

# About the Clergy Clinic in Family Emotional Process

## Schedule

The **Clergy Clinic** meets three times each year for three successive days each time for a total of nine days. Participants choose one of the two groups to attend:

**Group A:**  
October 26-28, 2020  
February 8-10, 2021  
April 26-28, 2021

**Group B:**  
November 9-11, 2020  
February 22-24, 2021  
May 17-19, 2021

**Mondays: 10/26, 2/8, 4/26; or 11/9, 2/22, 5/17**

9:00 a.m. – Faculty Input  
12:15 p.m. – Lunch Break  
1:30 p.m. – Faculty Input  
4:30 p.m. – Adjournment

**Tuesdays: 10/27, 2/9, 4/27; or 11/10, 2/23, 5/18**

9:00 a.m. – Input: Bowen Systems Theory  
12:00 p.m. – Lunch Break  
1:00 p.m. – Family of Origin Groups  
4:30 p.m. – Adjournment

**Wednesdays: 10/28, 2/10, 4/28; or 11/11, 2/24, 5/19**

9:00 a.m. – Input: Emotional Process and Congregational Systems  
12:00 p.m. – Lunch Break  
1:15 p.m. – Congregational Case Study Groups  
4:30 p.m. – Conclusion

## Covid-19 Travel Concerns

Given information available at the time of planning for the *Clergy Clinic* and anticipating a potential “second wave,” LMPC has decided to hold the event online, rather than ask participants to travel to the Chicago area to participate in person, as has been the norm in the past.

## Zoom Format

The *Clergy Clinic* will be held online through Zoom video conferencing. Zoom offers opportunity for participant interaction in small and large groups, including family of origin groups. LMPC utilized Zoom for the 2020 Spring sessions of *Clergy Clinic* and feedback from participants indicated that they were very pleased with both the content and how smoothly the format went. Participants will be expected to have a basic proficiency in Zoom and a device with both a camera and a microphone to log into Zoom.

## Faculty

**Rev. Richard Blackburn** is Director Emeritus and Senior Consultant for the Lombard Mennonite Peace Center. He has broad experience as a trainer, mediator, and consultant with conflicted churches and their leaders. The congregational mediation model he developed represents a transformational approach, placed within the context of Bowen family systems theory. For several years, he attended Edwin Friedman's *Postgraduate Clergy Seminar in Family Emotional Process* in Bethesda, MD. Richard has also participated in the *Postgraduate Program in Bowen Family Systems Theory and Its Applications* at the Bowen Center for the Study of the Family in Washington, D.C.

## Tuition

The pre-registration deadline has been extended for Group B. Tuition for Group B is \$975 for registrations received prior to **October 12**. Afterward the fee is \$1,175 prior to **October 19**, at which point the fee becomes \$1,375. For Group A, the fee is \$1,175 for registrations received prior to **October 5**. After that date the fee is \$1,375. Cancellations are subject to a non-refundable administration fee of \$100, if we receive notification no later than **September 28** for Group A or **October 19** for Group B or half of the registration fee, if notified prior to **October 5** for Group A or **October 26**, for Group B. Afterward there will be no refunds or credit for missed sessions, since family of origin group leaders will have already been hired. To register, return the form with full payment, or register online at (additional fee will be applied): [www.brownpapertickets.com/producer/720852](http://www.brownpapertickets.com/producer/720852)

## Primary Reading

Participants in the **Clergy Clinic in Family Emotional Process** are required to read *Extraordinary Relationships: A New Way of Thinking About Human Interactions* by Dr. Roberta Gilbert (Leading Systems Press, 2017) and *One Family's Story: A Primer on Bowen Theory* by Michael E. Kerr (Georgetown Family Center, 2003).

## Concepts To Be Studied

**Triangles:** The basic molecule of any relationship system, it describes the way any three people relate to each other and involve others in the emotional issues between them.

**Differentiation of Self:** A way of describing people's differing adaptiveness to anxiety and ability to balance the forces for individuality and togetherness. Change begins in a family (or organization) when a leader clarifies one's thinking, keeps acting on that basis, and stays calmly connected to the family when they react.

**Nuclear Family Emotional System and Family Projection Process:** The relationship patterns used to play out fusion or anxiety among parents and children, including the way in which parents project their problems to the children.

**Multigenerational Transmission Process:** The basic level of differentiation, as well as emotional process patterns, passed down through multiple generations in a family.

**Sibling Position:** People take on a functioning position in their family that contributes toward personality development, with birth order being a key variable impacting attitudes and behaviors.

**Emotional Cutoff:** The way people handle the undifferentiation and emotional intensity that exist between the generations and their impact on family symptoms.

