

# WORKSHOP PRESENTATIONS

**Trying to Live Your Own Life: Exploring the position of a Bowen family therapist working with sexuality and gender diversity in couples and families.**

Presenter: Rochelle Oshlack

This presentation extends and integrates the thinking from the Bowen Centre Spring Conference April 2025 on Sexual Diversity and The Human Family where Rochelle presented a paper entitled “Trying to Live Your Own Life” and posed the question: What would Bowen family systems theory look like if it included a scientific biological understanding of the gender and sexual diversity inherent in nature?

Several further case studies will be put forward of families and couples of who represent diversity in relationships, sexuality and gender. These will be explored through a Bowen lens. The heteronormativity in many of BFST writings will be discussed in the context of the times they were written, directly contrasting the times we are in now and how our unexplored assumptions of normativity may impact our neutrality as therapists.



**Presenter Bio:**

Rochelle Oshlack (she/they/her) is a couples, family and individual therapist practicing Bowen family systems theory and specializing in gender, sexuality, and relationship diversity. Rochelle works with families who have an individual family member transitioning gender.

They also work with same sex couples and couples in polyamorous and diverse relationships. Rochelle applies a systems lens to all her work as an educator, clinical supervisor, and group facilitator.