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THE 20TH ANNUAL CONFERENCE ON
**BOWEN FAMILY SYSTEMS THEORY
AND ITS APPLICATIONS**

**Understanding the Emotional System:
The Individual and the Group
in Natural Systems**

**Perspectives of Family Therapists
And
Interdisciplinary Dialogue**



With distinguished guests

Michael E Kerr, MD.
The Bowen Center, Washington, D.C.

Lee Ross, PhD.,
Stanford University, Social Psychology

Deborah M Gordon, PhD.,
Stanford University, Biology



Presented by
Programs in Bowen Theory

**Saturday & Sunday
June 21 and 22, 2008**

The Hilton Garden Inn
Emeryville, California

The 20th Annual Conference:
Understanding the Emotional System:
The Individual and the Group in Natural Systems.

Murray Bowen defined a theory of the family and how the family emotional system affects the basic adaptiveness and level of self of its members. He defined principles of psychotherapy for families at all levels of functioning with all kinds of emotional illness. Bowen also defined the family as a natural system, meaning that the family is an emotional unit and the human is a part of nature. Bowen saw emotional illness as coming from the instinctive part of the human shared with other forms of life which he defined as the emotional system. For this conference clinicians and researchers present their expertise about behavior, emotional systems and their origins in the interactions of the individual and the group in natural systems.

PROGRAM AND SCHEDULE

Saturday, June 21, 2008

8:45 Welcome and Introduction:
Laura Havstad, Ph.D., Programs in Bowen Theory

9:00 Michael E. Kerr, MD - **Homeostasis and Family Systems.** Automatic adjustments individuals make to maintain system balance are compared with the interactions that maintain physiological homeostasis in the body. The comparison serves to sharpen systems thinking.

10:40 Break

11:10 Victoria Harrison - **Anxiety and Physiological Reactivity in Nuclear Family Triangles** - Looking at differences in physiological reactivity between siblings and their parents as a manifestation of slightly higher and lower levels of differentiation of self in a study of how physiology as well as psychology is shaped in relationships within the family.

11:30 Mike Sullivan - **The Transmission of Anxiety in Adolescent Boy Groups and the Social Groups that Regulate their Behavior** - how anxiety is transmitted within and between the family, the peer group and the correction system and its consequences.

11:50 Panel Discussion with the Audience

12:30 Lunch

How Deep in Evolution is the Emotional System Bowen defined? Comparing Evidence from the Family & the Harvester Ant. An Interdisciplinary dialogue with LeAnn Howard & Deborah M Gordon.

2:00 **Current Research Directions in Bowen Family Systems Theory** (Howard) and the **Study of Harvester Ant Behavior** (Gordon)

2:45 **From Psychoanalytic Thinking to Natural Systems Thinking** (Howard) and **Ant colonies as Complex Dynamical Systems** (Gordon)

3:30 Break

3:50 **The Generality of Interaction Patterns across Species and Complex Natural Systems** (Gordon and Howard)

continued

4:20 Panel Discussion with the Audience

5:00 End

Sunday, June 22, 2008

9:00 Michael E. Kerr - **Chronic Psychosis as a Manifestation of Family System Disturbance: the Case of Jon Forbes Nash, Jr.** - A major disturbance in family homeostasis led to a major disturbance in the psychology and physiology of John Nash. His story is chronicled in the movie and the book by Sylvia Nasser, *A Beautiful Mind*, which is recommended reading. A systems view of his illness and recovery is presented by Dr. Kerr.

10:30 Break

11:00 Daniel Papero - **Challenges in Systems Thinking** - The key to applied Bowen theory can be found in systems thinking. This discipline can be very useful to people in addressing life challenges, but it can easily be lost or distorted by anxiety and other powerful emotions.

11:30 Andrea Schara - **How One Person can make a Difference in a Family Crisis** - A video of the recovery from a so called manic depressive episode in the presenter's family, the use of neurofeedback to lower anxiety in the family, and the change between family members in relationship to one another.

