

# Family System Co-Learner Peer Group

03/28/2024 - Sibling Position

# Welcome

**Primary References:**

***Extraordinary Relationships*** by Roberta M. Gilbert, M.D.

***The Eight Concepts of Bowen Theory*** by Roberta M. Gilbert, M.D.

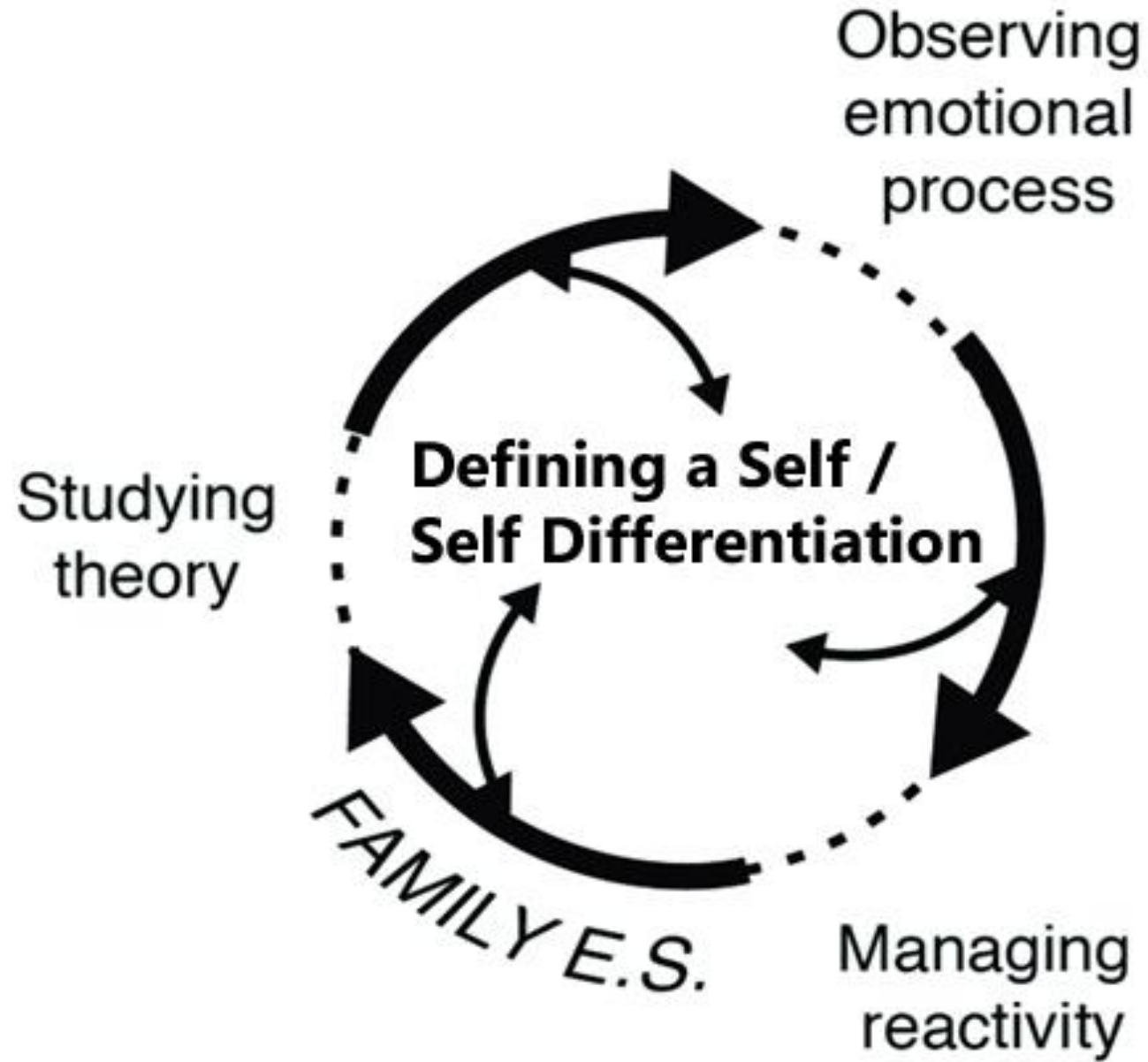
***Family Constellations*** by Walter Toman, PhD

