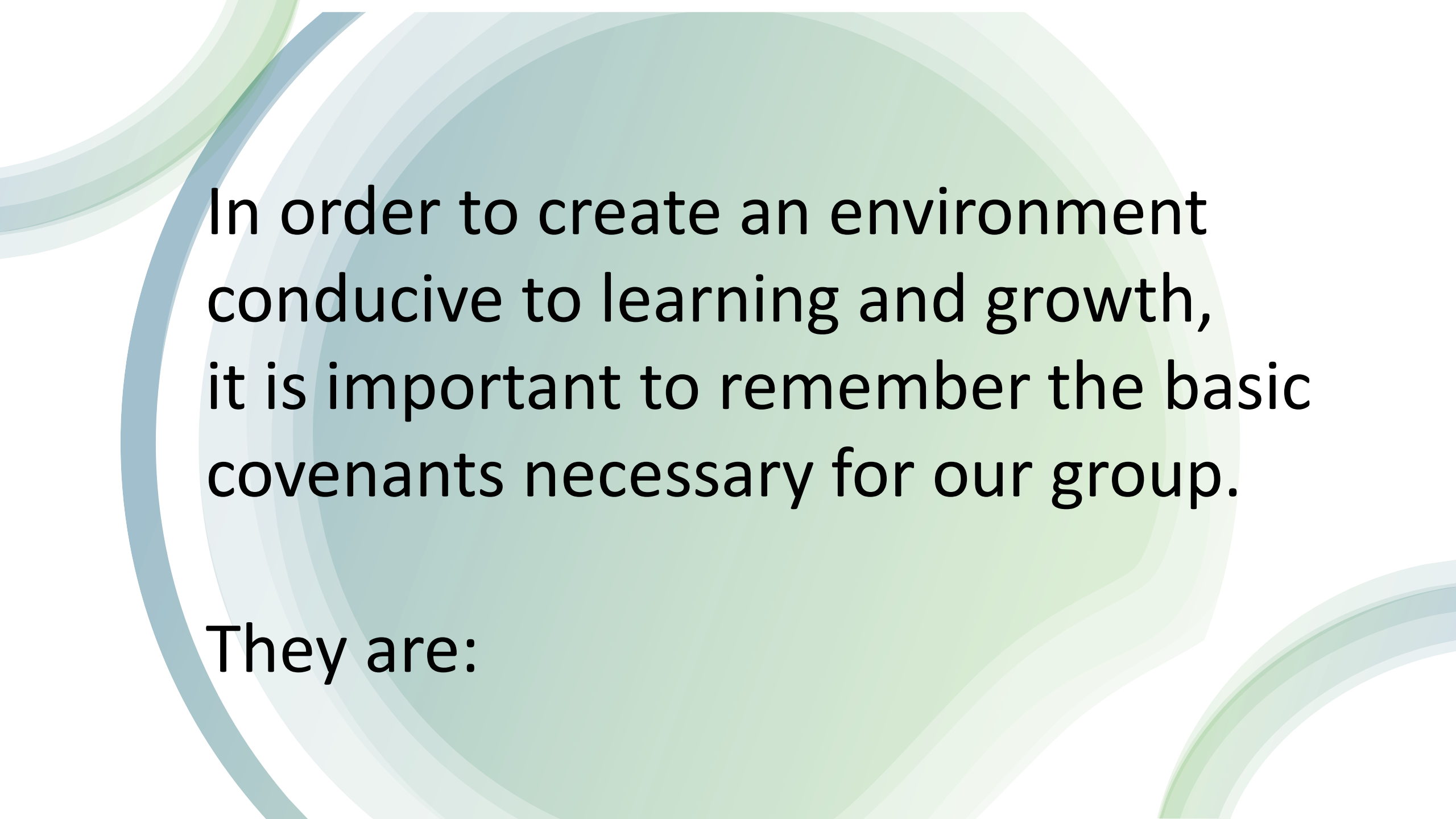


FAMILY SYSTEM THEORY

#5 MULTIGENERATIONAL TRANSMISSION
(PROJECTION) PROCESS



WELCOME



In order to create an environment conducive to learning and growth, it is important to remember the basic covenants necessary for our group.

