

PUTTING THE “FUN” IN DYSFUNCTIONAL

Finding Family Systems in Star Wars



This interactive family systems group will explore family system concepts through the lens of our favorite Star Wars characters and stories, because every worthy hero has a worthy dysfunction somewhere in their story.

Have you ever thought?

- Is my family the only one that does this?
- Does there always need to be someone to blame?
- Why do I take after the ones I wish I didn't?
- A little gossip isn't so bad, is it?

What am I going to learn?

- Bowen Family Systems theory
- How to notice places where family systems' concepts show up
- How to respond rather than react to situations
- How focusing on others will not get you what you want
- Personal responsibility in your relationships

What am I going to experience?

- Discussion and reflection on family systems using Star Wars examples as analogies and metaphors for our own life experiences
- Self-assessment of your ability to think as an individual while staying meaningfully connected to others

How often will we meet?

- On the 3rd Monday once a month beginning on September 19, 2022 from 6:00-8:00pm via Zoom ending in May.

What else do I need to know?

- Recommended but not required: Watching as much Star Wars as possible for the next year

What does it cost?

- It's free!

Who do I contact with questions? Facilitators...

- Tim Wright at wright.tim.b@gmail.com
- Alice Ford at pastoralice@gmail.com

How do I sign up?

- Register with Jodi Fuller at jfuller@michiganumc.org or register directly by [Clicking Here](#)