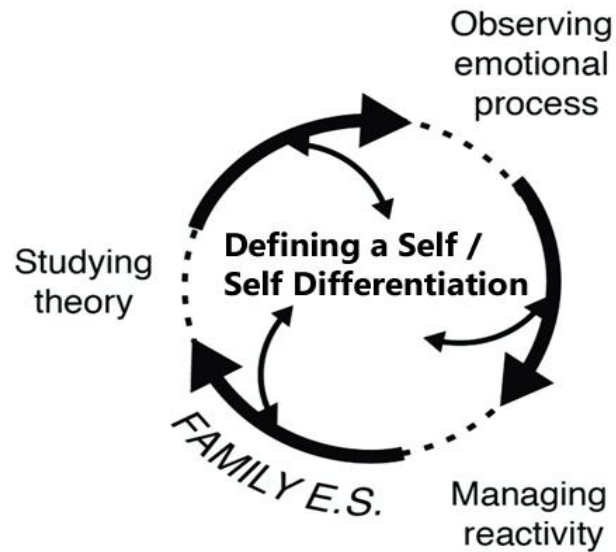
# **The Shape of our Shared Space**

- **Confidentiality**
  - **What is said here, stays here.**
  - **What is learned here, leaves here.**
- **Mutual Respect**
- **Grace**
- **Listening to others**
- **Safety**
- **Encouragement**
- **Space for internal and external processing**

# Eight Concepts of Bowen Theory

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





## **Self Reflection**

### **Focusing on:**

- Family Projection Process &
- Multigenerational Transmission Process

- 1. What are you observing in: you & your family?**
- 2. What have you learned and/or put into practice from your observations?**

# Sibling Position

Toman identified

- the order of a person's birth
- the mix of genders among siblings

As the major determinants of personality characteristics, “*All things being equal*”.

- + **There is no sibling position that is better than the other**
- + **No two children experience the family in the same way.**
- + **“All Things Being Equal”**

# Sibling Positions

- Oldest brother of brothers
- Oldest brother of sisters
- Oldest sister of sisters
- Oldest sister of brothers
- Youngest brother of brothers
- Youngest brother of sisters
- Youngest sister of sisters
- Youngest sister of brothers
- Male only child
- Female only child
- Twins
- Middle siblings

- + When  $>2$  siblings, each sibling is considered in multiple sibling positions at once.
- + When  $\geq 6$  years between siblings, then the siblings are in different constellations

## Youngest brother of sisters

- Attracts but doesn't understand women
- Can assume leadership easily
- Companion & advisor to his children
- Not interested in male friends
- Privileged & valued in family of origin

## Oldest brother of brothers

- Assumes responsibility, authority easily
- Nurtures & cares for group
- Expects loyalty & trust in return
- Sensitive & shy around women
- Attracted to youngest sisters
- Needs male friendships
- A concerned father if not controlling

## Middle siblings

- One role usually stronger but may have multiple roles
- May feel neglected in the family
- Relationship skills – may be known as the peacemaker



# Self Reflection

- Click link to view, download, print, etc. *“Sibling Position Role Portraits”* from the google drive folder for this session.

<https://drive.google.com/file/d/1WhQkeSlxHqJa-pZlf4EDG9h-lxMBEh8t/view?usp=sharing>

- Determine your sibling position(s)
- Read thru the Sibling Position Role Portraits for you.
- Consider these questions for your upcoming breakout group
  - What part of your sibling position role(s) connects/resonates with you?
  - What “Other Factors” may affect or alter your sibling position role(s) ?

# Breakout Groups

- **Introduce yourself**
  - name
  - sibling position(s)
- **What part of your sibling position role(s) connects with you ?**
- **What “Other Factors” affect or alter your sibling position role(s) ?**
- **Invite someone else in your group to share**

# Case Study Document

**Open / View / Download / Print**

<https://drive.google.com/file/d/11KEoZbrhZqeHFf3PxQ8zMyetumv77Mxx/view?usp=sharing>

# Jacob's children

Jacob had **13** children by four different women (mother's name in parentheses)

**1= Reuben (Leah)**

2 = Simeon (Leah)

3 = Levi (Leah)

**4 = Judah (Leah)**

5, 6, 7 & 8 = Dan & Naphtali (Bilhah - Rachel's handmaid) / Gad & Asher (Zilpah - Leah's handmaid)

9 = Issachar (Leah)

10 = Zebulun (Leah)

11= Dinah(Leah)

**12= Joseph (Rachel)**

**13 = Benjamin (Rachel - who died during labor)**

## Notes:

\* The children of Bilhah & Zilpah (#'s 5-8) could have overlapped in age

\* There was 12-16 years difference between Reuben & Joseph

# Breakout Groups

- Identify sibling position(s) of your assigned sibling
- What Sibling Position Role(s):
  - \* Seem to be dominant (and NOT) ?
  - \* Do they change during the life of the sibling ?
- What “Other Factors” are influencing your assigned sibling which may be affecting sibling position role(s)?
- How might it have helped your assigned sibling if they had a knowledge of Family Systems and Sibling Position ?

