

Tension in the Family:

Coaching the Chronically Distressed Family

Bowen's research at the NIMH in the 1950s produced an initial cardinal finding—that the family functioned as an emotional unit or system. He and his team subsequently recognized the role of stress or anxiety in the behavior of the family unit. Increasing stress and anxiety individually and in the family system results in changes in behavior. Individuals become more tense—more sensitive, reactive and more cognitively challenged. Family units transmit stress and anxiety rapidly to all members. They become less flexible, less oriented to solving problems, display heightened criticism and blaming of one another, and more active patterns of conflict and withdrawal.

Bowen noted that individuals and family units can become chronically anxious or stressed, a condition he called chronic anxiety. Chronic anxiety produces chronic tension in people and in family units. The clinical approach to the chronically tense individual and family unit has two main interconnected goals: 1. To decrease tension in the unit and 2. To assist motivated individuals to reclaim abilities to self-regulate, to think clearly, decide and act without having to withdraw from the tense family unit. The goal of the day will be to describe clearly the processes of stress and tension within the family and the clinical approaches that can help the family unit regain competent functioning.

Presentation Schedule

Friday, April 27, 2018 • 8:30 am - 4:30 pm

Orchard Place

925 Porter Ave. (east of the airport)

Des Moines, Iowa 50315

Parking available at Nahas Aquatic Center & South Side Library next door on SW Porter Ave.

Registration	8:30 am
Presentation Begins	9:00 am
Break	10:30 - 10:45 am
Lunch	12:15-1:15 pm
Break	2:45 - 3:00 pm
Presentation Concludes	4:30 pm

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Fall Conference
October 5, 2018
Dr. Michael E. Kerr, MD

BOWEN FAMILY SYSTEMS BI-ANNUAL CONFERENCE
hosted by

 **CATHOLIC CHARITIES**
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COUNSELING PROGRAM

Tension in the Family

Coaching the Chronically Distressed Family

by Daniel V. Papero, PhD, LCSW-C, LICSW
of the Bowen Center



April 27, 2018 • 8:30 am - 4:30 pm

LOCATION:
Orchard Place
925 Porter Ave.
Des Moines, Iowa 50315

Registration Form

Registration deadline: April 23, 2018

Pre-registration is required in advance to receive lunch.

___ **Professionals:** \$100

___ **Full-time Students OR Religious/Parish Staff:** \$50

**Continuing Education Units are available. (No additional fee)*

Name _____

Address _____

City, State, Zip _____

Day Phone _____

Email _____

Organization/Profession _____

Student Institution _____

Please attach information for all attendees.

Payment

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Mail in registration to: Center for Life Counseling
601 Grand Ave., Des Moines, IA 50309
or call to register: 515-237-5045

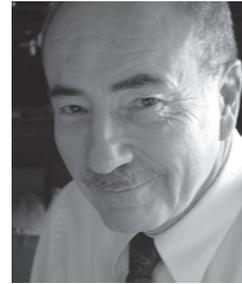
Cancellations received at least five working days before the event are refundable by half per registrant. Please note that if you register and do not attend you are still liable for full payment.

More information online at

www.catholiccharitiesdm.org

About the Presenter

Dr. Papero, Ph.D. is a senior faculty member at the Bowen Center for the Study of the Family in Washington, D.C. Dr. Papero worked directly with Dr. Murray Bowen and was selected by him to be one of the first faculty members at the Bowen Center. He provides consultation to business and agencies in addition to conducting workshops and maintaining a private practice. He has written numerous essays, book chapters and journal articles on various aspects of Family Systems Theory and Family Psychotherapy. His book, Bowen Family Systems Theory, was published in 1990. He is on the editorial board of Family Systems: A Journal of Natural Systems Thinking in Psychiatry and the Sciences. He and Kathleen Wiseman, MBA, have published an audio tape series of conversations called A Systems View: Uncommon Thinking for the Workplace. Dr. Papero is an annual presenter for the Catholic Charities Spring Conference.



About the Conference

This conference offers a way of thinking that can assist anyone who is interested in broadening his or her perspective in life and improving functioning in relationships. In addition to clinicians in therapeutic settings, it can be of benefit in personal/family relationships as well as in professional/business settings.

Continuing Education

This conference meets the criteria of an approved continuing education program for mental health practice in Nebraska and Iowa. The Conference Day on Friday is approved for 6 hours of C.E.U.s. For further information contact: Sharon Bandstra, LISW, 515-237-5045 or sbandstra@CatholicCharitiesDM.org.



COUNSELING PROGRAM

Catholic Charities Counseling Program (formerly known as Center for Life Counseling) is a program within Catholic Charities, Diocese of Des Moines. Our professional therapists work with individuals, couples and families of all faiths regarding a number of issues including depression, anxiety, stress, child behavior problems, marital conflict, eating disorders, sexual abuse, criminal behavior, addictions, health problems and spiritual crisis. Bilingual counseling is also available. Most insurance is accepted. The program also serves those without insurance through a sliding scale fee structure based on income and family size.

About Catholic Charities

Founded in 1924, Catholic Charities, Des Moines Diocese, is dedicated to offering help and hope to those in need throughout central and southwest Iowa. Catholic Charities, a United Way agency, provides individual and family counseling, food pantry, refugee resettlement services, domestic violence and sexual assault shelter and services, family emergency shelter, and more. Facilities include Catholic Charities Emergency Family Shelter, Catholic Charities Outreach Center, and Catholic Charities Domestic Violence and Sexual Violence Program in Council Bluffs, IA.

For more information about Catholic Charities and its programs, call 515-244-3761 or go to

www.catholiccharitiesdm.org