

## **Love and Conflict in Families and Groups; How Relationship Forces Shape Human Behavior**

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### **Learning Objectives | 24 Objectives for 12 Training Hours**

*As a result of attending this conference, participants will be able to:*

1. Describe several indicators of individuality and togetherness.
2. List the universal processes in the family emotional system for managing tension and immaturity.
3. Identify components of distance and conflict in a marriage or organization.
4. List the factors that contribute to divergent functioning between spouses and in organizations.
5. Describe the 3 areas of research that explain spouses functioning similarly.
6. Describe keynote presenter Phil Klever's qualitative findings on child focus.
7. List family system variables that were found to be associated with family emotional system functioning.
8. Identify the difference in a conflict between its content and its underlying emotional basis.
9. Discuss how the creative process can be used in practical applications of Bowen theory.
10. Describe the critical role of training the Black Church in addressing intimate partner violence (IPV) using Bowen Family Systems Theory (BFST).
11. Analyze key concepts of Bowen's systems theory, including differentiation of self and societal emotional process, through the lens of George Orwell's *1984*.
12. Explain how fusion within family systems can limit perception and constrain contact among family members, particularly during periods of stress or transition.
13. Identify common linguistic patterns that reinforce fusion in a relationship system.
14. Describe how first position (not first person) language alters emotional communication within family systems.
15. Describe how holding a differentiated position under emotional pressure can interrupt the transmission of reactivity within family triangles and contribute to the reorganization of the emotional field.

16. Identify how curiosity works in the brain and can be promoted in interactions with others.
17. Describe what can factually be said about love and how it relates to Bowen's concepts of family emotional process and differentiation of self.
18. Describe the difference between an evolutionary and a physics framework for understanding the concept of chronic anxiety.
19. Describe the difference between an evolutionary and a physics framework for understanding the concepts of individuality and togetherness.
20. Describe how Bowen's concept of differentiation of self can be applied to non-clinical domains, such as fashion.
21. Identify how a therapist's awareness of relationship patterns in his/her family of origin can enhance the application of Bowen family systems theory in clinical work with couples.
22. Describe how Bowen's concept of emotional cutoff entails the transformation of relational energy and reconfiguration of emotional posture in a system.
23. Describe how Bowen's natural systems theory—specifically concepts such as differentiation of self, chronic anxiety, and the multigenerational transmission process—can be applied to understand the emotional and relational forces influencing families affected by domestic violence.
24. Analyze how unresolved emotional attachment within the family system contributes to anxiety and impacts the process of self-differentiation.