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*Georgetown Family Center*  
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## The Impact of Relationships on Individual Variation

The Fifth Interdisciplinary Dialogue

April 17-18, 2010

Georgetown University  
Washington, DC



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Bowen Center for the Study of the Family  
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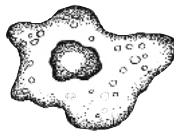
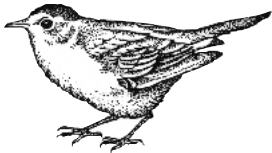


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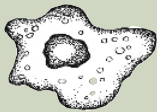
Michael E. Kerr  
Cynthia Larkby  
Michael D. Lumpkin  
Robert J. Noone  
Daniel V. Papero

Mary Beth Saffo  
Barbara Smuts  
Esther Sternberg  
Stephen J. Suomi

# THE IMPACT OF RELATIONSHIPS ON INDIVIDUAL VARIATION

This is the fifth interdisciplinary conference focusing on better understanding individual variation. Speakers at this conference come from psychology, anthropology, biology, endocrinology, neuroscience, epidemiology, family theory and research, and physiology. A number of them specialize in the study of man's nearest neighbors on the phylogenetic tree, the primates. Others study rodents, dogs, insects, marine organisms and even humans!

In recent years the question of individual variation in species has begun to be addressed more systematically. It has taken some time to establish average ways that species behave. That knowledge needs to be in place before individual variation comes into view and begs for study. As individual variation is increasingly studied, the impact of relationships on functioning comes into focus. All members of a system influence one another.



Relationships shape other relationships, especially through triangles.

Bowen theory's concept of differentiation of self is uniquely positioned to contribute to the discussion of how individuals, even from the same parents, turn out differently. Differentiation of self describes variation in lifelong functioning and accounts for it through differences in the individual's degree of emotional separation from original caretakers. The less emotionally separate, the more an individual's functioning is vulnerable to the influence of the group. Bowen theorists bring an interest in connecting the variation they see within and between families to the natural sciences.

The time is ripe for another dialogue between Bowen theorists and natural scientists interested in understanding individual variation. At each of these conferences the presenters have pushed their research and thinking further, making this interdisciplinary conversation fresh and scintillating. There will be ample time for dialogue, questions, and comments. If the past is prologue, it will be a very stimulating two days.

## P R E S E N T E R S

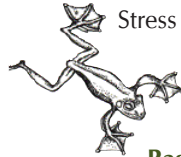
**Frances Champagne, PhD - Columbia University**, Neurobiology of Maternal Care and Epigenetic Changes in Rodent Models

**Patricia A. Comella, JD - The Bowen Center**, Emotional Process in Society and the Regression Hypothesis

**Margaret Donley, MSW - Private Practice, Prairie Village, KS**, Variation in Sibling Relationships and the Multigenerational Transmission Process

**Lynn A. Fairbanks, PhD - University of California at Los Angeles**, Genetic and Maternal Influences on Family Relationships in Vervet Monkeys

**Mark Flinn, PhD - University of Missouri at Columbia**, Effects of Childhood Stress and Family Relationships on Children's Health



**Jeffrey A. French, PhD - University of Nebraska**, Physiological and Behavioral Mechanisms of Cooperatively Breeding Mammals

**Raghavendra Gadagkar, PhD - Centre for Ecological Sciences, Indian Institute of Science, Bangalore, India**, Organization and Evolution of Insect Societies

**Victoria Harrison, MA - Center for the Study of Natural Systems and the Family, Houston, TX**, Effects of Family Relationships on Physiological Reactivity and Health

**LeAnn Howard, MSW, MA - Kansas City Center for Organizational and Family Systems**, Variation in Emotional Reactivity in Harvester Ants

**Kathleen B. Kerr, MSN, MA - The Bowen Center**, The Effects of Mother-Offspring Relationships on Adult Behavior

**Michael E. Kerr, MD - The Bowen Center**, How the Emotional System Shapes the Range of Variation in Human Adaptation

**Cynthia Larkby, PhD - University of Pittsburgh School of Medicine**, Long-Term Effects of Early Adversity on Development

