

The Western PA Family Center

Moving Beyond the Pandemic: Systems Thinking and Adaptation

Speaker Biographies

Dr. Cynthia Larkby

Ms. Larkby began her social work career working with families and children at Allegheny Children's Center and next served as Director of the Adolescent and Children's Services at Northern Communities MH/MR Centers. She has a private practice working with couples and families and is one of the six founders of the Western Pennsylvania Family Center where she currently serves as Faculty Director.

Ms. Larkby received bachelor's and master's degrees in Social Work from the Ohio State University and a PhD in Psychiatric Epidemiology from the University of Pittsburgh, Graduate School of Public Health. She has been a member of the American Family Therapy Academy since 1988.

Annette Kolski-Andreaco, MSW, LCSW, MURP

As a senior manager and executive director in the nonprofit sector for over 40 years, Ms. Kolski-Andreaco served in a variety of capacities, including strategic planning, fund development, program development, public and community relations and board relations. Ms. Kolski-Andreaco has managed organizations with staff from two members to 60. She was a senior manager for LifeSolutions EAP at UPMC Health Plan until her retirement in 2016. She was previously the administrative director of the Western Pennsylvania Family Center for 11 years where she completed the post graduate training program. She also completed three years of postgraduate work at the Bowen Center for the Study of the Family. Ms. Kolski-Andreaco is on the faculty of the Western Pennsylvania Family Center. She maintains a private practice for individuals, families, and couples.

Dr. Arthur Zipris

Arthur Zipris is a licensed psychologist, practicing at the Pittsburgh Pastoral Institute, where he sees individuals, families, and couples. He has studied Bowen Family Systems Theory (BFST) for over 30 years and has done many presentations on different applications of the theory in Pittsburgh and elsewhere. He was an adjunct lecturer with the MFT program at Seton Hill University. Dr. Zipris is on the faculty of the Western Pennsylvania Family Center (WPFC) where he is the primary author of the BFST workbook and developed, along with other faculty members, WPFC's online program. Dr Zipris is a frequent facilitator of the WPFC Basic Seminar, the two-years program for the foundational study of Bowen Theory.

Pastor Carl A. Jensen

Pastor Jensen is currently a member of the Western Pennsylvania Family Center (WPFC) Faculty. Before retiring, he served as Executive Director of the Peninsula Pastoral Counseling Center in Newport News, Va. Before that, he was Director of Pastoral Counselor Training at Pittsburgh Pastoral Institute, previously having served congregations in Southwestern Pennsylvania. He received a Master of Divinity degree from the Lutheran School of Theology at Chicago, a Master of Science in Education degree from Duquesne University, and a Post Masters Family Therapy Certificate from the University of Pittsburgh.

Pastor Jensen has been a National Clinical Fellow of the American Association for Marriage and Family Therapy, in which he was an Approved Supervisor before relocating. He was a Diplomate in the American Association of Pastoral Counselors until this association merged into the Association for Clinical Pastoral Education in 2019 when he became a Retired Professional member. When working in Pennsylvania and Virginia, he was a Licensed Marriage and Family Therapist in these states.

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Ann Depner, MSW LCSW

Ann Depner is a licensed clinical social worker and spiritual director who works in private practice. She also serves on the faculty of the Western Pennsylvania Family Center (WPFC) and as co-editor of the Family Center's blog. For much of her career, Ann worked as a therapist and director of counseling services for Catholic Charities of the Diocese of Pittsburgh.

Speaking from a family systems perspective, Ann has presented locally and nationally on topics such as compassion fatigue, the relevance of Bowen theory to spirituality, and ethics in the mental health profession. She has found Bowen theory to be a rich resource for development of guiding principles in both her personal and professional life.

Jane Adams, MS

Ms. Adams is a graduate of the University of Pittsburgh (MS Child Development). Currently retired, she was the director of St. Paul's Episcopal Nursery School from 1992 until 2012, where she applied Bowen Systems Theory in her work with the faculty, parents, and children. Ms. Adams studied Bowen Family Systems at the Western Pennsylvania Family Center (WPFC) and is a member of the Center's faculty. She presents regularly to the WPFC Basic Seminar class, the two-year program for foundational study of Bowen Theory. Ms. Adams has served on the board of Pittsburgh Head Start, Magee Womens Hospital Warm Line Advisory Committee and the Board of Trustees of St. Paul's Episcopal Nursery School.