

Emotional Projection Process: Challenges in Applying Bowen Family Systems Theory

FRIDAY, SEPT. 13, 2024 | PRESENTATION SCHEDULE

Please note: All participants are asked to arrive or login to Zoom by 8:15 am

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|---------------------|--|---------------------------------|
| 8:30 AM – 8:45 AM | <i>Welcome & Overview of the Day</i> | Members of WPFC Board & Faculty |
| 8:45 AM – 10:00 AM | <i>Climbing Mt. Everest in Flip-Flops: Societal Projection Process, Differentiation of Self and Functioning</i> | Eileen Gottlieb |
| 10:00 AM – 10:30 AM | <i>Discussion</i> | Led by Moderator |
| 10:30 – 10:45 AM | <i>Break</i> | |
| 10:45 – 11:15 AM | <i>Systems Theory and the Diagnostic Perspective</i> | Dr. Arthur Zipris |
| 11:15 – 11:45 AM | <i>Transcendence and Differentiation</i> | Erik Thompson |
| 11:45 – 12:00 PM | <i>The Return of the Missing to New Generation Cypriots: An Interpretive Phenomenological Analysis Through a Bowen Family Systems Lens</i> | Kristian T.P. Fics |
| 12:00 – 12:30 PM | <i>Discussion</i> | Led by Moderator |
| 12:30 – 1:15 PM | <i>Lunch</i> | |
| 1:15 – 2:00 PM | <i>Evolution of Love: Freud, Jung, and Murray Bowen</i> | Allison Whitney |
| 2:00 – 2:15 PM | <i>Tug of War? Understanding Bowen Family Systems Theory From Both Modern and Post-Modern Paradigms</i> | Daphkar Dubreuil |
| 2:15 – 2:30 PM | <i>Pathogenic Parenting and Parental Alienation as Trauma-Activated Bowenian Projections, Abusive Triangulations, and Enmeshed Cross Generational Coalitions Brought on by Divorce</i> | Karen Berk Barak |
| 2:30 – 3:00 PM | <i>Discussion</i> | Led by Moderator |
| 3:00 – 3:15 PM | <i>Break</i> | |
| 3:15 – 3:45 PM | <i>Home Sweet Anxiety: Observations from Inside the Family Emotional Process During New Home Ownership</i> | Ashley Taylor |
| 3:45 – 4:00 PM | <i>Pop Culture Gram: Bringing Genograms into the Next Generation of Pop Culture</i> | Tania Florek |
| 4:00 – 4:15 PM | <i>Examining Music Through A Bowen Family Systems Theory Lens</i> | Brye Moss |
| 4:15 – 5:00 PM | <i>Discussion & Closing Remarks</i> | Led by Moderator |
| 5:00 – 6:30 PM | <i>Optional Reception & Brief Annual Meeting</i> | |

Emotional Projection Process: Challenges in Applying Bowen Family Systems Theory

SATURDAY, SEPT. 14, 2024 | PRESENTATION SCHEDULE

Please note: All participants are asked to arrive or login to Zoom by 8:15 am

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| 8:30 AM – 8:45 AM | <i>Welcome & Overview of the Day</i> | Members of WPFC Board & Faculty |
| 8:45 AM – 10:00 AM | <i>Climbing Mt. Everest in Flip-Flops: Societal Projection Process, Differentiation of Self and Functioning</i> | Eileen Gottlieb |
| 10:00 AM – 10:30 AM | <i>Discussion</i> | Led by Moderator |
| 10:30 – 10:45 AM | <i>Break</i> | |
| 10:45 – 11:15 AM | <i>Forced Family Separation as an Example of Social Emotional Projection Process</i> | Walter Smith Jr., Ph.D. |
| 11:15 – 11:45 AM | <i>Family Projection Process: The Application of Differentiation of Self or Triangulation</i> | Tracey-Ann Spencer PhD, LMFT, MSHRM |
| 11:45 – 12:00 PM | <i>Making Sense of the War in Gaza: The Family Projection Process in Third Generation Holocaust Survivors</i> | Maxine Cher |
| 12:00 – 12:30 PM | <i>Discussion</i> | Led by Moderator |
| 12:30 – 1:15 PM | <i>Lunch</i> | |
| 1:15 – 1:45 PM | <i>Designed to Fail?</i> | Dave Galloway |
| 1:45 – 2:15 PM | <i>Exploring Emotional Projection in American Healthcare</i> | Cassandra Cacace, PhD, LMFT |
| 2:15 – 2:30 PM | <i>Exploring My Family's Emotional System</i> | Solange Moss, MBA |
| 2:30 – 3:00 PM | <i>Discussion</i> | Led by Moderator |
| 3:00 – 3:15 PM | <i>Break</i> | |
| 3:15 – 3:45 PM | <i>Bowen Theory and the Trauma Trend</i> | Ann Depner, LCSW |
| 3:45 – 4:00 PM | <i>Introduction Bowen Family Systems Theory to First-Generation Immigrants: A Participant Observer's Experience of Community and Conversation</i> | Nadia Farsinezhad |
| 4:00 – 4:15 PM | <i>Incoming Hot Flash! Exploring the Lived Experiences of Afro-Caribbean Women Through Perimenopause: A BFST Perspective</i> | Christine Donalds-Rose |
| 4:15 – 4:30 PM | <i>Applying Bowen Family Systems Concepts in a Domestic Violence Center</i> | Nailin Morera |
| 4:30 – 5:00 PM | <i>Discussion & Closing Remarks</i> | Led by Moderator |

