the importance of the parental triangle to adult functioning, and how the unresolved parental triangle can impair development.
3. Review and analyze the ways that an individual may be caught within the pressures of the triangle and experience stress from those pressures.
4. Describe the science of hormetic stressors, including exercise and intermittent fasting, and explain how small acts of self-regulation may be accompanied with small amounts of stress that have an out-sized positive health effect for the individual and the family.
5. Apply Bowen family systems theory to an effort to assess, describe and explain the functioning of one's own extended family of origin.
6. Better manage clinical pressures to terminate clinical services prematurely and create open-ended treatment options.
7. Explain how a clinician's neutral stance avoids problem focus and deepens the therapeutic relationship.
8. Describe the findings of research literature on the impact of viruses and pandemics on healthcare workers' mental health and on their relationships.
9. Describe ways health care workers can apply Bowen family systems theory to better manage the healthcare system and their personal partner relationships.
10. Describe a 12-year personal effort at applying Bowen family systems theory to a particular family and its impact on analysis of family functioning.
11. Describe the research findings of the ways society, culture and religion influences female sexuality, and how this research applies to therapy practice.

12. Describe and analyze the impact of death on family functioning from a Bowen family systems theory perspective, and its impacts on clinical practice.
13. Discuss and explain the impact of slavery on masculinity in the Caribbean, and how Bowen family systems theory's concept of the triangle can be used to analyze polyamorous triads.
14. Explain and identify ways the concept of the triangle can be used as an intervention tool when working with high-conflict couples.
15. Apply the concept of the triangle to explain the role of financial dependency and decision making in organizations.
16. Explain and describe the role of non-abusing family members in family violence.
17. Describe three important triangles in which church leaders commonly participate and three ways to navigate these relationships.
18. Assess and describe the role of a wedding as a point on a triangle within marriage and family.
19. Describe and discuss how levels of anxiety and differentiation of self impact the functioning of triangles in work and family systems.
20. Discuss and explain how the triangle, as a three-person grouping, is the smallest stable unit of an emotional system.
21. Discuss the application of Dr. Christopher Burnett's Flexible Practicum model in supporting children, couples, families, groups, companies and societies through love, joy, and happiness.
22. Describe the use of Bowen family systems theory in mental health crisis work.
23. Describe the use of a systems perspective in responding to crises as compared to a traditional approach.
24. Identify the use of proinflammatory language that promotes fusion in triangles and discuss how language is indicative of emotional reactivity and levels of differentiation of self.
25. Explain Bowen family systems theory's approach on the impacts of grief and death within a multigenerational family system.

26. Discuss how Bowen family systems theory is applied in human service and faith-based organizations to improve organization functioning.
27. Discuss how child abuse and neglect are symptoms of patterns of family adaptation to threats and stressful events and circumstances.
28. Demonstrate the functioning of triangles in emotional systems and how to better manage self in relation to rising conflict and stress in families and organizations.
29. Describe how to de-triangle in interlocking relationships while remaining in good emotional contact with all members of the emotional system.
30. Discuss and describe the complex interplay between race, culture, and family functioning to better explain diverse family experiences and functioning.