



# Bowen Family Systems Theory

*Daniel V. Papero*

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## **Bowen Family Systems Theory** Daniel V. Papero

Coverage begins with a chapter that puts Bowen Theory into perspective. A theoretical chapter on the family as a unit follows. Chapter 3 is a presentation of the unique, fundamental concepts of Bowen theory; differentiation of self, nuclear family emotional process, triangles, multigenerational transmission process, family projection process, sibling position, emotional cut-off, and emotional process in society. In the fourth chapter, Papero examines how Bowen Theory works in clinical practice, which he demonstrates with a case study in Chapter 5. The book concludes with a discussion about training in Bowen Theory and Therapy. Papero's book is unique among scholarly works in its brevity. No attempt has been made to condense all of Bowen's ideas into one exhaustive volume.

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