**Societal Regression:** Society and its institutions are in a period of increasing chronic anxiety and respond with emotionally determined decisions to allay the anxiety of the moment.

The **Clergy Clinic** will help participants understand how each concept has implications for one's family system, as well as one's functioning as a leader within a congregational system.

## For Further Information

Write: *Lombard Mennonite Peace Center*  
101 West 22nd Street, Suite 206  
Lombard, IL 60148

E-mail: [admin@LMPeaceCenter.org](mailto:admin@LMPeaceCenter.org)

Website: [www.LMPeaceCenter.org](http://www.LMPeaceCenter.org)

Call: (630) 627-0507

Fax: (630) 627-0519



## Registration Form

Enclose payment as specified on the brochure under “Tuition.” Make checks payable (in US funds) to “LMPC.”  
Clip and mail to: Lombard Mennonite Peace Center, 101 West 22nd Street, Suite 206, Lombard, IL 60148.

Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Congregation/Organization \_\_\_\_\_ Work Phone \_\_\_\_\_  
Personal Email \_\_\_\_\_ Other Email \_\_\_\_\_

Register me for the 2020-2021 **Clergy Clinic in Family Emotional Process**. \_\_\_\_\_ **Group A** \_\_\_\_\_ **Group B**  
Send me \_\_\_\_\_ more copies of this brochure for sharing with clergy colleagues.

Send me information about workshops on family systems theory and church leadership that can be held in my church.

Send me information about LMPC's **Mediation Skills Training Institute for Church Leaders**

Please check if registering:  I have read and agree to the cancellation policy explained under “Tuition” in this brochure.

To register online please select the event you wish to register for at [www.LMPeaceCenter.org/events/](http://www.LMPeaceCenter.org/events/) (additional fee applied)

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**A Leadership  
Training  
Program**

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**Sponsored by  
Lombard Mennonite Peace Center  
Lombard, Illinois**

## **Family Emotional Process**

Since the publication of *Generation to Generation: Family Process in Church and Synagogue*, by Dr. Edwin Friedman, pastors and other clergy have recognized the importance of understanding Bowen family systems theory as it relates to congregational systems.

Dr. Murray Bowen understood families as emotional systems impacted by two key factors: the level of anxiety within the system and the level of differentiation of family members. As a student of Bowen, Dr. Edwin Friedman saw the relevance of Bowen's ideas for religious congregations and their leaders.

With today's rising level of anxiety in society and its resulting impact on families, there is little doubt that such anxiety will impact the church with increasing intensity in the years ahead. The resulting elevation of pressures within congregations and the increasing demands which that places on clergy make it imperative that leaders step back occasionally from the fray to assess their own capacity for managing themselves in a calmer, more differentiated way.

The **Clergy Clinic in Family Emotional Process** is designed to enhance the ability of participants to function as self-differentiated leaders within their own ministry setting. It will provide a safe forum for processing challenging situations in one's ministry, while also facilitating reflection on a way of thinking about the human condition which has implications for all aspects of life.

### **Session Format**

The **Clergy Clinic** meets three times per year for three successive days each time, thus providing nine full days of reflection on the concepts of family emotional process. The format follows the basic themes articulated in Edwin Friedman's *Generation to Generation*, with reflection on the minister's three interlocking families: the minister's own family, the parishioner family, and the congregation as a family.

The first day will be didactic, focusing on the concepts of Bowen family systems theory, as they apply to both family and congregational systems. The other mornings will also be didactic, with presentations by faculty as well as videotape input from Murray Bowen, Edwin Friedman, and others. Didactic sessions will also include periodic reflection from a biblical perspective on the concepts being studied.

On Tuesday afternoon each time we divide into small groups providing participants an opportunity to explore their own family of origin under the guidance of an experienced family systems practitioner. The final afternoon each time will be given to the presentation of case studies by participants from their own congregational or other ministry setting, followed by opportunity for feedback, discussion, and consultation.

The program has been designed around several three-day visits, rather than a one-time intensive effort, because we have found that family systems thinking cannot be absorbed simply by attending a single workshop or reading a book. It is necessary to alternate the learning experience with personal efforts to integrate family systems thinking into one's own functioning. Given such an effort over an extended period of time, it is possible to raise one's level of differentiation and, thereby, positively impact one's leadership capabilities in all areas of ministry.

### **Who Will Benefit**

- Pastors and Interim Pastors.
- Judicatory Officials: Bishops, District Superintendents, Presbytery Executives, etc.
- Church Consultants.
- Leaders of Religious Communities and Other Church-Related Organizations.
- Congregational lay leaders are welcome as well.

***"...So we, though many, are one body in Christ, and individually members one of another." (Romans 12:5)***

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