They are:

- **CONFIDENTIALITY**
- **MUTUAL RESPECT**
- **GRACE**
- **LISTENING TO OTHERS**
- **SAFETY**
- **ENCOURAGEMENT**
- **SPACE FOR INTERNAL AND EXTERNAL
PROCESSING**



**USING
CHAT/ETC.**



FACILITATORS



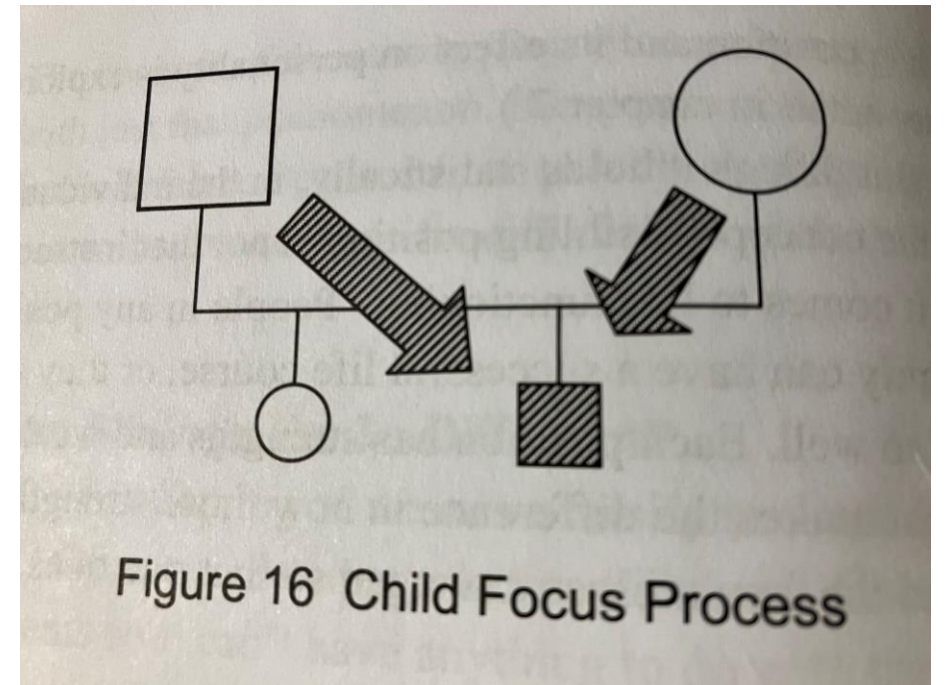
**CENTERING
PRACTICE:
WELCOME
CURIOSITY**



**REVIEW &
REFLECT
TOGETHER**

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.

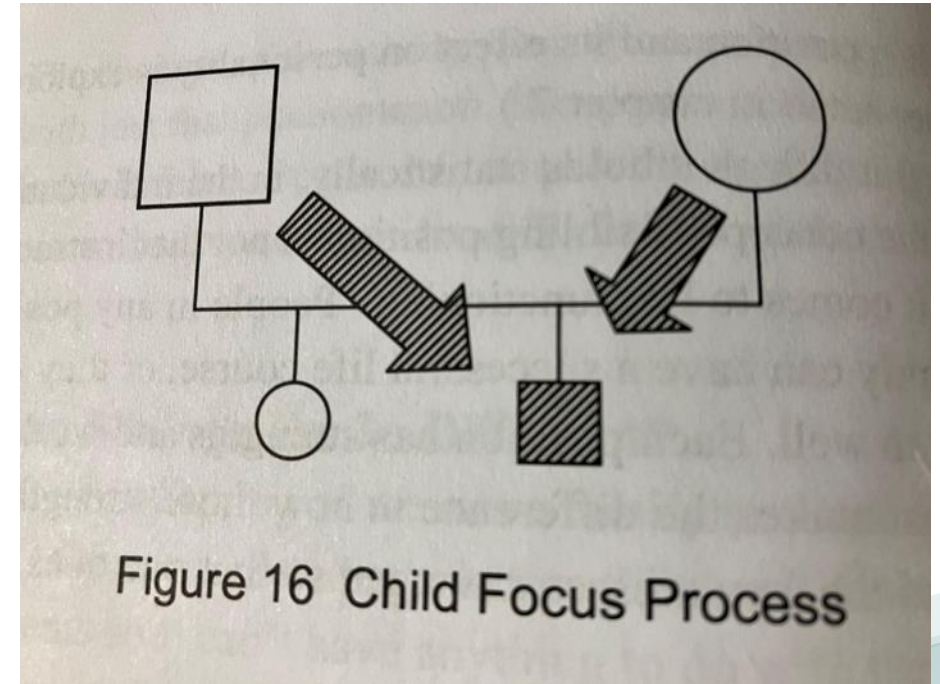


Good News

- “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:

What did you take away
from Concept 4:
Family Projection
Process?



