

Family System Theory

#4 Family Projection Process



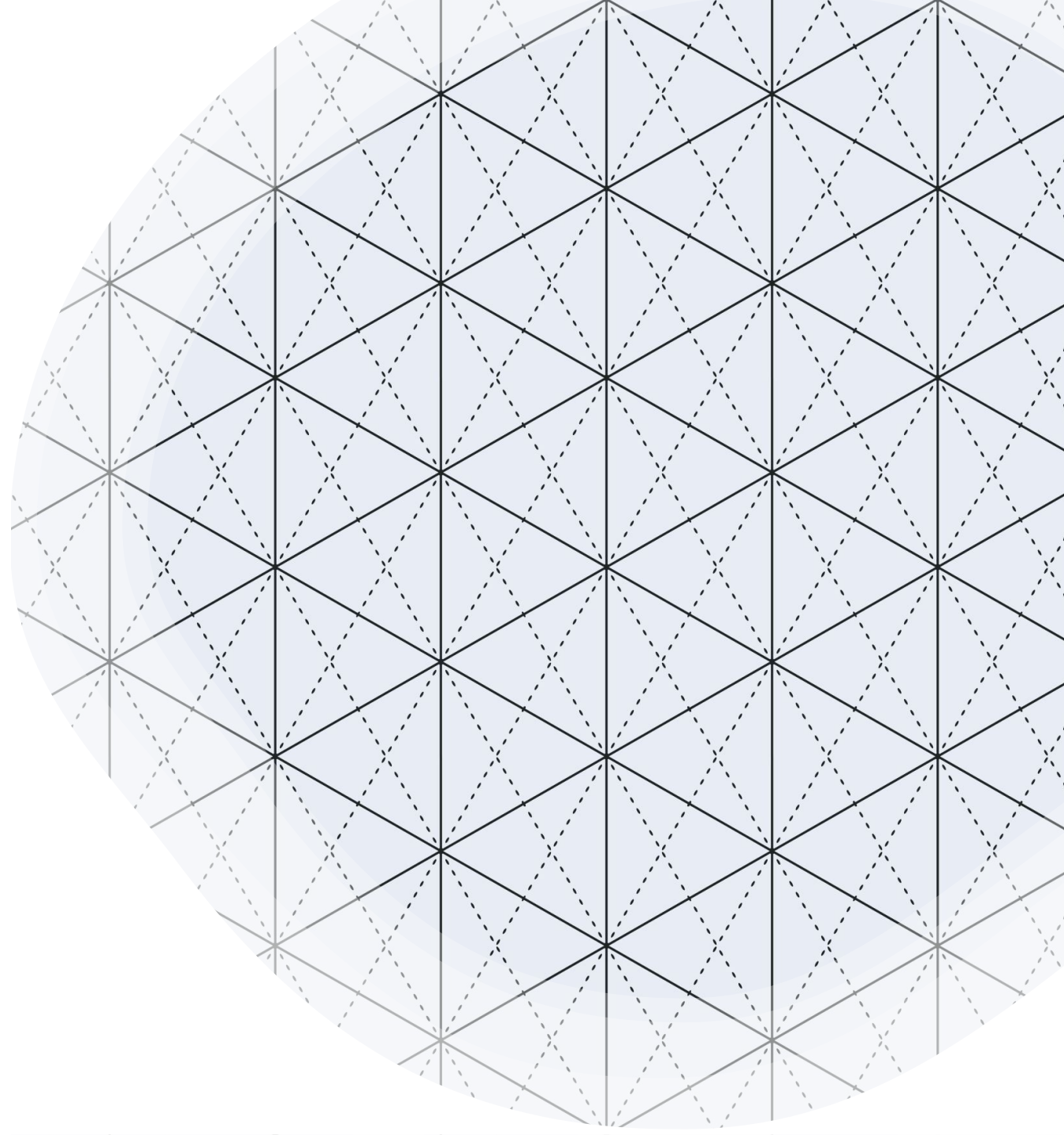
Welcome

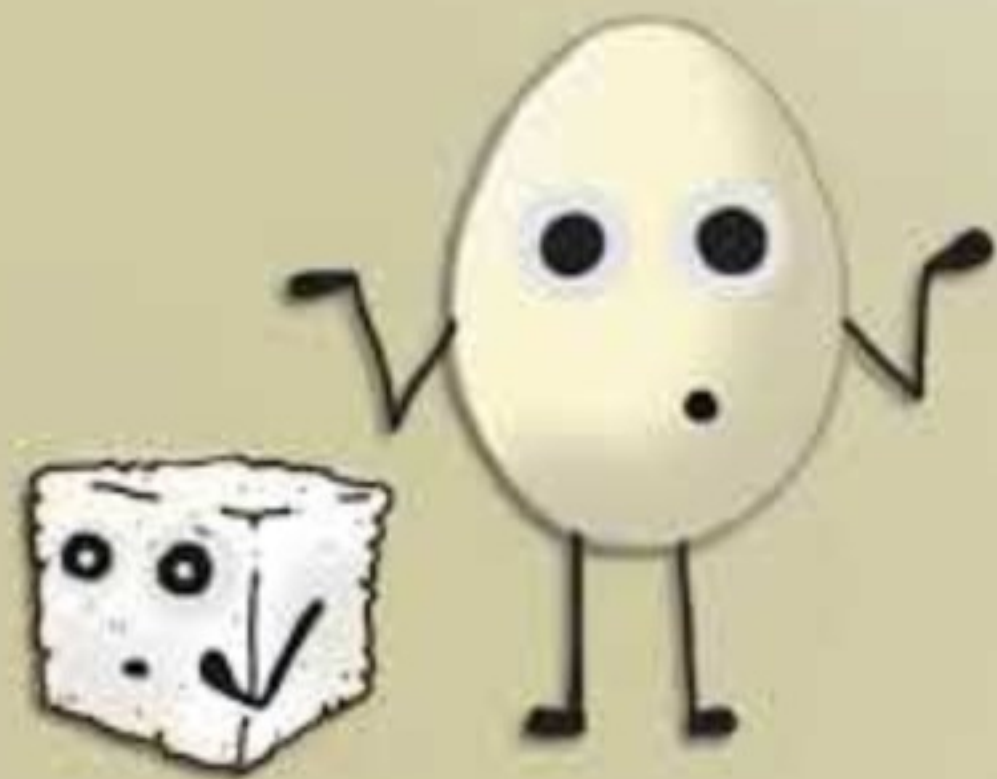
Overview

- Part 1. Review and Reflect Together
 - Welcome
 - Centering
 - Review
 - Mind Matters: Family Systems with Dr. Holly Daniels
 - Breakout groups for discussion
- Part 2. Teaching
 - Family Projection Process
 - Video: Anne McKnight
 - Slides of key concepts
 - Breakout groups for discussion
- Break—10 minutes
- Part 3. Story and application
 - My struggle and invitation with this concept
 - Breakout groups for discussion
- Closing with blessing and see you next month

Eight Concepts of Bowen theory

- Nuclear Family Emotional System
- The Differentiation of Self Scale
- Triangles
- Cutoff
- Family Projection Process
- Multigenerational Transmission Process
- Sibling Position
- Societal Emotional Process





Breakout Sessions

- Brief Introductions
- What are you noticing more since our systems class began?

ANXIETY HAS LED TO SOCIETAL POLARIZATION.



Child Focus

That worried focus, or “projection” of anxiety is how anxiety gets off-loaded to offspring. If one worries excessively about one’s child (or reacts to an overload of anxiety by neglect, or over-focuses in an over-positive manner) one transmits—or projects—that anxiety directly onto the child.

