

Tuesday 16th, 15.10-15.30

Joan Jurokowski, MS, LCPC **The value of research and clinical practice**



As a therapist in private practice, I have the opportunity to learn about human behavior and the variation in how people cope with adversity. My orientation in my clinical work is from the perspective of Bowen theory, and my hope is that I offer individuals some assistance in managing more effectively.

In my effort to evaluate my work as well as to see what I could learn about differences in people, I did a small research project in which I reviewed facts on the people after they stopped “treatment”.

Noteworthy in what I observed was that many people stopped “treatment” after a few sessions. I tried to examine differences in people based on the number of sessions attended and progress. I also examined varying facts of functioning to think about differences in how people benefit from our meetings.

Many of my questions about differences and progress were difficult to assess. However, what I did learn has been more about myself than the people I see. My research shed light on the weaknesses in my work. For example, I realized I didn’t obtain enough functional facts about some of the families to have a good view of what was happening. As a minimum, I was not clear enough to write down on the discharge form how I conceived the problem.

This presentation will describe this small research effort and the value of a research attitude in a clinical practice.

3rd International Conference on Bowen Family Systems Theory



Bowen said: “With an impersonal theory, it simply meant the focus was always on self instead of the other.” (Kerr, Michael, MD & Bowen, Murray, MD Family Evaluation, W.W. Norton & Company, New York, 1988, p. 373.) My effort has been to communicate to my client the value of focus on self, but I did not consistently keep the focus on myself in the process.

As a therapist, it is almost automatic to move to a focus on an individual and his/her behavior despite working from a systems perspective. A continuing effort to expand thinking and to focus on one’s own behavior is of great value in a family as well as a clinical practice.

3rd International Conference on Bowen Family Systems Theory

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