EIGHT CONCEPTS OF BOWEN THEORY

Nuclear Family
Emotional
System

The
Differentiation of
Self Scale

Triangles

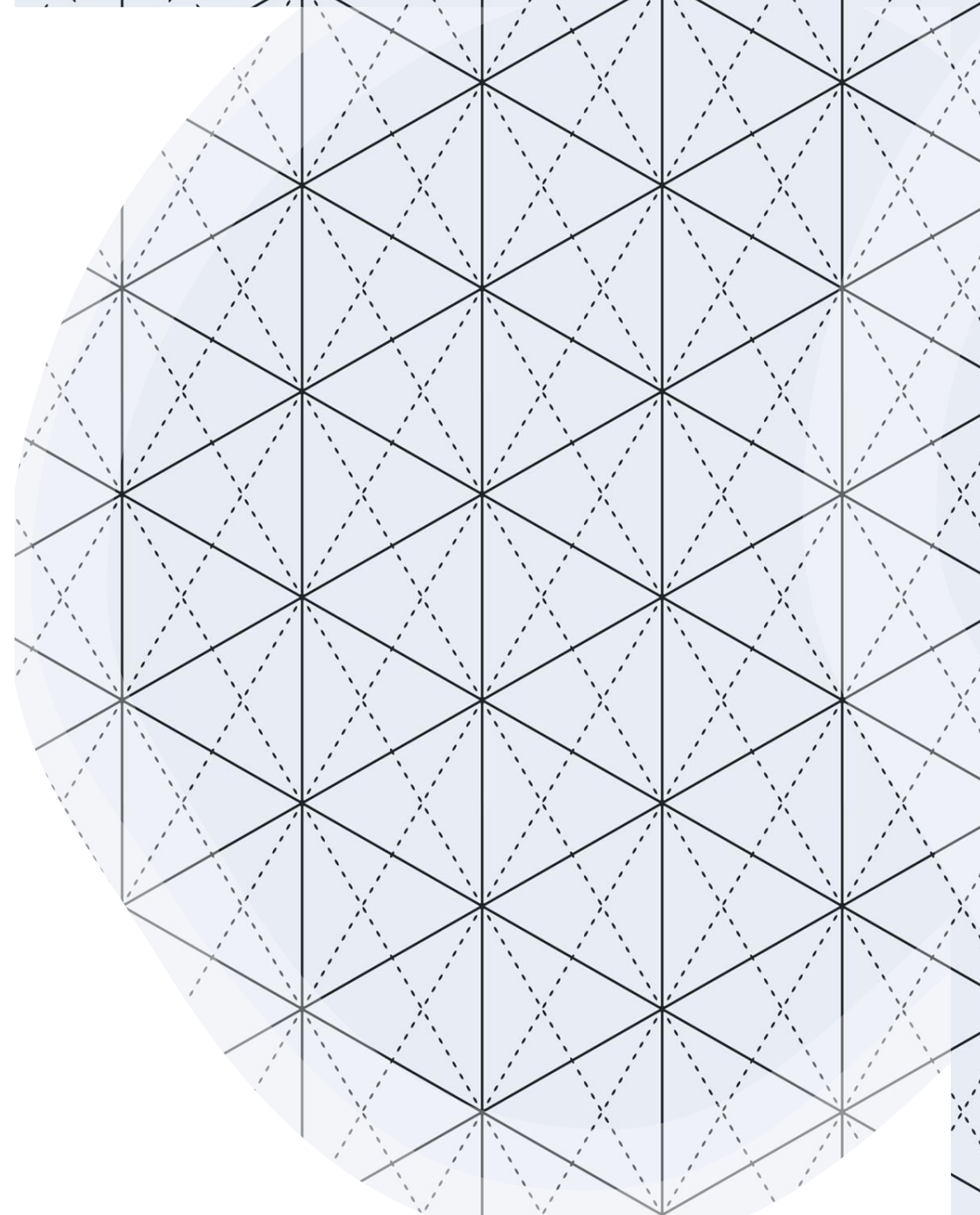
Cutoff

Family Projection
Process

Multigenerational
