



Being a **Self** in Your Own Family

Holiday Inn Burlington
1068 Williston Road at Dorset Street
South Burlington, VT

A Day with Monika Baege, EdD, LCMHC
Friday, May 11, 2012 • 9:00 AM - 4:00 PM

Registration: 8:30 am

Lunch Break: 12:30 - 2:00 pm

A videotape will be shown from 1 to 2 pm

Six (6) Continuing Education Units will be available for Psychologists, Mental Health Counselors and Clinical Social Workers (includes a one-hour video during lunch break from 1 - 2 pm).

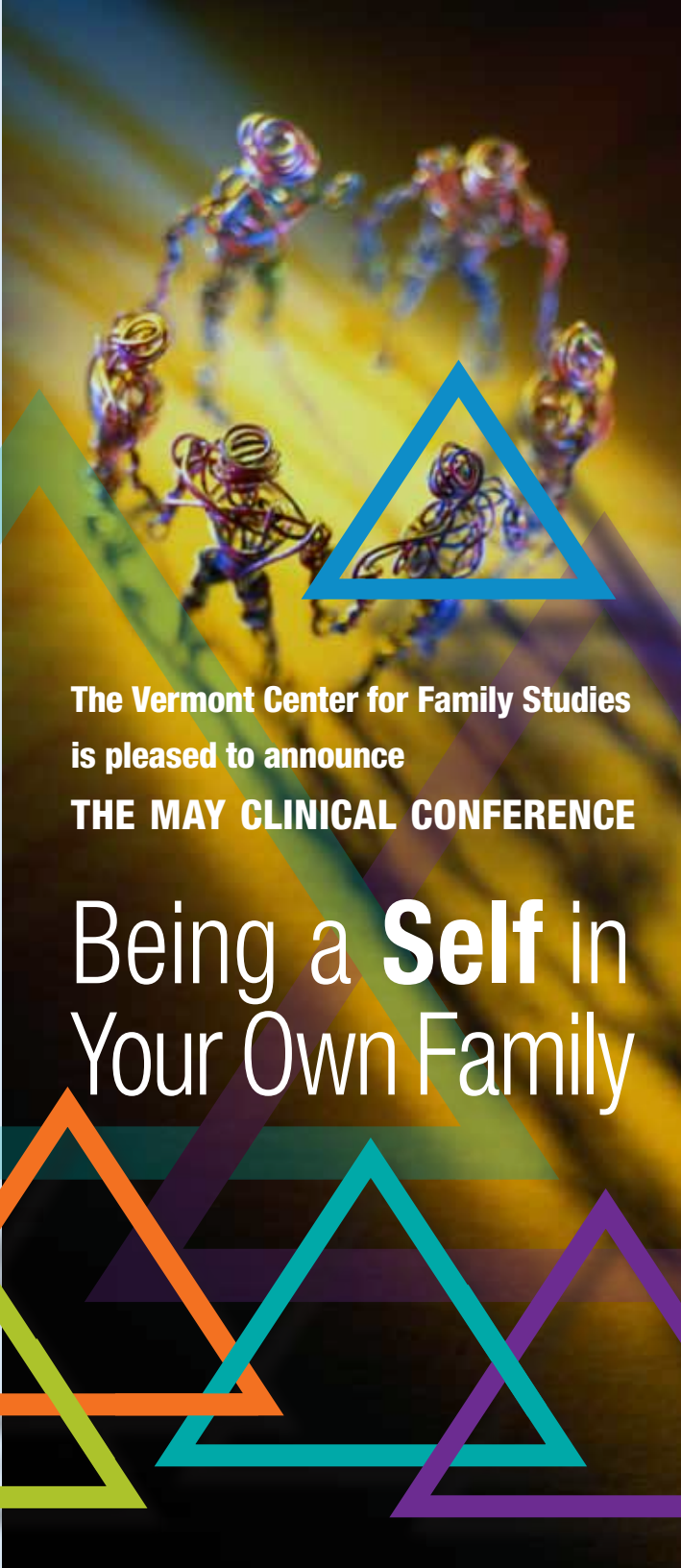
TWO WAYS TO REGISTER:

online at:
www.BTVT.org

Or complete the attached form.

Vermont Center for Family Studies

P. O. Box 5124 • Essex Junction
Vermont 05453-5124



The Vermont Center for Family Studies
is pleased to announce
THE MAY CLINICAL CONFERENCE

Being a **Self** in Your Own Family

“How are you going to help others when you can't be a self in your own family?”

This was the challenge Dr. Murray Bowen gave to himself, to his clients, and to clinicians. One of the hallmarks of Dr. Bowen's contributions to psychotherapy was the acknowledgement that the clinician's effort to differentiate a self from his or her family of origin could enhance clinical work with others. **Dr. Bowen's pioneering effort at differentiating himself within the interlocking triangles in his family and his courage to report on it publicly became known as the *Anonymous Paper*.**

The premise, as expanded by Dr. Laurie Lassiter in her *Triangle Hypothesis*, is that **the human is firmly embedded in the emotional system of his or her family of origin, which instinctively seeks to insure the survival of the group, even if at the expense of individual members.** The lure of the inside position in the triangle is one of the primary mechanisms that cements this process. Bowen's painstaking long-term effort to understand the intricate workings of the triangle led to the discovery of differentiation of self as a way to alter this evolutionary imperative.

In this presentation, **Dr. Monika Baege explores her experiences as she attempted to change her own predictable responses that kept her safely in the inside position in key family triangles.** The fallout of this “safe” position motivated her effort to risk intentionally moving into “the uncomfortable outside position.” Her findings add to the growing tests of the theoretical concepts and assumptions of Bowen Theory. Questions and implications stemming from the findings will be discussed. In addition, a videotaped interview by Dr. Baege will highlight the impact of this effort on clinical outcomes.

Dr. Monika Baege

Dr. Monika Baege is a licensed counselor with a private practice in Burlington, Vermont.

She serves on the faculty and board of the Vermont Center for Family Studies and also on the board of the Murray Bowen Archives Project of Leaders for Tomorrow in Washington, DC.



Being a Self in Your Own Family

CHECK ONE:

- \$85 by May 4, 2012
- \$65 Senior citizen (62 or older)
- \$65 Each of 2 members of the same family; or each of 3 members of the same agency submitted by May 4, 2012.

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Name: _____ Office Phone: _____
Address: _____ Home Phone: _____
City: _____ State: _____ Zip: _____
Email: _____

Please complete this form, and mail with a check made payable to VCFS to:
Vermont Center for Family Studies: May Conference • PO Box 5124 • Essex Junction, VT 05453-5124
Questions? email: bvtreg@comcast.net