P. 68, Gilbert, *The Eight Concepts of Bowen Theory*

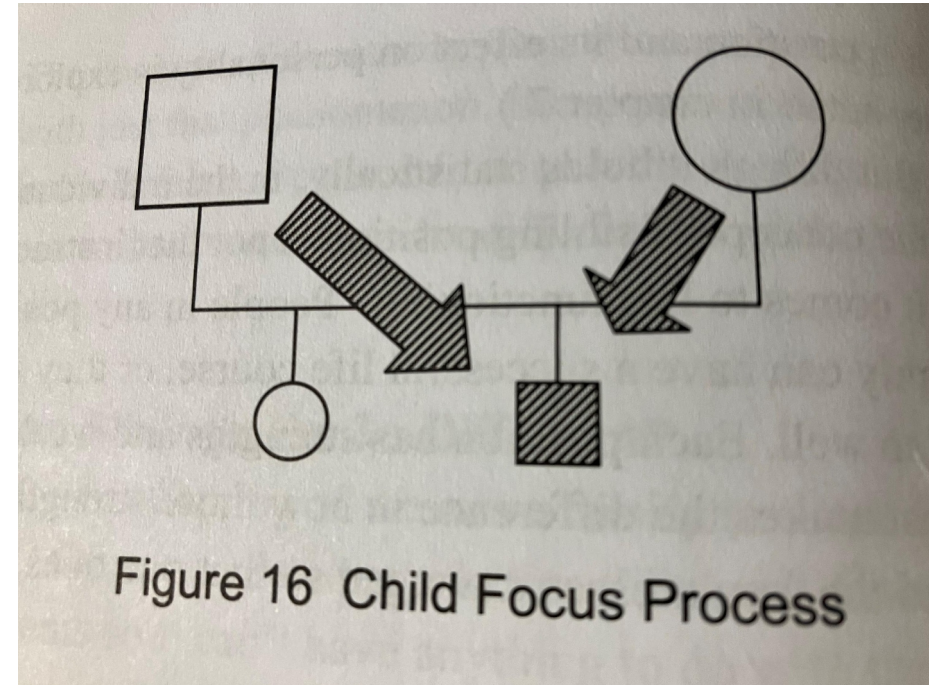
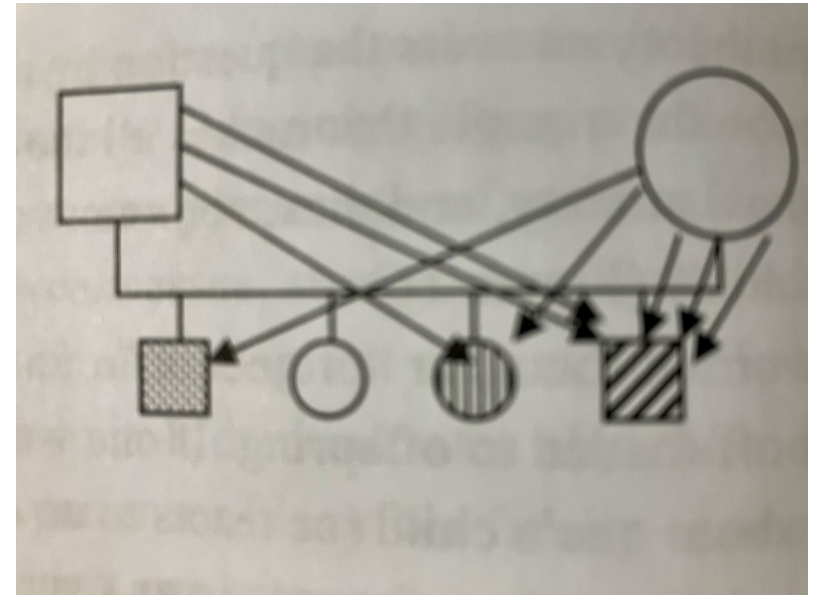


Figure 16 Child Focus Process

Variation in the Same Family

- It seems that *the projection process is different for different children*. We as parents worry about (or neglect or unrealistically 'adore') some of our children more than others. The focus may be over-negative, neglectful, or over-positive.
- P. 68, Gilbert, *The Eight Concepts of Bowen Theory*



