

Phases and Format of Process

The initial *Beliefs Chart* coaching outlined below takes twelve to eighteen months, though participants may choose to extend the process. Phone sessions are scheduled every six weeks.

Construction of *Beliefs Chart* (4 Sessions)

Participants are given a series of questions which invite information on changes in relationships and changes in beliefs over the course of their lives. This information is used to construct an initial version of the participant's *Beliefs Chart*.

***Beliefs Chart* Analysis (2 Sessions)**

Participants reflect on their *Beliefs Chart* with the goal of observing how some beliefs may have functioned primarily to support relationship postures such as distancing, cutoff, or enhanced togetherness. The facilitator offers observations for participant reflection.

Focused Research (2 Sessions)

At the participant's discretion, additional work may be done in researching the details of changes in specific beliefs or relationships.

Further *Beliefs Chart* Analysis (2 Sessions)

Participants take new information into account in doing further reflection on their *Beliefs Chart*.

Decision-Making (2 Sessions)

Participants clarify how they decide what to believe, and what actions they will take next.

Beliefs Chart: Sample				
Years or Ages	Changes in Family Relationships?	Belief or Principle Clarified or Adopted • Spoken? • Acted Upon?	Changes in Other Key Relationships or Affiliations	Factors Affecting Level of Anxiety in Relationships
1966	Father leaves family.		Move to new neighborhood.	Financial problems.
1966-74	Close to mother.	"Mom and Me against the world."		
1974	Mother marries boyfriend Distant from mother.		Attend church with friends.	
1978		God is present in my life.	Attend college.	
1978-82		Doubts and questions.	Go to husband's church.	
1982	Marry John.	Accept teachings of church.		
1985	Birth of first child.		Tensions with new minister.	
1988-89	Tensions in marriage.	Women should have fuller role in church. Bible not to be taken literally.		
1990	Birth of daughter.			
1993	Divorce.	God is with us through good times and bad. God calls us to grow by leaving "country and kindred."	Come to this church, supportive relationships.	Loss job.

Format of a *Beliefs Chart* page.

Bob Williamson

Bob Williamson is a religious educator with a private practice serving clergy, laity, and church organizations. He is a graduate of the Lutheran School of Theology at Chicago (M.Div., 1976). Bob was associate director of the Lombard Mennonite Peace Center (LMPC) from 1992 until 2007. He currently serves as adjunct faculty with LMPC and on the faculty of the Center for Family Consultation (CFC). Bob is a member of the Liberal Religious Educators Association (LREDA).

Costs

The cost for *Beliefs Chart* coaching is \$60.00 per hour for time spent by Bob Williamson in phone sessions with participants and in preparing participant *Belief Charts*.

Reading

Required reading for participants is the booklet *Charting Self: The Beliefs Chart as a Tool for Change* (\$5.00 plus shipping) available through BeliefsChart.org.

To Contact BeliefsChart.org

Write: *BeliefsChart.org* LLC
2217 Wharf Drive #306
Woodridge IL 60517

Call: 630-910-1856

E-mail: *Bob@BeliefsChart.org*

Web site: *www.BeliefsChart.org*

Case Study Coaching

In addition to *Beliefs Chart* coaching, Bob Williamson offers telephone coaching which focuses on a leader's functioning within their organization. Participants prepare case studies which serve as the basis for each phone session. Grounded in Bowen theory, individuals may engage in a long-term coaching relationship or schedule one or two sessions to think about a particularly challenging situation. Contact Bob Williamson for more information.

Request For Further Information

_____ I am interested in individual coaching using the *Beliefs Chart*. Please contact me with further information.

Clip and mail this form to: **BeliefsChart.org LLC, 2217 Wharf Drive #306, Woodridge IL, 60517.**

Name _____ Church/Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail address _____

_____ Send me _____ more copies of this brochure for sharing with colleagues.

_____ Send me _____ copies of *Charting Self: The Beliefs Chart as a Tool for Change* (\$5.00 plus postage).

_____ Send me information about the one-day workshop *Charting Self: The Beliefs Chart as a Tool for Change*.

Family Emotional Process

Dr. Murray Bowen understood families as emotional systems impacted by both the level of anxiety within the family and their level of differentiation. Many have seen the relevance of Bowen's ideas for religious congregations and their leaders.

The levels of anxiety in society today impact families, churches, and other groups. Higher anxiety contributes to more automatic functioning by both leaders and members in the form of distancing, conflict, triangling, over- and underfunctioning, cut-off, etc.

Beliefs Chart coaching invites participants to engage in long-term reflection on their own beliefs. This reflection takes into account the profound impact of relationship pressures on the formation, shaping, and abandonment of beliefs. As participants become clear on a few beliefs and principles which are really their own, their life course can become steadier. Furthermore, they become a resource to their families and organizations in anxious times with increased capacity to choose a principled course.

Who Can Benefit

Pastors and religious educators; judicatory officials; spiritual directors; anyone interested in personal growth.

Workshops and Training Events

- *Charting Self: The Beliefs Chart as a Tool for Change* is a one-day workshop available to groups at their invitation which introduces participants to the use of the *Beliefs Chart*.
- *Here I Stand: Leading Change Through Self-Differentiation* is a 3-day event designed to train participants to facilitate *Beliefs Chart* coaching in their own congregations.

Visit the BeliefsChart.org website for more information on either event.

Individual Coaching by Telephone

The Beliefs Chart:
A Tool for Understanding and Change

Offered by
BeliefsChart.org LLC