

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 which group to attend (Group A and Group B are identical in content):

Group A:

October 24-26, 2022
February 13-15, 2023
April 24-26, 2023

Group B:

November 7-9, 2022
Feb. 27-March 1, 2023
May 15-17, 2023

Mondays: 10/24, 2/13, 4/24; or 11/7, 2/27, 5/15

9:00 a.m. — Faculty Input
12:15 p.m. — Lunch Break
1:30 p.m. — Faculty Input
4:30 p.m. — Adjournment for the Day

Tuesdays: 10/25, 2/14, 4/25; or 11/8, 2/28, 5/16

9:00 a.m. — Input: Bowen Systems Theory
12:00 p.m. — Lunch (on your own)
1:30 p.m. — Family of Origin Groups
5:00 p.m. — Adjournment

Wednesdays: 10/26, 2/15, 4/26; or 11/9, 3/1, 5/17

9:00 a.m. — Input: Emotional Process and Congregational Systems
12:00 p.m. — Lunch (on your own)
1:15 p.m. — Congregational Case Study Groups
4:30 p.m. — Conclusion

Tuition

Tuition is \$1,075 for the entire series for registrations received prior to **September 12, 2022**. The fee is \$1,275 for registrations received after that date. Cancellations are subject to a non-refundable administration fee of \$100, if we receive notification no later than **September 26, 2022**, or half of the registration fee, if notified prior to **October 3, 2022**. 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 attached registration form with full payment, or go online to: <https://lmpeacecenter.org/all-events/>.

Presenter

Rev. Jay Wittmeyer is Executive Director for the Lombard Mennonite Peace Center. He brings to the institute many years of practical experience of mediating conflict in churches and organizations, while also training others to be self-differentiated leaders in the midst of congregational anxieties. Before joining the LMPC staff, Jay served as the Executive Director of Global Mission and Service with the Church of the Brethren, which involved the supervision of staff members in Brethren Disaster Ministries and Material Resources, Brethren Volunteer Service, the Global Food Initiative, and the Office of Peacebuilding and Policy.

Format

Prior to 2020, the format for this event was to meet in person in the Chicago area. Due to current health concerns and an ongoing reluctance for participants to travel and assemble in large groups, we will continue to present *Clergy Clinic* remotely via Zoom. Zoom offers the capacity for breakout rooms, allowing participants to switch seamlessly between large group and small group sessions. If you have any questions or concerns, please email us at Admin@LMPeaceCenter.org.

Required Reading

Participants in the **Clergy Clinic in Family Emotional Process** are expected 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). *Extraordinary Relationships* is an excellent and readable summary of the basics of Bowen family systems theory. *One Family's Story* gives an overview of the eight basic concepts of Bowen family systems theory. These books are available for purchase from LMPC.

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 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.

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.

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

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
Email: admin@LMPeaceCenter.org
Visit: www.LMPeaceCenter.org
Call: (630) 627-0507
Fax: (630) 627-0519



Registration Form

Enclose payment of \$1,075 for the series (\$1,275 after 9/12/22). 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 2022-2023 **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/

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Sponsored by
Lombard Mennonite Peace Center
Lombard, Illinois

**A Leadership
Training
Program**

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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LOMBARD, IL 60148-4987