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Emotional Projection Process: Challenges in Applying Bowen Family Systems Theory

Keynote Speaker Bio

Keynote Speaker

Eileen Gottlieb, M.Ed. LMFT

Eileen Gottlieb has consulted to individuals, couples and families for 45 years. Her study of Bowen Family Systems Theory and Therapy began with three years in the Special Postgraduate Program at the Georgetown Family Center, 1980-83. Ms. Gottlieb has participated in the Papero Advanced Seminar for more than 35 years. Her presentations at Bowen Center Symposia, Spring Meetings, and Bowen Network Conferences span four decades. Interests include variation in functioning of survivors of the Holocaust, expression of chronic illness in the nuclear and multigenerational family, differentiation and aging, societal projection process, antisemitism, and political violence.

Presenter Bios

Allison Whitney

Allison has been immersed in Bowen Family Systems Theory for nearly 15 years, building her foundational knowledge at the Western Pennsylvania Family Center in Pittsburgh. Currently serving as its Board President, her education has been enriched by various global Bowen Theory events and resources. With nearly 17 years in the financial planning industry, most recently as a financial advisor, Allison now focuses on creating videos and animations to highlight key concepts and aspects of Bowen theory, blending her diverse expertise and interests.

Ann Depner, LCSW

A licensed clinical social worker, Ann Depner 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. 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 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.

Dr. Arthur Zipris

Dr Zipris, although licensed as a psychologist, has been grappling with systems theory for over 40 years.

Ashley Taylor, M.ED, MMT, MT-BC

Ashley Taylor, M.ED, MMT, MT-BC is an educator, a music therapist, a relational therapist, and a secular community leader attempting to figure out how to serve in any of those roles as a Self. She has been studying Bowen Family Systems theory for five years, personally and clinically. So far, learning Bowen's theory has expanded Ashley's thinking about polyamory & love, queerness and other sociocultural identities, religion, politics, plants, animals, food, bodies, sex, and (of course) her own Family of Origin. She has published work on queering pedagogy, self-of-the-therapist, and fat identity in music therapy and hopes to continue thinking, learning, and writing about these and other topics from an increasingly clear systems perspective.

Dr. Brye Moss

Dr. Brye Moss is a recent graduate of the Doctor of Marriage and Family Therapy (D.M.F.T.) program at Nova Southeastern University. Although she is currently working toward licensure in Florida, she eventually plans to return to her home state of South Carolina. A lifelong lover of music, Brye became interested in its therapeutic potential in 2021 while interning at The Bougainvillea House, an agency for behaviorally troubled and substance-using teenagers. She noticed that including music in the teens' group therapy sessions had a strongly positive influence on the rate and quality of their engagement. Moreover, Brye saw that the teens' enthusiasm for music mirrored her own experiences, particularly in terms of music's ability to articulate lyrically and instrumentally that which might otherwise go unexpressed. Compelled by these experiences—and later the mentorship of Dr. Chris Burnett—Brye began to wonder about the functions served by music at individual, relational, and multigenerational levels. She continues to percolate on the implications of viewing music as a channel for accessing and processing the largely universal ambiguities of the human experience.

Cassandra Cacace PhD, LMFT

Cassandra "Cassie" Cacace (she/her) is an Assistant Professor and Community Engagement Director in the Master Marriage and Family Therapy (MMFT) program at Converse University. She teaches Basic Techniques, DSM5 Psychopathology, Advanced Models II (which includes Bowen's theory), and supervises students in the clinic. Dr. Cacace is licensed in both South Carolina and Florida and owns and operates a small private practice, where she provides teletherapy to clients in both States. Dr. Cacace is also an AAMFT Approved Supervisor.