12:30 Lunch

2:00 A Conversation with Lee Ross on **The Person and the Situation** - principles linking the person and the situation which represent social psychology's big lessons, and cumulative contributions. Plus characteristics of effective social interventions. Discussed with Laura Havstad with questions from the audience.

3:30 Break

3:50 Panel Discussion with the Audience

5:00 End

20th Annual Conference: Programs in Bowen Theory

DISTINGUISHED GUEST EXPERTS

Michael E. Kerr, MD. Psychiatrist and Director of the Bowen Center for the Study of the Family in Washington, D.C., Dr. Kerr received the leadership mantle from Murray Bowen to represent and foster the continuing development of theory toward a science of human behavior. His interests are in Bowen theory and the severe emotional illnesses, cancer and physical illness, and evolutionary theory. His widely read text, with Murray Bowen, Family Evaluation is known to many students of family therapy. An active clinician and trainer of family therapists, Dr. Kerr is author of many articles. He lectures nationally and internationally on Bowen theory, systems thinking and the range of human problems and enterprises.

Lee Ross, Ph.D. is Professor of Psychology at Stanford University. Lee Ross's innovative research and systematic theorizing have helped to set the intellectual agenda of social psychology. His contributions to the area of human social judgment include the now ubiquitous concept of the fundamental attribution error, the tendency to make insufficient allowance for the influence of situational pressures and constraints on the behavior of others, and naive realism, the perception that our own views are accurate and authentic and that others' contrary views are inaccurate and biased. He is author with Richard Nisbett of The Person and the Situation: Perspectives of Social Psychology and many other publications. Winner of numerous awards for his contributions to psychology and its applications, we welcome Lee Ross back for a second time to this annual conference.

Deborah M. Gordon, Ph.D. is Professor of Biology and award winning teacher at Stanford University and on the Science Board of the Santa Fe Institute. Studying the complex system of ant colonies she wrote the popular book Ants at Work as well as many research articles over the last 25 years. She is featured in the July 2007 National Geographic in the article entitled "Swarm Theory: Ants, Bees, and Birds Teach Us How to cope with a Complex World". Her long term interest is in how the harvester ant system operates without central control and whether there are general principles that drive behavior systems across different species.

CONFERENCE SPEAKERS

Victoria Harrison, MA, LCSW directs the Postgraduate Program at Bowen Center for the Study of the Family. She lives and works in Houston, Texas, and has a clinical practice in psychotherapy with neurofeedback and biofeedback, and directs the Center for the Study of Natural Systems and the Family, a non-profit educational program. Her clinical work and research feature the ways in which family systems impact physiology and the regulation of health and reproduction. She received the Caskie Award for Research from the Bowen Center in 2004 for work on family relationships and reactivity in the development and treatment of endometriosis.

LeAnn Howard, LCSW, LCMFT is in private practice in Kansas City and has supervised students for more than twenty five years. She is the founding director of Menninger, Kansas City and co-founder of the Menninger Family Therapy Training Program for Community Practitioners in Kansas City. This summer will be her fifth season to join Dr. Deborah Gordon for summer fieldwork research of harvester ant behavior in southeastern Arizona. Her research interest is in moving Bowen theory toward the life sciences and in studying general principles across diverse natural systems.

Andrea Schara, LCSW is a family therapist and directs the non-profit Leaders for Tomorrow. She is on the faculty at the Bowen Center and has written a book, The Mindful Compass: Navigating through the Social Jungle for Fun and Profit, which will be published in Mexico this summer. She has been a presenter at this conference for many years. Her web site is "www.ideastoaction.wordpress.com/".

