

**ANXIETY, PHYSIOLOGY AND ADAPTIVE CAPACITY:  
A FAMILY SYSTEMS PERSPECTIVE**

**Conference Schedule**

Total Credit Hours: **6.5**

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|---|-------------------------|
| <i>Welcome</i>  | <i>8:30 – 8:45 AM</i>   |
| <b>Robert Noone, PhD</b><br><i>Pt. I - Family and the Shaping<br/>of Adaptive Capacity</i>                                | <b>8:45 – 9:45 AM</b>   |
| <i>Rest Break</i>   | <i>9:45 – 10:00 AM</i>  |
| <b>Robert Noone, PhD</b><br><i>Pt. II. - Family and the Shaping<br/>of Adaptive Capacity</i>                              | <b>10:00 – 11:00 AM</b> |
| <b>Q &amp; A Session</b>  | <b>11:00 – 12:00 PM</b> |
| <i>Lunch Break</i>  | <i>12:00 – 12:30 PM</i> |
| <b>Sandra Caffo, LMFT, LSW</b><br><i>Physiology, Family and Tunnel Vision:<br/>A Journey to 'See' More Clearly</i>        | <b>12:30 - 1:15 PM</b>  |
| <b>Arthur Zipris, PhD</b><br><i>Revisiting the Concept<br/>of Differentiation of Self</i>                                 | <b>1:15 – 2:00 PM</b>   |
| <b>Q &amp; A Session</b>  | <b>2:00 – 2:30 PM</b>   |
| <i>Rest Break</i>   | <i>2:30 – 2:45 PM</i>   |
| <b>Ann Depner, LCSW</b><br><i>Social Pain and Social Gain:<br/>Harnessing the Power of Human Emotion<br/>for the Good</i> | <b>2:45 – 3:35 PM</b>   |
| <b>Q &amp; A Session</b>  | <b>3:35 – 4:15 PM</b>   |

## **ANXIETY, PHYSIOLOGY AND ADAPTIVE CAPACITY: A FAMILY SYSTEMS PERSPECTIVE**

### **Presenter Bios**

#### **Robert J. Noone, PhD (Keynote)**

Robert J. Noone, Ph.D. is faculty at the Center for Family Consultation, Evanston, IL and the Georgetown Family Center in Washington, D.C. He is the editor of the journal Family Systems and co-editor of the books *The Family Emotional System* (2015) and *Handbook of Bowen Family Systems Theory and Research Methods* (2020). He is also the author of the recently published book, *Family and Self* (2021). Dr. Noone has a practice in family psychotherapy in Evanston, IL. He received his doctorate from the University of Illinois at Chicago and postgraduate training at Georgetown University Medical Center in Washington, D.C.

#### **Ann Depner, LCSW**

A licensed clinical social worker, Ann Depner, LCSW, maintains a private practice of family therapy and spiritual direction in Pittsburgh, PA, where she also serves as a faculty member of the Western PA Family Center (WPFC). She formerly worked as a clinician and the Director of Family Services for Catholic Charities of the Diocese of Pittsburgh. Ann completed the Basic Seminar in Bowen Theory at WPFC in 1989 after earning a Master's degree from the University of Pittsburgh School of Social Work. Upon retiring from her full-time position at Catholic Charities in 2009, she earned certificates in spiritual direction and direction of the Ignatian Spiritual Exercises from the Pneuma Program of the Pittsburgh Theological Seminary. Ann has applied Bowen theory to her work as a clinician, administrator, and spiritual director throughout the arc of her career. Speaking from a family systems perspective, Ann has presented locally and nationally on topics such as the process of development for clinicians, ethics in the mental health profession, differentiation of self as a developmental process, and the relationship of Bowen theory and spirituality.

#### **Sandra Caffo, LCSW**

Sandra Caffo is a licensed clinical social worker (LCSW) who began training in Bowen Family Systems theory in 1985. She maintained a dual focus in the application of these ideas throughout her career of more than thirty years. Her clinical work included a psychotherapy practice as well as work in the field of drug and alcohol. Her work in organizations involved leadership consultation, organization development and employee assistance where she ran an employee assistance company. She is currently retired and continues this dual focus of the ideas through living in a multi-generational family and serving on several non-profit boards where she continues to apply system ideas in her role as a board member. She is a faculty member of the Western PA Family Center.

## **Arthur Zipris, PhD**

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 for over 30 years, and has done many presentations on different applications of the theory, both in Pittsburgh and elsewhere. He is also on the faculty of the Western Pa. Family Center, and has taught Family Systems theory for many years as an adjunct lecturer with the MFT program at Seton Hill. He is the primary author of the BFST workbook, and developed, along with other faculty members, the on-line program of the theory at the Family Center, as well as being a facilitator of the Basic Seminar at the Family Center.