

# WORKSHOP PRESENTATIONS

## **The changeback process: exploring the ways in which Bowen Family Systems Theory provides a map for navigating service systems to increase capacity**

Presenter: Kim Rowan

This presentation will explore, from the perspective of a service user, the efforts to engage with services in a new way, underpinned by the Bowen Family Systems Theory concept of differentiation of self. The presentation explores what the changeback process has looked like and the service user's observations about the emotional process between service provider and client in relation to the range of nuclear family emotional process mechanisms in operation. The presentation will also explore how taking responsibility for self has increased functioning, including improved ANS functioning and emotional regulation, and a reduction in chronic physical symptoms.

*"Overall, the emotional process in social and work systems is less intense than in the original family. However, there are exceptions to this in which the intensity of relationships in work systems approximates the intensity in the original family. This is more pronounced in people with lower levels of differentiation who have higher levels of unresolved emotional attachment to their parents. ... Those who use physical distance in "cutting-off" from the parents tend to have the most intense relationships with those outside the family." (Family Therapy in Clinical Practice, Bowen, p. 462).*



### **Presenter Bio:**

Kim Rowan was introduced to Bowen Family Systems Theory in 2023. She gained certification as a NeurOptimal Trainer after utilising biofeedback and neurofeedback as tools for working on differentiation of self.

Kim is currently studying the FSI's Certificate in Family Systems Theory and Application. She is passionate about using her lived experience to advocate for improvements to responses to domestic, family and sexualised violence.