Transmission
Process

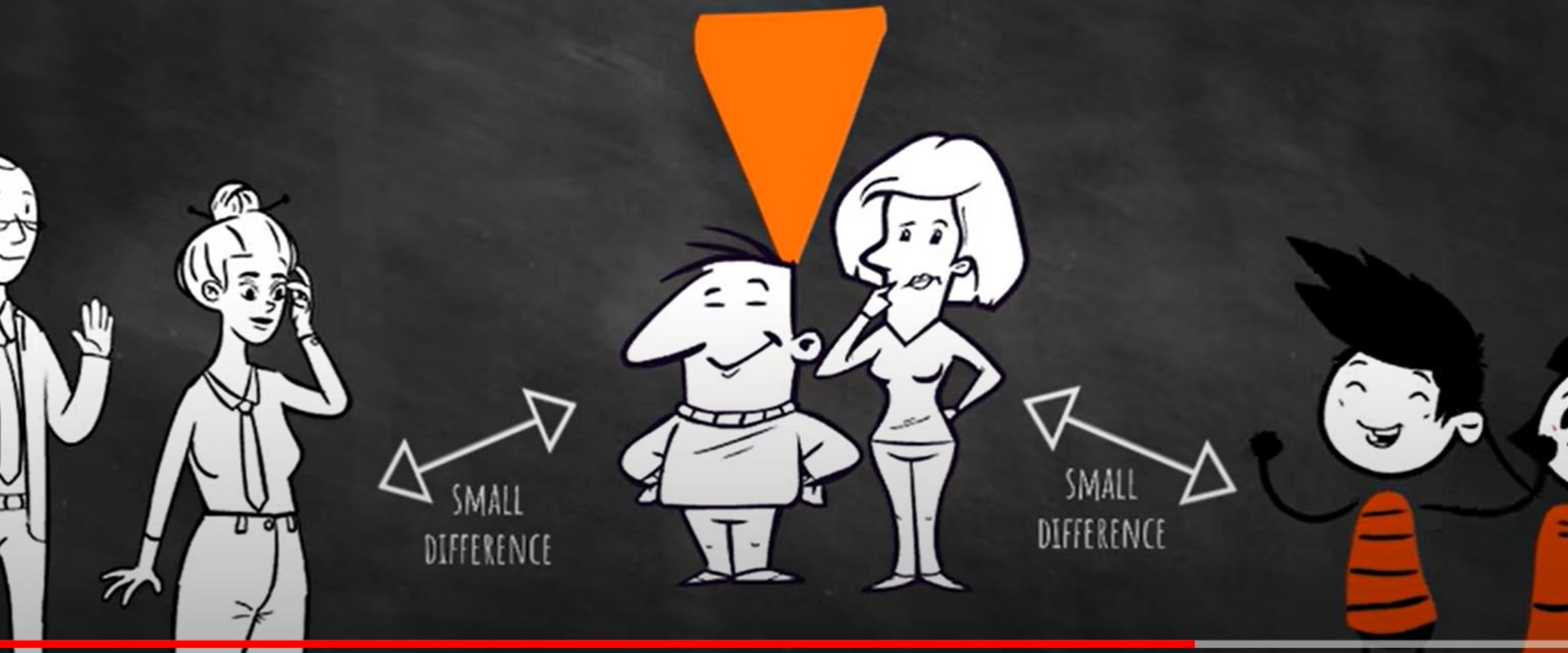
Sibling Position

Societal
Emotional
Process



[/www.youtube.com/watch?v=-GK7LaT5rxY&t=30s](http://www.youtube.com/watch?v=-GK7LaT5rxY&t=30s)

