**USE OF BOWENIAN THEORY TO INTERVENE WITH PARTY BEHAVIOR IN MEDIATION**

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**Dr. Kirk Honda on Bowenian Family Therapy https://www.youtube.com/watch?v=Em1hFfIk9hs**

Bowen family systems theory is a theory of human behavior that views the family as an emotional unit and uses systems thinking to describe the complex interactions in the unit. It is the nature of a family that its members are intensely connected emotionally.

**Differentiation of Self**

. The less developed a person’s “self,” the more impact others have on his functioning and the more he tries to control, actively or passively, the functioning of others.

People with a poorly differentiated “self” depend so heavily on the acceptance and approval of others that either they quickly adjust what they think, say, and do to please others or they dogmatically proclaim what others should be like and pressure them to conform.

A person with a well-differentiated “self” recognizes his realistic dependence on others, but he can stay calm and clear headed enough in the face of conflict, criticism, and rejection to distinguish thinking rooted in a careful assessment of the facts from thinking clouded by emotionality. Thoughtfully acquired principles help guide decision-making about important family and social issues, making him less at the mercy of the feelings of the moment. What he decides and what he says matches what he does. He can act selflessly, but his acting in the best interests of the group is a thoughtful choice, not a response to relationship pressures. Confident in his thinking, he can support others’ views without being a disciple or reject others’ views without polarizing the differences. He defines himself without being pushy and deals with pressure to yield without being wishy-washy.