

WORKSHOP PRESENTATIONS

How does understanding Triangles help us navigate complex organisational systems?

Presenters: Lyndal Power and Josh Onikul

Triangles are the building blocks of emotional systems. Dyads are inherently unstable; as tension increases, one will draw in a third. If these are not resolved, a complex web of interlocking triangles develops.

Schools are complex emotional systems, where there are differing views as to what is the problem, who is the problem and how to intervene. There are those in the inner position and those on the outer in triangles.

In this workshop, the concept of Triangles in Bowen Theory will be outlined, along with the effects of these triangles on organisations. Attention will be given to how to de-triangle oneself and develop an “I Position”.

Presenter Bios:

Lyndal Power is a social worker and family therapist with 35 years of clinical experience. She has taught theory and practice subjects in family therapy, in undergraduate and post-graduate social work courses at University of New South Wales and also Relationships Australia's Graduate Diploma of Couple and Family Therapy Course.

She is currently the Coordinator of the Family Clinic, providing family therapy to students and their families in the Catholic Schools Parramatta Diocese (CSPD). In 2024, she co-facilitated a group of school counsellors, as they learnt about Bowen Theory and applied it to their work settings.

Josh Onikul is a Psychologist and board approved supervisor with over 13 years of experience working with young people and adolescents, in the fields of severe and persistent mental illness. He came late to the party of systems thinking, and has spent the last 4 years thinking the social worker might have got it right, and trying to reform himself to their ways of formulating. He is currently working part time as a School Wellbeing Counsellor within the Catholic Schools Parramatta Diocese (CSPD), and also works in private practice.