Good News

- “A child who grows up relatively outside the family projection process can emerge with a higher basic level of differentiation than the parents.”
- This being the case, it is one more great reason for us all to learn to process our anxiety as individuals, rather than passing it around the family system.
- Observations of emotional processes in a given family are not made for the purpose of condemnation. They do, however, often make it possible for the present generation, when people can see how they play a part, however unintentional, to have more choices, and thus leave a different legacy for their offspring.
 - Pp. 70-71, Gilbert, *The Eight Concepts*

Breakout session: Ideas for Discussion

- What caught your attention?
- Do you have questions for clarification?
- Was there an aha moment for you?
- Encouragement?
- Take aways?



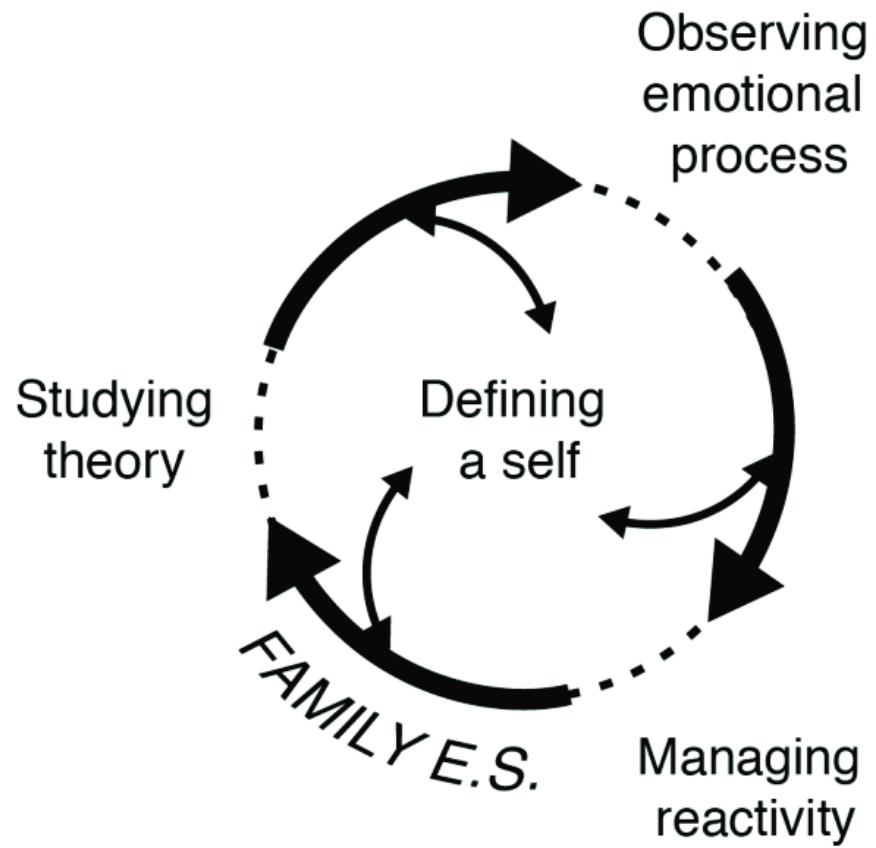
Break

8 minutes

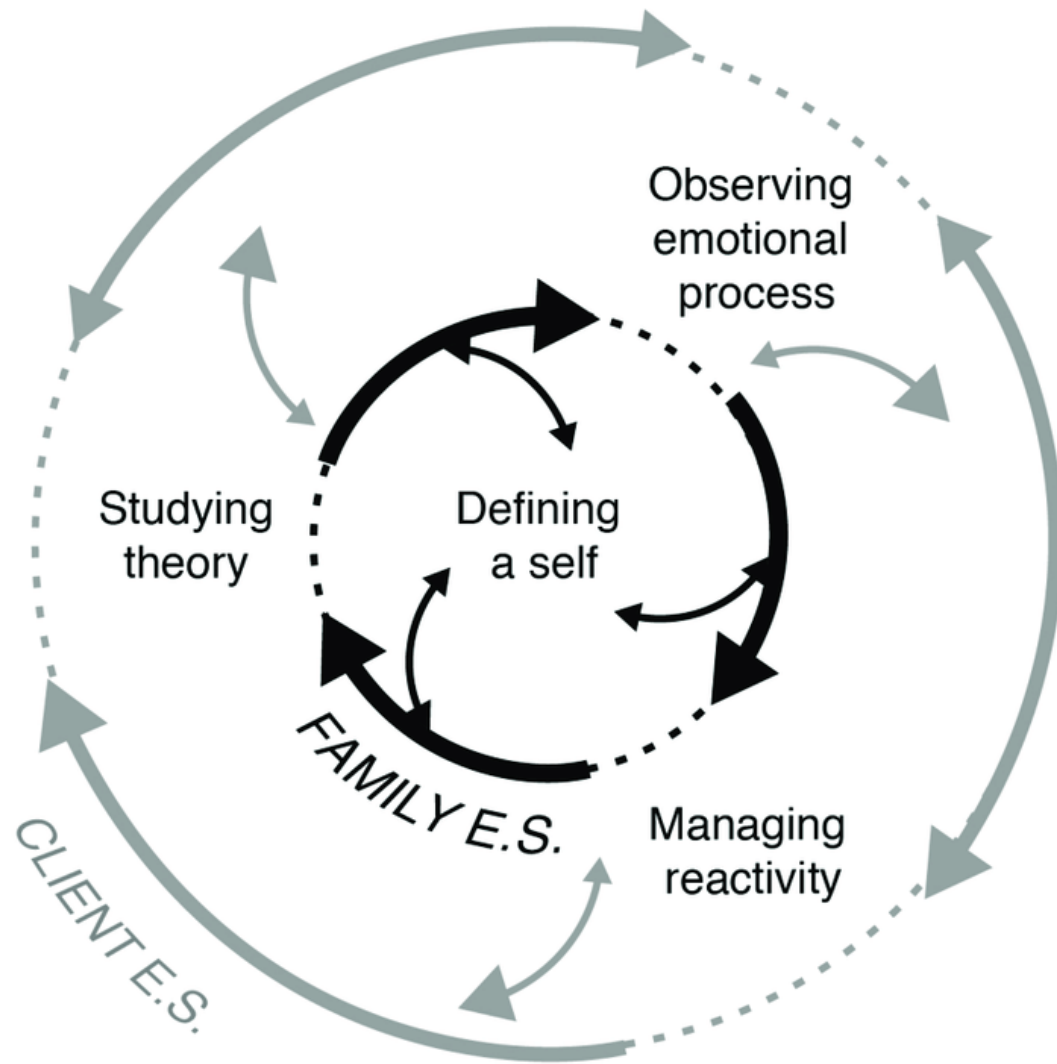


My Story

- The projection process concept
 - Struggle and avoid
 - Gain insights, support, and grow



Helen Reynolds
Research Gate





Breakout Groups

- What might your invitation be with this concept?

A decorative graphic consisting of several overlapping, curved lines in shades of blue and green, forming a partial circular shape on the left and a wavy line on the right. The lines have a soft, blurred appearance.

Closing and Blessing

Extra slide

- In projection the major mechanism is the dissolving of boundaries between self and other, assuming one knows who the other is, and further what the child or group needs or should have. Projection is the greatest threat to the future development of the child or the social group. For leaders there is no free ride as anxiety has to be processed in relationships or become fodder for symptoms.

- “Your Mindful Compass,” Andrea Shara

Extra slide

- Family Projection Process: The process through which parental undifferentiation impairs one or more children operates within the father-mother-child triangle . . . It exists in all gradations of intensity. . . The process is so universal it is present to some degree in all families.

- Murray Bowen, 1976