Christine Donalds-Rose PhD Candidate

Christine Donalds-Rose, a doctoral candidate in Family Therapy at Nova Southeastern University (NSU) in South Florida, has a track record of success in her professional roles. She has presented at international professional conferences and on local platforms, including churches, colleges, and K-12 schools. While at NSU, Christine worked with the Brief Therapy Institute and Medical Family Therapy clinics and was a teaching assistant and a guest lecturer for selected doctoral classes. During her master's program at Mercy College in New York, Christine co-designed, established, and managed a family therapy clinic in a substance abuse facility. Her success in this role was evident

in her positive impact on court-mandated clients. She intends to conclude her studies at NSU at the end of this summer and reestablish her private practice to serve clients in Florida and New York, where she is licensed in marriage and family therapy. With a strong aptitude for fostering intellectual growth, Christine aspires to teach at the master's and doctorate levels. She also hopes to expand her research and professional work with women in midlife and through the menopause transition by employing the findings from her dissertation research, which utilized the conceptual framework of Bowen family systems theory.

Daphkar Dubreuil

Daphkar Dubreuil is a third year PhD candidate in the Couple and Family Therapy program at Nova Southeastern University. She is also a Registered Mental Health Counselor Intern. She has obtained a B.S. degree in Neuroscience and Behavioral Sciences from Florida Atlantic University and a M.S. degree in Psychology from Lynn University. Her research interests include exploring themes of grief and loss among BIPOC family systems, gender studies, Bowen Family Systems Theory, and merging tenets of modernism and postmodernism.

Dave Galloway

During his 30 year career in high tech, Dave Galloway held a number of leadership positions. His years of training in Bowen Theory have allowed him to think extensively about systems in the workplace. He currently produces a bimonthly blog post on Bowen Theory ideas for Living Systems counseling in BC, Canada. A father for 38 years and a husband for 43, Dave has had a lot of time to work on his self in his own family system.

Erik Thompson, MA

Erik Thompson, MA is Executive Director of the Vermont Center for Family Studies and a member of the Network for the Advancement of Bowen Theory. He holds a BA in Indian philosophy and is a licensed psychologist. His peer reviewed publications include the 2012 "Self Harm and Bowen Theory" in Family Systems, and the 2022 "Differentiation of Self, Life Span Theory, and Higher Stages of Human Development" with neuroscientist Fred Travis in The Family Journal. Erik runs Thompson Leadership Development, a national executive development firm.

Karen Berk Barak

Karen is deeply committed to healing. She specializes in PTSD, CPTSD, family dysfunction and generational trauma. She sees trauma survivors, those struggling with addiction as well as individuals, couples and families facing mental health and/or relationship challenges. Drawing from the Bowen Model, Polyvagal Theory, Inner Child work, and Solution-Focused models, Karen's approach is rooted in helping clients identify dysfunctional family-of-origin patterns that may be unconsciously active. Karen assists clients in recognizing and changing patterns, finding solutions and emotional regulation while honoring each client's unique life experiences. Karen creates safe spaces for processing and healing using both theoretical frameworks and somatic techniques. As a classically trained musician, Karen also uses creativity in healing. She founded "Cultivate & Create"™ - Collaborative Lyric Writing for Healing and "Reflections"™ - healing through visual arts using mirrors. Beyond her therapeutic work, Karen is a proud parent. She is also a first-generation American and a second/third generation Holocaust survivor as both her parents and grandparents survived. She is a public speaker, Solution Focused coach, therapist and educator. All of these factors have profoundly affected her ability to connect with a wide spectrum of clients.

Kristian T.P. Fics

Kristian T.P. Fics has a double major in psychology and anthropology at the University of Manitoba, with a joint Master's degree from the University of Manitoba and University of Winnipeg in Peace and Conflict Studies. He is currently taking his Ph.D. at Nova Southeastern University in couple and family therapy at the Kiran C. Patel School of Osteopathic Medicine and working on his dissertation. Kristian has published a book called "Healing through the Bones: Empowerment and the Process of Exhumations in the Context of Cyprus" in 2017, as well as an article entitled "Cyprus and British Colonialism: A Bowen family systems analysis of conflict formation" via the Journal of Peace and Conflict Studies. Kristian has trained in family therapy at the Brief Therapy Institute at Nova and has done family systems psychotherapy with families, couples, and individuals in multiple settings for several years via outpatient and in-home therapy.

Maxine Cher

Maxine Cher is a PhD candidate in Marriage and Family Therapy at Nova Southeastern University. She graduated with her Bachelor of Arts in Psychology from Pace University in 2013 and continued to live and work in various fields in New York City before continuing her academic journey in 2018. In 2020, she graduated from Nova Southeastern University with her Master's in Marriage and Family Therapy. That same year, she decided to pursue her doctoral degree in the same field. Throughout her career in the mental health field, Maxine has worked in community-based therapy and private practice. Currently, she is a Marriage and Family Therapy Intern, working as a therapist for the online therapy platform Cerebral. Maxine's research interests are in historical trauma, family trauma, relationships, mindfulness, experiential therapy, nature, spirituality, and death. She lives in Upstate New York with her partner, Quincy, and their dog, Birdy.

