

CONCEPTS (Bowen FST)	Definitions
Anxiety	A highly motivating force that directs interpersonal behavior
Emotional Reactivity	The measure of reacting in a “knee-jerk” like fashion, lacking calmness and rationality, while being overwhelmed by feelings and losing a sense of individuality.
Togetherness & Individuality	Counterbalancing forces driving us to connect meaningfully to others while maintaining a clear sense of self
Triangle	The smallest stable unit of relationship involving 3 individuals, which can be helpful or unhelpful depending on the circumstances.
Triangulation	The process of detouring a conflict between two people by involving a third person, stabilizing the relationship between the original pair.
Sibling Position	Family emotional processes generate functions, therefore, members have fixed characteristics based on birth order (first-born & later-born)
Emotional Cutoff	Cut contact with family members in attempt to manage emotional intensity of relating with them
Fusion	Emotional over-involvement with others
Family Projection Process	Process of parents transferring their emotional processes, especially their level of differentiation, to their children.
Nuclear Family Emotional Process	Recurring patterns of emotional processes in a nuclear family
Undifferentiated Family Ego Mass	A highly fused nuclear family emotional process. Fusion within the family whereby emotional difference is not permitted as a ‘rule’ in the family.
Multigenerational Transmission Process	The patterns of relational and emotional processes passed down across generations of a family
INTERVENTIONS	Definitions
Detriangulate	Avoid taking sides, avoid making a judgment, avoid taking sides
Genogram	
Process Questions	Questions that analyze one’s behavior and effect on others
Going Home Again	
Displacement Stories	Stories, books, movies of others who have similar problems (to distance the client from a highly emotional situation)
Coaching	Teach and train clients about the processes/concepts in Bowenian treatment in order to hold a more neutral multigenerational view of the client’s family processes
Model Non-anxious Presence	

Further Reading:

Johnson, P., Schamuhn, T. D., Nelson, D. B., & Buboltz, W. C. (2014). Differentiation Levels of College Students: Effects on Vocational Identity and Career Decision Making. *Career Development Quarterly*, 62(1), 70–80. <https://doi.org/10.1002/j.2161-0045.2014.00071.x>

Gehart, D. R., & Tuttle, A. R. (2003). *Theory-Based treatment planning for marriage and family therapists*. Pacific Grove, CA: Brooks/Cole

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Drake, J., Murdock, N., Marszalek, J., & Barber, C. (2015). Differentiation of Self Inventory-Short Form: Development and Preliminary Validation. *Contemporary Family Therapy: An International Journal*, 37(2), 101–112. <https://doi.org/10.1007/s10591-015-9329-7>