

The Murray Bowen Archives Project

September 27, 2016

NEWS

The Murray Bowen Archives Project: A Summer of Transitions

Since the founding of *The Murray Bowen Archives Project/Leaders for Tomorrow* in 2008, President Joanne Bowen and Vice-President Pat Comella have faithfully led the efforts to preserve and make Murray Bowen's legacy available to the world. The past summer, both resigned from their positions as officers and are looking forward to being able to focus on specific areas of the archives project. Upon her end of the year retirement as Curator of Environmental Collections at The Colonial Williamsburg Foundation, Joanne Bowen will apply her professional background of researching, archiving and curating records to take the lead in archiving the Williamsburg Collection. The Board of Directors thanks Joanne Bowen and Pat Comella for their work and contributions over the past eight years. Their dedication, energy, and commitment to the work of Dr. Bowen have made inestimable contributions - and without them, little could have been accomplished. Watch for the *Project Update* later this fall to learn more about their contributions, and their future plans. Judith Ball and Priscilla Friesen have been elected to fill the positions of President and Vice-President. More on Judy and Priscilla in the next email!

Leaders for Tomorrow is now, legally, The Murray Bowen Archives Project.

When Andrea Schara graciously offered her non-profit organization, "Leaders for Tomorrow," to be used for the work of the Murray Bowen Archives, the original name was retained. Recently, the name of the organization was legally changed to *The Murray Bowen Archives Project*. TMBAP treasurer, Bill Dwyer, requests that all donations be made payable to *The Murray Bowen Archives Project*. We are no longer able to accept checks made payable to Leaders for Tomorrow. Thank you.

"The New and Improved" Murray Bowen Archives Website is almost ready to launch! Due to come online at the beginning of November, in conjunction with the Symposium at The Bowen Center for the Study of the Family, the new website will feature an ever-growing overview of Dr. Bowen's life and work, as well as photographs, excerpts of letters and papers, Oral History interviews, the first online videos of Dr. Bowen, and a serialized edition of Clarence Boyd's book, *Commitment to Principles: The Letters of Dr. Murray Bowen*. The website will continue to expand and grow as additional materials are developed. Watch for the email announcement.

Upcoming Events in the Bowen Network

Being Human: Lessons from Nature, Science and Bowen Theory is a Symposium presented by the Center for the Study of Natural Systems and the Family (CSNSF), Feb. 17 - 18, 2017, at Camp Allen Conference Center, Navasota, Texas. For more information, check the [CSNSF](#) website.

A Rabbi Brought a Psychiatrist to Church. Rabbi Edwin Friedman and Dr. Murray Bowen: A "Think Tank" sponsored by the Voyagers. For more information and to register for this one-day conference at St. John's Episcopal Church in McLean, VA, [click here](#).

HOW YOU CAN HELP

Please Donate. The work of *The Murray Bowen Archives Project* is extensive. Making the collection accessible takes time, volunteers, and financial support. Your donations are greatly appreciated! Checks, payable to "The Murray Bowen Archives Project" can be sent to our Treasurer, Bill Dwyer, M.D., at 301 Belvoir Ave., Chattanooga, TN 37411. Donations also can be made through PayPal on our website: www.murraybowenarchives.org.

The Chalkboard: Quotes from Dr. Murray Bowen



For each email blast from *The Murray Bowen Archives Project*, we include "The Chalkboard," Quotes from Dr. Bowen. The Murray Bowen archives include almost 800 audio and video recordings of clinical sessions, presentations and teaching sessions. With the launch of the new Murray Bowen Archives website in November, for the first time it will be possible to see a videotape of Dr. Bowen. In anticipation of that, the quote below is drawn from a 1985 videotaped presentation on alcoholism, at a conference in Wisconsin. It begins with Dr. Bowen's response to an attendee's request for a one-

sentence explanation of "differentiation of self." As you read, try to hear Dr. Bowen speaking these words in his conversational style, and ending with a laugh. Excerpts from this videotape will be available through *The Murray Bowen Archives Project* website later this year.

...that would be almost equivalent to explain Christianity in one sentence. Because the whole notion of differentiation... Let me put in a few words about this. Among all the concepts that I've developed, probably the most important had to do with extended family.

And another one that I consider the most important would be the differentiation of self. And I think it is difficult for people to deal with the differentiation of self because they are too much stuck to the rest of the family. And I don't think any of us can be aware of how much we are like our family because it is impossible to separate these things out.

And that is probably what I'm trying to say, that the differentiation of self is one that I would consider probably the second best concept that I defined. And nobody else has tried to define that. Some other efforts would be - the effort that Maslow made and people like that that would say people are different from each other along these lines.

The U.S. Army has a quote/cliche which I consider one of the best... You know, to change what can be changed, to be serene about what can't be changed... The Army's one is "to be all that you can be."

And if there is one thing that a therapist has, I think, a command to do, is to help this person or this family become all they can be. And I don't believe that I, or you, or anybody else has become all you could be. I think you still have a million things to work on - and why do you keep putting them off? You could start any day now, just like I can start any day now.

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