

Readings on Bowen Family Systems Theory

Basic Texts:

- Bowen, Murray. (1978) *Family Therapy in Clinical Practice*. New York: Jason Aronson, Inc.
- Gilbert, Roberta M. (2006). *Eight concepts of Bowen Theory*. Leading Systems Press.
(Bowen 家庭系統理論之八概念。江文賢等譯。台北市：秀威資訊科技。)
- Kerr, Michael, E. & Bowen, Murray. (1988). *Family Evaluation: The Role of Family as an Emotional Unit That Governs Individual Behavior and Development*. New York. W.W. Norton & Co.
- Papero, Daniel V. (1990). *Bowen Family Systems Theory*. Mass.: Allyn and Bacon, Needham Heights.

For Interest:

- Brown, Jenny. (2012). *Growing Yourself Up: How to bring your best to all of life's relationships*. Sydney: Exisle Publishing.
- Friedman, Edwin H. (2014). *Friedman's Fables*.
- Friedman, Edwin H. (2007). *A Failure of Nerve: Leadership in the Age of the Quick Fix*. Seabury Press.
- Gilbert, Roberta, M. (1992). *Extraordinary Relationships: A New Way of Thinking About Human Interactions*. Minneapolis: John Wiley & Sons, Inc.
- Gilbert, Roberta M. (1999). *Connecting with Our Children*. Toronto: John Wiley & Sons, Inc.
- Kerr, Michael, M.D. (2003). *One family's story: A primer on Bowen theory*. Washington D.C. : published by the Bowen Center for the Study of the Family.
- Richardson, Ronald W. (1984). *Family Ties That Bind: A Self-Help Guide to Change through Family of Origin Therapy*. Vancouver: Self-Council Press.
- Schnarch, David.(1998). *Passionate Marriage: Love, Sex, and Intimacy in Emotionally Committed Relationships*. New York: Owl Books. Reprint edition, May 1, 1998.
- Toman, Walter. (1961). *Family Constellation: It's Effects on Personality and Social Behavior*. NY: Springer.

For Clinical Work:

- Bregman, Ona Cohn and White, Charles (Eds.). (2010). *Bringing Systems Thinking to Life: Expanding the Horizons for Bowen Family Systems Theory*. Routledge.
- Lam, C. M. & Chan-So, C.Y. P. (2010) *Report on Validation of the Chinese Version of the Differentiation of Self Inventory (C-DSI)*. Hong Kong: International Social Service Hong Kong Branch.
- Richardson, Ronald W. (2010). *Couples in Conflict; A Family Systems Approach to Marriage Counseling*. Fortress Press.
- Titelman, Peter (Ed.).(2014). *Differentiation of Self: Bowen Family Systems Theory Perspectives*. New York: Routledge.
- Titelman, Peter, editor. (2003). *Emotional Cutoff: Bowen Family Systems Perspectives*. The Haworth Clinical Practice Press. New York: An Imprint of the Haworth Press Inc.
- Titelman, Peter, editor. (2007). *Triangles: Bowen Family Systems Theory Perspectives*. The Hawthorn Press.
- Titelman, Peter, editor. (1990). *Clinical Applications of Bowen Family Systems Theory*. New York: The Hawthorn Press.
- Toman, Walter. (1961). *Family Constellation, Its Effects on Personality and Social Behavior*. New York: Springer Publishing Co.

For Application to the Workplace, Organizations, Business & Leadership:

- Friedman, Edwin H. (2007). *A Failure of Nerve: Leadership in the Age of the Quick Fix*. Seabury Press.
- Fox, Leslie, and Baker, Katharine (2009). *Leading a Business in Anxious Times*. Chicago: Core Communications Press.
- Gilbert, Roberta (2006). *Extraordinary Leadership: Thinking Systems, Making a Difference*. Lake Frederick, VA: Leading Systems Press.
- Miller, Jeffrey (2008). *The Anxious Organization: Why Smart Companies Do Dumb Things*.
- Richardson, Lois & Richardson, Ronald W. (1990). *Birth Order and You: How Your Sex and Position in the Family Affects your Personality and Relationships*. Vancouver: Self Council Press.
- Riley, Ruth & Wiseman, Kathleen Klaus. (1982). *Understanding Organizations: Application of Bowen Family Systems Theory*. Washington, DC. :The Georgetown Family Centre.
- Schara, Andrea. (2013). *Your Mindful Compass: Breakthrough Strategies For Navigating Life/Work Relationships In Any Social Jungle*.

For Church:

- Friedman, Edwin H. (1985). *Generation to Generation: Family Process in Church and Synagogue*. New York: The Guildford Pres.
- Richardson, Ronald W. (1996). *Creating A Healthier Church: Family Systems Theory, Leadership and Congregational Life*. Minneapolis: Fortress Press.
- Richardson, Ronald W. (2004). *Becoming A Healthier Pastor: Family Systems Theory and the Pastor's Own Family*. Augsburg Fortress Publishers.
- Richardson, Ronald W. (2012). *Polarization and the Healthier Church: Applying Bowen Family Systems Theory to Conflict and Change in Society and Congregational Life*. CreateSpace Independent Publishing Platform.

Journals:

- *Family Systems: A Journal of Natural System Thinking in Psychiatry and the Sciences*. Available by subscription from the Bowen Center www.thebowencenter.org
- *Family Systems Forum*, A quarterly publication of the Center for the Study of Natural Systems and the Family. www.csnsf.org.