Michael Sullivan LMSW is in clinical practice in Traverse City Michigan where he developed a home-based treatment model, Families under Stress, for families with court active youth. Part of the Bowen Center network since 1978, Mr. Sullivan has presented on differentiation in delinquency, suppression, emotional density, competitive over-parenting, evolution, emotional process and music. With a parallel career as a professional musician and entertainer, Mr. Sullivan's music has been recorded and performed internationally and he starred with Ernest Borginine in the family film "That One Summer." Mr. Sullivan is entertainment manager of the Traverse City Film Festival.

Laura Havstad, Ph.D. is Director of Programs in Bowen Theory and is a clinical psychologist in practice in Sonoma County, California. She teaches and oversees the educational programs of PBT.

Lona Hardy, LCSW is on the board of Programs in Bowen theory and has a clinical practice in Napa, California. She oversees and coordinates operations of various programs and conferences for PBT.

Daniel Papero, PhD, LCSW a conference speaker, is on the faculty of the Bowen Center in Washington, D.C. A clinician and teacher, Dr. Papero lectures and consults with businesses and organizations across the country. He is author of many articles and the basic text, Bowen Family Systems Theory. Dr. Papero on the board of Programs in Bowen Theory and does an annual one day winter clinical conference in Northern California on Bowen Theory.

Programs in Bowen Theory (PBT) "www.programs.inbowentheory.org" is an educational non-profit organization in Northern California. Through its programs and affiliates, PBT is dedicated to teaching Bowen Family Systems Theory and its applications to psychotherapists, health professionals, clergy, researchers, organizations, managers, leaders and the lay public. PBT is part of a national network of teaching and training programs affiliated with the Bowen Center for the Study of the Family in Washington D.C. at "www.thebowencenter.org".

CONFERENCE INFORMATION

DATE AND TIME: Saturday, June 21 and Sunday, June 22, 2008. Registration: 8:00 AM, Conference: Saturday: 8:45 AM - 5:00 PM and 9:00 AM to 5:00 PM Sunday.

LOCATION: Hilton Garden Inn San Francisco/Oakland Bay Bridge -1800 Powell Street - Emeryville, California USA 94608

DIRECTIONS: From North: 80W to San Francisco. Exit Powell St. At bottom of ramp turn left onto Frontage Rd. Hotel is on the right side. From South: 880N to Oakland. Take 980E, then 580W, exit Powell St. At bottom of ramp turn left onto Frontage Rd. Hotel is on right side. From East: 24W, then 580W. Exit Powell St. At bottom of ramp turn left onto Frontage Rd. Hotel is on right side. From West: 80E, cross Bay Bridge. Take 580 W to 80E, exit at Powell St. At bottom of ramp turn left (Powell St.). Hotel will be straight ahead.

ACCOMODATIONS: Some rooms are available at \$129 if booked by May 21. Mention Programs in Bowen Theory. Tel: 1-510-658-9300 Fax: 1-510-547-8166. Higher June rates apply if booked after May 21. To book online go to "www.sanfranciscooakland.stayhgi.com." Under "Check Availability" on the right hand side, please enter your date of arrival and departure (June 20-22, 2008). Then, click the "GO" icon. Under "Group/Convention" code, please type in "BTAC," and continue.

REGISTRATION: Complete registration form and make check out to Programs in Bowen Theory. Return c/o Lona Hardy, 30 Clement Ct. Napa, CA 94558. For more information, contact Lona Hardy, at (707) 694-5379 or at "hardylona@yahoo.com".

Pre-registration fee is refundable, less a \$35 administration fee, if requested by June 3.

REGISTRATION FORM

Name _____

Profession _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

_____ \$245.00 postmarked by 6/7/08

_____ \$270 postmarked after 6/7/08

_____ \$190.00 postmarked before 6/7/08, \$215 after

for full time students and interns only - mail with official proof of full time student registration or state internship registration

_____ \$15 - 12 CEUs for (circle one) MFT & LCSW or 12

CME credits pending for psychologists, nurses, & physicians-

(license # _____)

_____ Total Registration Amount Enclosed

_____ I can't attend the June Conference but please add me to your mailing list

_____ Please remove me from your mailing list