MULTI-GENERATIONAL TRANSMISSION PROCESS

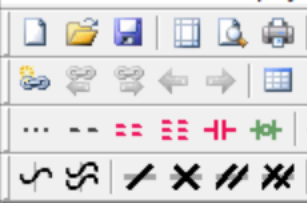


CONVERSATION

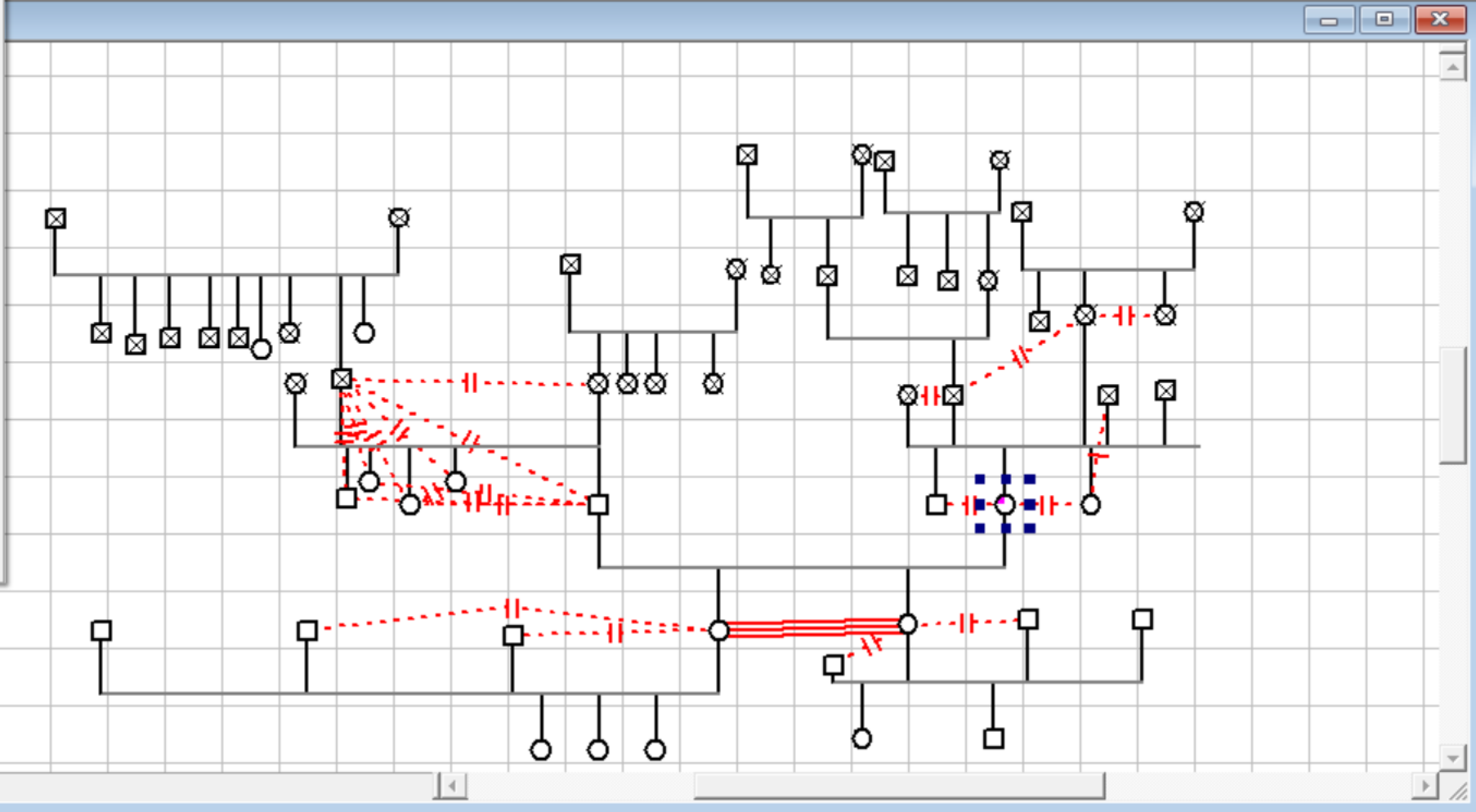
- Brief Introductions
- Where are you noticing patterns and processes in your relationships ?
- What questions are coming to the surface as you explore Family System Theory & Concepts?

