



# Emotional Cutoff: Bowen Family Systems Theory Perspectives (Haworth Marriage and the Family)

*Peter Titelman*

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Widen your therapeutic focus and help your family therapy clients learn to bridge generational separation!

This book delivers professional insights on one of the least understood but most important of Bowen's concepts—emotional cutoff. The first book on this subject, *Emotional Cutoff: Bowen Family Systems Theory Perspectives* examines this aspect of Bowen family system theory and shows how emotional cutoff can be understood and addressed in therapy.

*Emotional Cutoff* also provides beneficial case examples, empirically based studies, helpful figures, and family diagrams. This information-packed volume includes a chapter by the developers of Family of Origin Response Survey (FORS)—an instrument that measures the degree to which one is emotionally reactive to their mother or father—that outlines the process and its scoring methodology and demonstrates its reliability. The book also includes chapters on emotional cutoff and societal processes—and even how emotional cutoff manifests in the animal kingdom!

From the editor: *"In this book, the phenomenon of emotional cutoff is explored from many perspectives. The contributors have illustrated the presence of cutoff in non-human species, in relation to evolutionary theory, brain physiology, reproduction, in the lives of therapists and the individuals and families they work with in clinical practice, and in societal emotional process—in a variety of contexts. In addition, the development of an instrument for measuring emotional cutoff is presented."*

Emotional Cutoff is a comprehensive examination of this fascinating aspect of Bowen family systems theory, including:

- a theoretical overview—as well as a look at cutoff in various animal species and an examination of the way the physiology of the human brain is related to the phenomenon of emotional cutoff
- bridging emotional cutoff in the therapist's own family, as related by three Bowen systems therapists and a genealogist who is trained in Bowen theory—essential reading for all therapists!
- research and clinical applications—including interventions you can put into practice right away with clients who are dealing with divorce, depression, domestic violence, or child abuse
- societal applications—a look at emotional cutoff and societal process in Russian citizens, in Holocaust survivors, in immigrants, and in Israeli/Palestinian relations

Emotional Cutoff: Bowen Family Systems Theory Perspectives provides exciting possibilities for treating emotional cutoff in people trying to manage their unresolved issues. It is an essential resource for family therapists, counselors, pastoral counselors, family-oriented psychologists, social workers, psychiatrists, and psychiatric nurses.



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