

Good Resources for Potential Research Opportunities that are Available Now

Provided By: Catherine Rakow

January, 2023

- 1) The Murray Bowen Archives Project website <https://murraybowenarchives.org>
Included here are selected writings and video clips of Dr. Bowen's lectures, an array of interviews with those who studied the theory and with two people who worked with Bowen at NIMH: Dr. Robert Cohen who hired him there and Dr. Warren Brodey, who was an investigator who worked on Bowen's NIMH project.
- 2) Baege, Monika (2005). *Family Process Influences on the Resilient Responses of Youth*, Ed.D. dissertation, University of Vermont.
- 3) Bowen, M. "A Psychological Formulation of Schizophrenia" *Family Systems Journal*, (Spring/Summer 1995), Vol. 2, No.1, pp. 17-
- 4) Bowen, M., Edited by John F. Butler, (2013). *The Origins of Family Psychotherapy: The NIMH Family Study Project*, Jason Aronson: London, 2013
- 5) Among the videos at NLM and also at the Western PA Family Center, there is a day long seminar done by Dr. Brodey and Mrs. Betty Basamania, who was the social worker on the project. You can hear in their own words what life on the ward was like and the content of their research discussions.
- 6) Dr. Bowen's paper from 1957, published in the *Family Systems Journal* in 1995, was a source for materials in my book. This article came directly out of the archives. It is an excellent narrative on Bowen's own shift to family, the importance of attitude, environment, and foundations of Differentiation of Self. You can read his observations and how those changed his hypothesis over 10 years of researching.
- 7) Dr. John Butler's edited book uses archival materials directly from Bowen's research project showing Bowen's contribution to the development of family psychotherapy in the 1950's, a nodal event in psychiatry, (Bowen, M., Butler, J., 2013)
- 8) Clarence Boyd, edited the book, *Commitment to Principles*, which is currently available for downloading on the TMBAP website. It contains letters from Dr. Bowen

- where he addresses his innermost thoughts and comments on relationships, theory development, and his own efforts spanning 40 years .
- 9) Dr. Butler published a second book, this one for therapists analyzing the therapeutic relationship that showcases the work of Dr. Meissner and Bowen. Dr. Meissner was a research assistant to Dr. Bowen in the early 1960s exploring multi-generational process in families. And some of that research is in the archives.
 - 10) Dr. Margaret Hall, mentioned earlier, published the first book on Bowen theory in 1979. She had close consultation with Dr. Bowen while writing it. There are drafts of her work in the archives. And her book is also available as a free download on the TMBAP website.
 - 11) Dr. Deborah Weinstein used the Bowen archives for her survey of the mid-20th century shift in America toward systems thinking, families, the rise of family psychotherapy in that era and the use of visual media for research and training and Bowen's place in that shift.
 - 12) The Family Systems Journal, published twice a year, has had an article from the archives in each of its issues. And the Murray Bowen Archives Project website is a resource for Bowen materials as well as updates on progress with the collection. There are selected excerpts from Bowen videos available there as well. And they are close captioned to enhance audio accessibility.
 - 13) The National Library of Medicine, in Bethesda, MD has a fascinating blog, named Circulating Now, highlighting historical medical materials. I would highly recommend getting familiar with this invaluable resource.