



- Sydney Reed, MSW, LCSW discovered Bowen theory in the early 70's when she was working on an inpatient psych unit at Chicago Read. Her work with patients and their families convinced her of the value of family systems thinking. Her efforts to define a self in her own family of origin, convinced her that learning Bowen theory required more than an intellectual effort. Intrigued when she watched Bowen teaching, in 1978 she organized family of origin study groups to assist others in the process of learning the theory and applying it to their own lives.
- Sydney attended Jane Addams School of Social Work and the Post-Graduate Training program at Georgetown, Washington, D.C.
- Her research and writing interests have been:
  - family reaction to death: the emotional shock wave
  - family system's view of stress
  - play and the importance of laughter
  - differentiating a self in family and work place
- One of the founding members of CFC, currently, Ms Reed is the director of the CFC Post-graduate Training Program
- Ms Reed has a private practice in Evanston of individuals, couples and families. She has provided consultation to clinicians and clergy in monthly Family of Origin and Work Systems Study Groups for the last 32 years.