Multigenerational Transmission Process

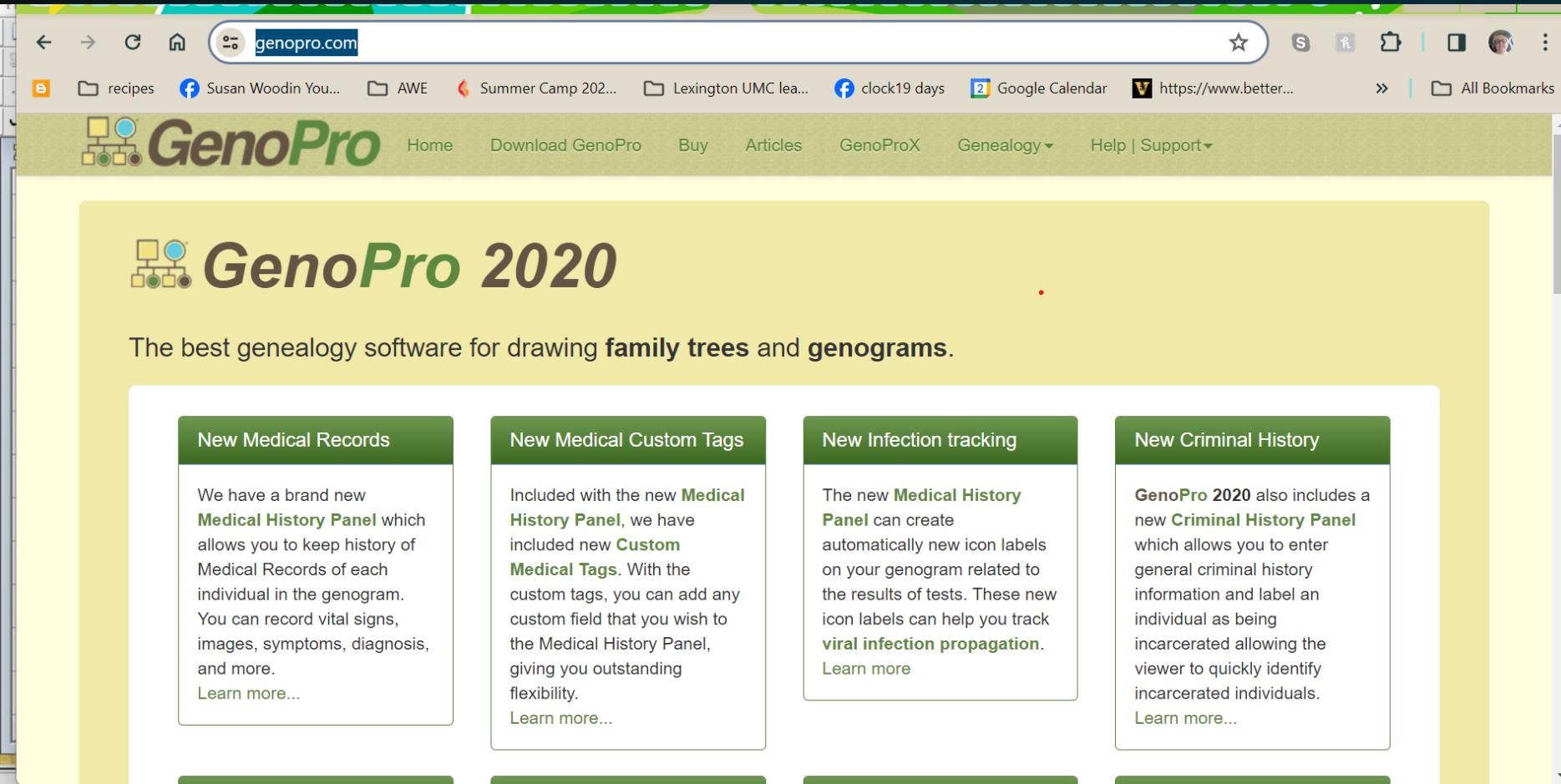




- Individuals...
- Families...
- Unions...
- Pedigree Links...
- Twins...
- Emotional Relationships...
- Social Relationships...
- Social Entities...
- Labels...
- Shapes...
- Households...
- Pictures...
- Places and Locations...
- Contacts...
- Education Records...
- Occupations...
- Medical Records...
- Sources and Citations...
- Secrets...
- Special Symbols...
- Bookmarks... Ctrl+B
- Delete



LINKS TO GENOGRAM TOOLS



The screenshot shows the GenoPro website homepage. The browser address bar displays "genopro.com". The website header includes the GenoPro logo and navigation links: Home, Download GenoPro, Buy, Articles, GenoProX, Genealogy, and Help | Support. The main content area features the heading "GenoPro 2020" and the tagline "The best genealogy software for drawing family trees and genograms." Below this, there are four green-bordered boxes, each with a title and a description of a new feature:

- New Medical Records**: We have a brand new **Medical History Panel** which allows you to keep history of Medical Records of each individual in the genogram. You can record vital signs, images, symptoms, diagnosis, and more. [Learn more...](#)
- New Medical Custom Tags**: Included with the new **Medical History Panel**, we have included new **Custom Medical Tags**. With the custom tags, you can add any custom field that you wish to the Medical History Panel, giving you outstanding flexibility. [Learn more...](#)
- New Infection tracking**: The new **Medical History Panel** can create automatically new icon labels on your genogram related to the results of tests. These new icon labels can help you track **viral infection propagation**. [Learn more](#)
- New Criminal History**: **GenoPro 2020** also includes a new **Criminal History Panel** which allows you to enter general criminal history information and label an individual as being incarcerated allowing the viewer to quickly identify incarcerated individuals. [Learn more...](#)

OBSERVE GENERATIONS

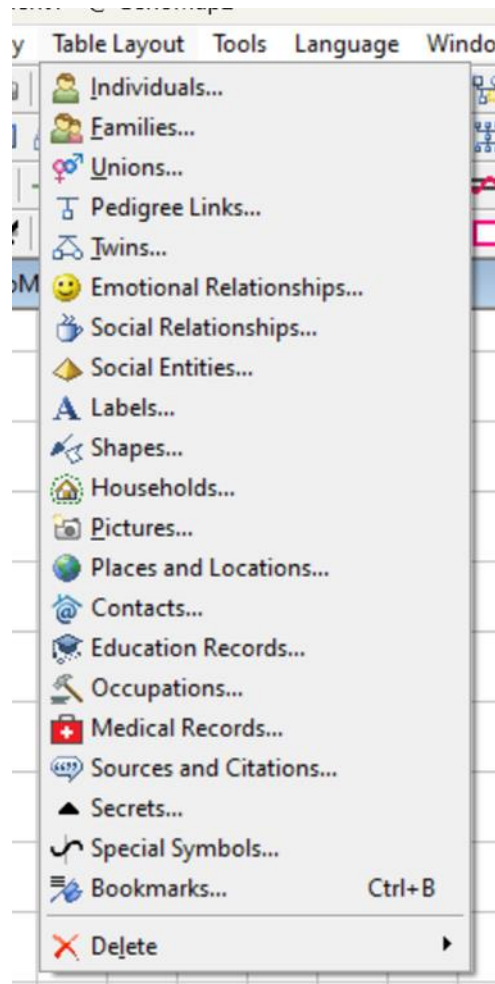
Starting research with the oldest members of our families is a rich, connecting experience for most. Older generations are glad someone is interested in their story and knowledge.