Nadia Rose Farsinezhad

My parents immigrated out of survival after the Revolution of 1979 in Iran. I had the privilege to be born in the U.S. and due to my father's international job, I got to explore many cultures during my childhood living in different countries. I was lucky to get this exposure because I experienced first-hand what it meant to be an immigrant in a foreign country having to learn a new language and face cultural barriers every time we moved. My parents were always volunteering in the Iranian community organizations wherever we lived, as it made them feel a little piece of home away from their country. I learned about the power of giving back and being helpful to those who are adapting to a new cultural environment from watching my parents. It has been very rewarding for me because I can be empathetic and understanding of the acculturation process. I learned very quickly how communication influences and brings a sense of closeness to those who felt like a stranger in the host country. Thus, as a family therapist, I wanted to achieve a more in-depth understanding of this group by intersecting immigration, gender relations and family systems functioning.

Nailin Morera

Nailin Morera is a doctoral student of Couple and Family Therapy at Nova Southeastern University. Nailin earned her master's degree at the same university in August 2023 and is currently a Registered Marriage and Family Therapist Intern. She holds the position of Adult Therapist in the Outreach Department at the local domestic violence center in Broward County, Florida. Nailin has worked at the center for about four years and has held different positions in her time there. Currently, Nailin is a student of Dr. Christopher Burnett and has immersed herself in Bowen Family Systems Theory (BFST) concepts through her doctoral practicum experience. Nailin finds that BFST has a powerful way of creating empathy and understanding for the complexities of life.

She has noticed an immense transformation in her therapeutic process since she began adopting BFST concepts in her approach domestic violence.

Solange Moss, MBA

My name is Solange Moss. I am currently a full-time mother of two, a 3rd year doctoral student from Nova Southeastern University, and a Registered Marriage and Family Therapist. I have received a Master's in Business Administration and a Master's in Science in Marriage and Family Therapy both at Nova Southeastern University. I like unlocking my clients potential and seeing them accomplish amazing things. A fun fact about me is that this is my first presentation on Bowen Theory!

Tania Florek

Tania Florek is a PhD candidate at Nova Southeastern University's Couple and Family Therapy Program in Ft. Lauderdale, Florida. Tania is in private practice and occasionally consults with private businesses and organizations. Tania has experience working as a Medical Family Therapist at Nova's Medical Clinic, Substance Abuse and Domestic Violence agencies, and Youth programs. Tania has been a learner of Bowen Family Systems Theory for 12 years since first being introduced to the theory in the Marriage and Family Therapy Master's program at Nova Southeastern University. Tania provides a collaborative approach by exploring every client's story while providing an experience tailored and personalized to that individual. Tania has over 15 years of clinical experience, including working in community agencies, patient advocacy, nonprofit organizations, and educational settings. Tania specializes in identity of self, family conflict, traumatic brain injury, life transitions, sports performance, perinatal health and other health issues. Tania has presented nationally and internationally, as well as online in educational forums, and is the co-author of Co-therapy: A Collaborative Odyssey.

Dr. Tracey - Ann Spencer, PhD, LMFT, MSHRM

Dr. Tracey - Ann Spencer, PhD, LMFT, MSHRM, is an assistant professor at Nova Southeastern University in the Dr. Kiran C. Patel College of Osteopathic Medicine within the departments of Couple and Family Therapy and Health and Wellness Coaching. Dr. Spencer is a licensed Marriage and Family Therapist in the state of Florida. As a systemic and relational psychotherapist, her work is informed by strength-based, insightful approaches that empower clients to reauthor their life story, improve their differentiation of self and reduce their anxiety to build solutions and achieve their desired goals. This is accomplished using Solution Focused Brief Therapy, Narrative Therapy and Bowen Family Systems Theory. Dr. Spencer is a member of the American Association of Marriage and Family Therapy, the International Family Therapy Association. She has professional certifications in Yellow Belt, Lean Six Sigma Excellence, Project Management, Mental Health First Aid USA, Bereavement and Childbearing Families Training, Emotionally Focused Couples Therapy Overview, and effective college instruction from the Association of College and University Educators (ACUE). She was a consultant for the Tavistock Workshop, Conflict Management: Overt and Covert Dynamics, Nova Southeastern University. She has lectured and presented at national and international conferences, seminars, women's retreats, churches and workshops.

Walter Howard Smith Jr., Ph.D.

Walter Howard Smith, Jr. is a trustee of the Casey Family Programs foundation in Seattle Washington. He is practicing psychologist in private practice with 50 years experience as a

psychotherapist. He is a board member of the Pittsburgh Foundation. He is a founding member of the Western Pennsylvania Family Center and currently on its faculty. He is the retired clinical director of Allegheny County Department of Human Services and retired deputy director of the Department of Children Youth and Families. He is the former executive director of Family Resources, a child abuse prevention and treatment non-profit organization in Pittsburgh.