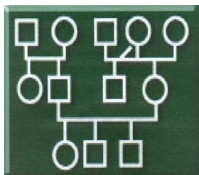


## About BTEC and its Education Curriculum in Bowen Theory

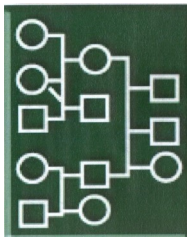
The Bowen Theory Education Center is a nonprofit organization established in 2008. The Center's principal purpose is to provide education and training in Bowen Theory of natural systems developed by Murray Bowen, M.D. The Mission of the Bowen Theory Education Center is to provide knowledge of concepts and its application to the human condition through a layered learning approach: didactic, supervised presentation, and personal coaching. Bowen Theory is based on fifty years of scientific study by Dr. Murray Bowen who observed that human behavior is governed by the family relationships and the generational history of the family.

The Center offers an eight month training program in Bowen Theory for a maximum of twenty students. Please visit our website at [www.bowentheoryeducationcenter.org](http://www.bowentheoryeducationcenter.org) to view the curriculum and/or apply to the program. This postgraduate and professional training program provides a basic introduction and training in Bowen Theory, the study of natural systems, and the family. The University of Tennessee at Chattanooga provides continuing education credits for the Training program and our Annual Symposium Conference.

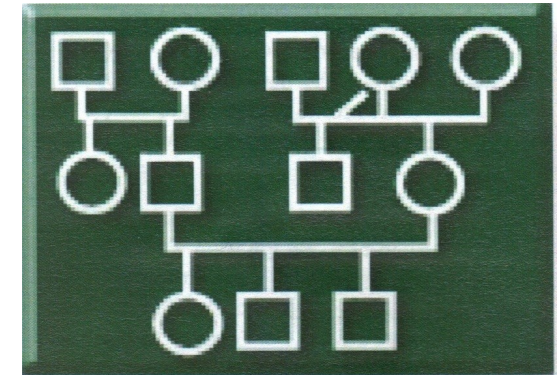


**BOWEN THEORY  
EDUCATION CENTER**

BOWEN THEORY EDUCATION CENTER  
6419 Laramie Circle  
Chattanooga, TN 37421



**BOWEN THEORY EDUCATION CENTER**



## ELEVENTH

## ANNUAL SYMPOSIUM

*Featured Speaker*

**KATHLEEN SMITH, LPC, PhD**

*Faculty for Bowen Center for the Study of  
the Family*

*Washington, DC*

***Stay Curious in an Anxious  
World***

**UTC or Zoom**

**September 24, 2021**

**8:00 AM— 4:30 PM**

**This program has been submitted for 6.0  
continuing education hours for nurses,  
social workers, and UTC professional  
development.**

The University of Tennessee at Chattanooga

<https://bit.ly/3xap0Zd>

## Kathleen Smith, LPC, PhD



Dr. Kathleen Smith is a licensed therapist and author of the new book, *Everything Isn't Terrible: Conquer Your Insecurities, Interrupt Your Anxiety, and Finally Calm Down*.

A graduate of Harvard University and George Washington University, she has written for popular websites like *Salon*, *Slate*, *New York Magazine*, *Psychology Today*, *Lifehacker*, *Bustle*, *Everyday Health*, *Psycom*, *Psychotherapy Networker*, *Counseling Today*, and many others.

Interviews with Kathleen have appeared in *The New York Times*, *The Washington Post*, *Women's Health* magazine, *Women's World* magazine, and television programs including *Good Morning Washington*.

She is a student of Bowen Family Systems Theory and an associate faculty member of the Bowen Center for the Study of the Family. Kathleen has a private therapy practice in Washington, DC, and is the host of the TV show *Family Matters*, produced by the University of the District of Columbia.

Kathleen writes a free, weekly therapy newsletter on managing anxiety, called "The Anxious Overachiever." You can subscribe at <https://theanxiousoverachiever.substack.com>.



## Stay Curious in an Anxious World

When anxiety is high, it can be difficult for professionals, leaders, and family members to stay curious about the functioning of a relationship system. This symposium day will explore through Bowen Theory how individuals can stay curious about family function and observation, providing an opportunity to increase one's maturity level.

Dr. Smith's presentation will be divided into a two-part lecture series. The first lecture, "Seeing the Flavors of the Emotional Process," will explore:

- the mechanisms for managing anxiety outlined in Bowen's concept of nuclear family emotional process.
- how to think more objectively about one's family without labeling anyone as the hero or the villain.
- how individuals can observe their participation in these patterns and stay focused on their part, rather than trying to force others to change.

The second lecture, "How Changing Yourself Changes the Game," will focus on:

- differentiation of self, exploring how individuals can begin to experiment with their functioning in the emotional process.
- how differentiation requires both work on self individually and in relation to others, such as defining one's own beliefs and holding on to that thinking in challenging relationships.
- examples of attempts to stay thoughtful guided by principles in our very anxious world over the past year.

These lectures will be followed by coaching/client interviews about the emotional process in their family of origin and workplace as well as ways to live out one's best thinking in an anxious family.

## Registration Form

### BTEC ANNUAL SYMPOSIUM

September 24, 2021 8:00AM—4:30PM

Early Bird Registration (until September 15, 2021): \$99.00

Regular Registration: \$109.00

Student Rate: \$65.00

with I.D. via email to:

[chloe.mitchell@bowentheoryeducationcenter.org](mailto:chloe.mitchell@bowentheoryeducationcenter.org)

Apply for 0.6 CEUs via:

<https://bit.ly/3xap0Zd>

CEU fee: \$25.00

CEU fee DUE BY SEPTEMBER 22, 2021

For information or questions, call: 423-698-8414

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Zoom

On Campus

Two ways to pay for registration:

Online at:

[www.bowentheoryeducationcenter.org](http://www.bowentheoryeducationcenter.org)

OR

Send Registration Form and Check to:

BOWEN THEORY EDUCATION CENTER

6419 Laramie Circle

Chattanooga, TN 37421

The goals of this conference:

- To provide Bowen Theory guidelines for functioning more effectively and thoughtfully