People report feeling more connected, more grounded, and function better after engaging with their older generations.

QUESTIONS TO ASK

- **Longevity**
- **Health**
- **Locations/moves/dates**
- **Income/business or professions/positions held**
- **Reproductive history / abortions / stillbirths /miscarriages**
- **Marriages and Living-With Arrangements**
- **Dates of births/deaths/marriages/divorces**
- **Highest degree in education or year in school**

THEMES



- Death
- Survival
- Reproduction
- Money
- Religion
- Divorce & Separation

NODAL EVENTS AND WATERSHED EVENTS

- **A NODAL event is when someone enters or exits a family. They can be tumultuous.**
- **A WATERSHED event, such as immigration or the holocaust, require looking at many generations...for understanding.**

GOOD QUESTIONS TO ASK AS YOU EXPLORE!

- Who?
- What?
- Where?
- When?
- How?

Why? is not helpful!

STICK WITH THE FACTS!

- Whether a family or a group/system/organization, factual histories help one understand how they behave/interact the way they do now.
- Sharing what you have learned and questions you have now may help move the family (group/organization) beyond or through its stuckness.

BREAKOUT DISCUSSION PROMPTS:

- What themes or trends do you want to explore in your family?
- What needs some clarification in your family?
- What is making sense now in your family?

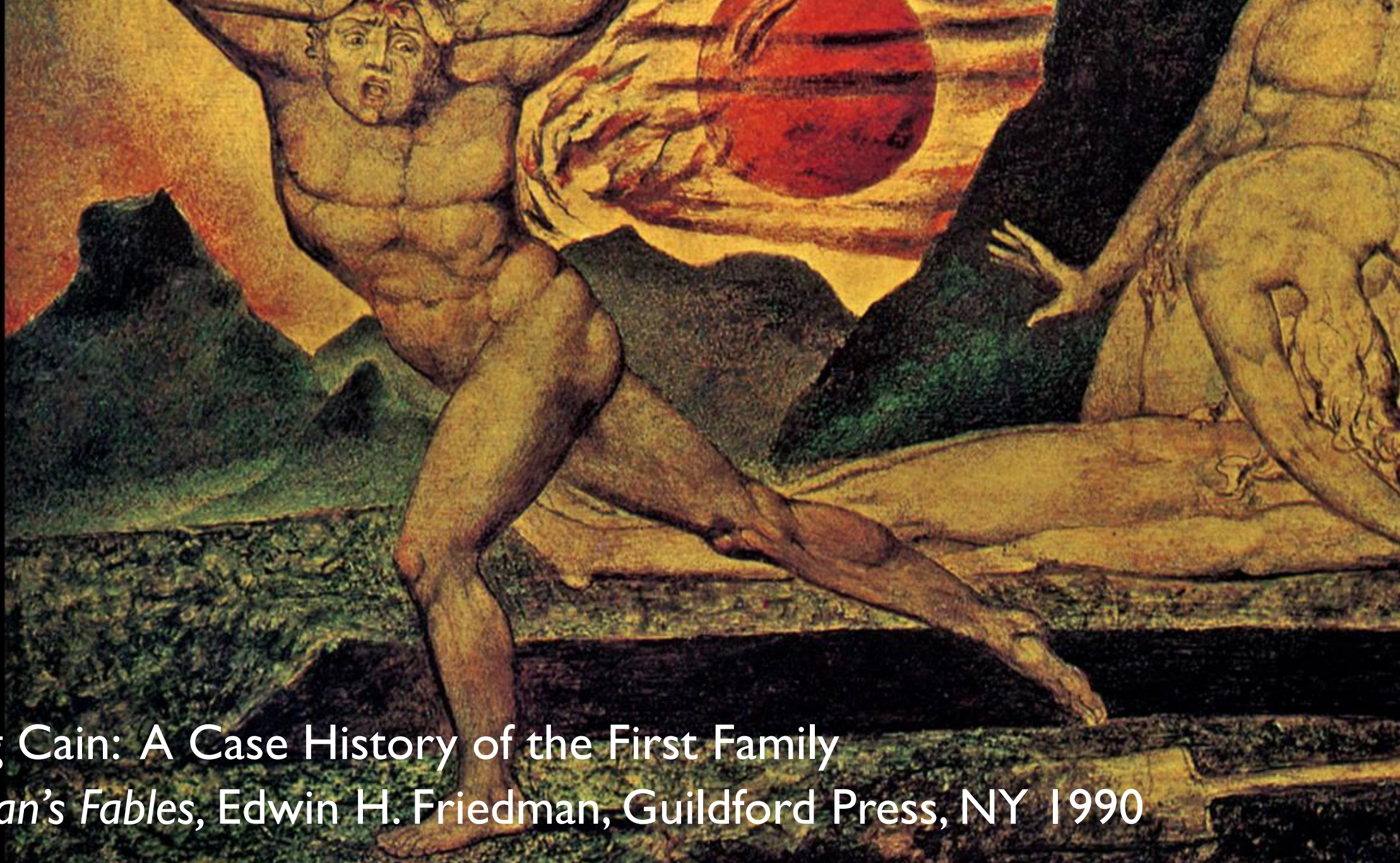


CLOSE YOUR VIDEO AND WALK
AWAY BREAK

10 MINUTES



The Body of Abel Found by Adam and Eve
by William Blake, 1826



Raising Cain: A Case History of the First Family

Friedman's Fables, Edwin H. Friedman, Guildford Press, NY 1990

Recent archeological discoveries have revealed a “family workup” done by one of the ministering angels about 20 years after Creation. It is translated here from the original.



This is a family of four: mother, father, and two sons, fairly close in age. They came in because the sons have been quarreling a great deal, and both mother and father appear quite helpless to do anything about it.



Most of the focus is on the older brother, who broods a lot, is extremely sullen, and is very jealous of his far more successful younger brother.



The younger brother is not aware of his advantage and thus never tries to hide his success, his easy-going manner, or the rewards of his prosperity. The older seems totally unable to understand why fortune does not smile alike on him.



It cannot be said that the parents, both of whom are only children, by the way, show any significant favoritism. Yet I am quite sure it is something in their own style of life that is contributing to the very problem they want to solve.



At the beginning of their marriage, both husband and wife seemed to have lived in a very blissful state, naïve, it appears, about what was happening all around them. Something, we're not sure what, changed that, and things have never been the same since.



The husband growls continuously about his lot and why life has to be so difficult, whereas the wife never fails to remind him of how much pain she went through to bear him sons.



But it is more than their discontent that seems to be seeping down, particularly to their elder son. More pernicious still may be their attitude *toward* their discontent.



