

A Bowen Family Systems Theory Presentation

This course, **Managing Self in the Clinical Process, Approval #171705-0947**, provided by **Princeton Family Center for Education**, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative, which is administered by NASW-NJ. CE Approval Collaborative Approval Period: July 13, 2017 through August 31, 2018. Social workers will receive **five (5) clinical and ethics** continuing education hours for participating in this course. Programs are also approved for PA LCSW and LSW according to PA code 47.36.

WHEN: February 16 and April 20, Pennington, NJ
March 11, Narberth, PA

WHERE: 108 Straube Center Blvd., Room I 19, Pennington, NJ 08534
117 Elmwood Avenue, Narberth, PA 19072

Managing Self in the Clinical Process

These are anxious times and anxious intensity can be contagious. Similarly, the ability to be calmer can spread through the systems in which one lives and works. Awareness of one's own anxiety-driven responses is an important variable in one's ability to take responsibility for self and make more thoughtful choices in the work we do and the lives we lead. Although clinical work can be emotionally and physically draining, the good news is, it doesn't have to be. By looking at patterns of anxious reactivity from a broader Bowen family systems perspective, an individual can gain greater self awareness and increase the ability to choose more thoughtful responses within work and family systems. This workshop addresses the value of recognizing one's own reactivity in the clinical process and better managing it in order to be more of a resource to clients and to oneself.

Didactic information, video excerpts, and case presentation and discussion will be used to enhance the application of these ideas. The concepts of acute and chronic anxiety will be defined and discussed and the role of stressful intensity in driving one's functioning will be explored.

COST: \$125, 5 **Ethics** and **Clinical** CEUs included

To register, please contact Lee Gardner at LeeGardner@verizon.net or 609.203.0162

Lee Gardner, MSW, LCSW, is a faculty member and the Director of the Princeton Family Center for Education and also has a clinical practice in Pennington, NJ. The Princeton Family Center for Education, Inc. was established in 1987 to provide a regional postgraduate training program in Bowen family systems theory, a body of knowledge that endeavors to move the understanding of human behavior to science.

