

## 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 (with close captioning) 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.

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.

4) Bowen, M., Edited by John F. Butler, (2013). *The Origins of Family Psychotherapy: The NIMH Family Study Project*, Jason Aronson: London, 2013

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)

5) Butler, John, (2016). *Therapeutic Relationships: The Tripartite Model: Development and Applications to Family Systems Theory*. Rowman & Littlefield: London, 2016

Dr. Butler published a second book, this one for therapists analyzing the therapeutic relationship that discussing 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.

6) Boyd, Clarence, *Commitment to Principles: The Letters of Murray Bowen, M.D.*  
<http://murraybowenarchives.org/boyd-book>

Clarence Boyd's edited book, *Commitment to Principles*, available free for downloading on the TMBAP website contains letters from Dr. Bowen where he addresses his innermost thoughts and comments on relationships, theory development, and his own efforts spanning 40 years .

7) Hall, C. Margaret (1979). *The Bowen Family Theory and Its Uses*. Jason Aronson: New York, 1979. Available as a free download at: <https://www.freepsychotherapybooks.org/ebook/the-bowen-family-theory-and-its-uses/>

Dr. Margaret Hall 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.

8) Weinstein, Deborah, (2013). *The Pathological Family: Postwar America and the Rise of Family Therapy* by Deborah Weinstein, Cornell University Press, 2013

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.

9) Among the videos at NLM there is a daylong 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.

10) The Family Systems Journal, published twice a year, has had an article from the archives in each of its issues.

11) 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.