Neither husband nor wife seems capable of accepting responsibility for their own destiny. Both are always claiming that their lives would be far different were it not for how the *other* behaved.



The man tends to blame his wife,
and the wife tends to blame the
environment.



But it is not only their own destinies that each sees as ruled by the other; they even view their own being similarly. Neither seems capable of taking responsibility for personal desires, loves, or hates.



Each sees the other as causing his or her own pain. Ironically, they thus each give their partner great power to guilt the other.



Since neither talks much about their origins (they both seem to be cut off from their past), it is difficult to know how their own childhoods contributed to such irresponsibility, though there is a strong suspicion here that while they were growing up they had everything handed to them on a silver platter.



Indeed, each seems to have led a youth totally absent of significant challenge.

This inability to deal with pain seems to have shown up almost as soon as they began to face any change at all.



For example, the wife remembers quite vividly an instance in which her husband tried some new directions—tasting something new in life, I believed she called it—and, when this failed, held her responsible for showing him the opportunity.



Of course, she for her part, instead of simply saying, “He still made the choice,” also becomes defensive and blames the whole thing on some tricky character who, she claims, gave her the idea to begin with.



There seems to be no strength in the family at all, by which I mean the capacity of some member to say,

I am me, this is where I stand.

I end here and you begin there, etc.



It may be this constant expectation that the *other* should be *his* keeper that prevents each from taking responsibility for himself. And as long as this attitude persists in the parents, we can hardly expect the boys to act more pleasantly toward each other, still less at times to be watchful over the other.



This situation will certainly leave a “mark” on one of them.



In a family like this, with no one able to tolerate his own solitariness, or, for that matter, anyone else's, I fear the weaknesses in the children will never be corrected.



For, if the current inability each parent manifests to deal with his or her own pain continues, I fear that Cain's view of life will never truly focus on himself and, perceiving the source of all his problems in his brother, he may one day up and kill him.





The Body of Abel Found by Adam and Eve
by William Blake, 1826

QUESTIONS TO CONSIDER

- How did Adam & Eve influence Abel's death?
- If original sin is blaming others, what can be done to break the cycle of blaming?
- Where do you find this family trend in the families described in Genesis? Isaac? Jacob & Esau? Their parents? Joseph and his brothers? David and his children? (Tamar, Amnon, Absalom)

BREAKOUT GROUP QUESTIONS

- What information can you discover using/building a family genogram?
- How is that information useful in understanding how your family transmits responses to anxiety and stress?



CLOSING & BLESSING