Bowen's psychiatric training began at the Menninger Foundation in 1946. It was during the later part of his eight years at Menninger's that transformative changes came about by highlighting the original papers of the project. They also worked diligently to avoid psychologically replacing parents. This book details the story of how these transformations came about by highlighting the original papers of the project.

The psychotherapist tried to achieve a balance when working with the families by making emotional connections while staying out of intense familial struggles far more accurately and efficiently than the more conventional diagnostic schema still currently employed. This volume conveys to the contemporary the excitement of discovery and of new approaches that energized Bowen's research effort, highlights the value of observational research for the clinician, and provides theoretical challenges to the modern clinician to expand thinking and to consider the family as the unit of treatment.” — Dan Papero, PhD, The Bowen Center for the Study of the Family

“Dr. Butler’s commentary on original papers takes the reader on to the research ward of Bowen’s NIMH project and into the staff discussions and observations. How the research operated, difficulties encountered, and how the ideas were presented within NIMH and within the field of psychiatry can be found in these papers. Discovery awaits the reader in matching the observations and understandings with the first seven concepts of Bowen’s theory. Using Dr. Bowen’s own words, this book fills the knowledge gap that prompts the question ‘Where is the research?’ It is here thanks to Dr. Butler’s quest.” — Catherine Rakow, MSW, Western Pennsylvania Family Center

ABOUT THE BOOK

Family therapy has become a well-established treatment modality across many mental health disciplines including clinical social work, psychology, psychiatry, nursing, and counseling. This book tells the story of how family therapy began based on the work of one of the pioneers of family therapy and therapy, Murray Bowen, M.D. Bowen's psychiatric training began at the Menninger Foundation in 1946. It was during the later part of his eight years at Menninger's that he began his transition away from conventional psychoanalytic theory and practice. Bowen left Menninger's in 1954 and began a historic family research program at the National Institutes of Mental Health (NIMH) in Bethesda, Maryland. This program, called the Family Study Program, involved hospitalizing entire families on a specialized research ward. He was interested in families with a child diagnosed with schizophrenia. The psychotherapist tried to achieve a balance when working with the families by making emotional connections while staying out of intense emotional reactions. They also worked diligently to avoid psychologically replacing parents. This book details the story of how these transformative changes came about by highlighting the original papers of the project.

ABOUT THE EDITOR

John Butler, PhD, maintains a private practice at Rose Street Mental Health Care in Wichita Falls, TX. He is a licensed clinical social worker, a marriage & family therapist, and an AAMFT clinical member and approved supervisor. Dr. Butler trained at the Georgetown Family Center (now the Bowen Center for the Study of the Family) for five years. He is the recipient of Caskie Research Award from the Bowen Center in 2010 for his work on the Bowen Archives at the NIMH.

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