

Family Relationships and Health

ACES data reveals health shaped by family environment.

From birth to grave people live in some sort of family environment. Family relationships surround the individual, shaping psychology, affecting physiology, and regulating behavior. The family mediates the connection between the individual and the larger social community. **A steadily growing literature suggests that those relationships have a significant influence on the health of individuals.**



The interpersonal pathways of stress transmission in the human family provide one pathway influencing health. Shifts in family stress and tension can provoke and sustain an acute health crisis in one or more individual. **The ACEs data suggest that beyond the acute health crisis, the family environment can shape the health of a person across the lifetime.** In turn a person's health affects relationships and his or her ability to be at one's best with others.

Presentation Schedule

Friday, April 26, 2019 • 8:30 am - 4:30 pm

Mercy College of Health Sciences,
Brennan Hall Auditorium
928 6th Ave., Des Moines, IA 50309

Parking: Student parking - entrance on Crocker, west of 7th Street.

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

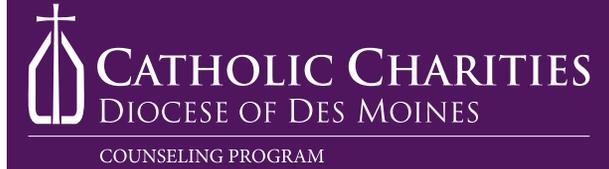
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PLAN TO JOIN US
Fall Conference
October 11, 2019
Dr. Michael E. Kerr, MD

BOWEN FAMILY SYSTEMS BI-ANNUAL CONFERENCE
hosted by



Family Relationships and Health

ACES data reveals health shaped by family environment.

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



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LOCATION:

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Brennan Hall Auditorium
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Registration Form

Registration deadline: April 22, 2019

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)*

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City, State, Zip _____

Day Phone _____

Email _____

Organization/Profession _____

Student Institution _____

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To save paper, we want to email the presentation to you!

Mail in registration to: Catholic Charities - 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.

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.

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, at 515-237-5045 or sbandstra@catholiccharitiesdm.org.

More information online at

www.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 empowering individuals and strengthening families 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