**Michael D. Lumpkin, PhD - Georgetown University School of Medicine**, Stress Physiology, Psychoneuroimmunology, and Mind-Body Medicine

**Robert J. Noone, PhD - Family Service Center, Wilmette, IL**, Family Multigenerational Transmission Process

**Daniel V. Papero, PhD, MSW - The Bowen Center**, Evolution of Behavior and Neuroscience

**Mary Beth Saffo, PhD - Marine Biological Laboratory, Woods Hole, MA, and Northeastern University**, Parasitic and Mutually Beneficial Symbiosis

**Barbara Smuts, PhD - University of Michigan**, Social Behavior in Chimpanzees, Baboons, Dolphins, and Dogs

**Esther Sternberg, MD - American University, National Institutes of Health**, Human Stress and Health

**Stephen J. Suomi, PhD - National Institute of Child Health and Human Development**, Interaction between Genetic and Environmental Factors in Shaping Development in Rhesus Monkeys

**THE CASKIE RESEARCH AWARD** The Polly Caskie Research Fund was established in 2001 to honor Dr. Caskie and her contributions to the development of Bowen theory and its applications. An award of \$1,000 to support an important research effort in Bowen theory is made each year at the Center's Annual Spring Conference. The awards are funded by donations from those interested in contributing to research that will develop and extend Bowen theory and its applications.

## SCHEDULE

## SATURDAY, APRIL 17, 2010

Moderator – Margaret Donley, MSW

8:15 Registration

8:50 Welcome and Introduction

9:00 **VARIATION IN SOCIABILITY: GENETIC AND NONGENETIC FAMILY INFLUENCES** **Lynn Fairbanks, PhD** Research with vervet monkeys illustrates the complex ways the family can influence individual differences in the ability to initiate, attract, and maintain social relationships.

9:20 **USING MATERNAL STYLE OR DIFFERENTIATION OF SELF TO EXPLORE VARIATION IN FUNCTIONING OF OFFSPRING** **Kathleen B. Kerr, MSN, MA** Studies investigating maternal behavior employ typologies of maternal styles to investigate variation in offspring functioning. Bowen theory offers a potentially robust alternative.

9:40 **VARIATION IN EARLY FACE-TO-FACE INTERACTIONS IN RHESUS MONKEY MOTHER-INFANT DYADS** **Stephen J. Suomi, PhD** Variation in the nature and frequency of early face-to-face interactions between rhesus monkey infants and their mothers appears to have significant long-term consequences for social-emotional development.

10:00 DISCUSSION **Devra Kleiman, PhD**

10:30 COFFEE

11:00 **VARIATION AS THE FOUNDATION OF PERMANENCE IN SYMBIOTIC ASSOCIATIONS** **Mary Beth Saffo, PhD** Many of the widespread, ecologically important, and evolutionarily successful symbioses are also variable ones. In what ways might such "impermanence" be a key to long-term persistence in many symbiotic associations?

11:20 **VARIATION IN EMOTIONAL REACTIVITY IN HARVESTER ANTS** **LeAnn Howard, MSW, MA** Harvester ant colonies that are more flexible in the managing of reactivity are more effective in reproduction, productivity, and survival.

11:40 **BEHAVIORAL DIVERSITY IN AN INSECT SOCIETY** **Raghavendra Gadagkar, PhD** The primitively eusocial wasp, *Ropalidia marginata*, shows inter-individual variation in behavior that has implications for social evolution.

12:00 DISCUSSION **Dr. Kerr**

12:30 LUNCH BREAK

Moderator – Kathleen B. Kerr, MSN, MA

2:00 **THE ULTRA-MODERN SYNTHESIS** **Michael E. Kerr, MD** By describing family relationship patterns seemingly identical to those in other species, Bowen theory can expand evolutionary theory.

2:40 DISCUSSION **Dr. Saffo and Dr. Fairbanks**

3:00 BREAK

3:20 **CONTRIBUTION OF NUCLEAR FAMILY TRIANGLES TO VARIATION IN PHYSIOLOGICAL REACTIVITY** **Victoria Harrison, MA** Physiological reactivity associated with anxiety reactions and symptoms of five members of one nuclear family are examined in light of triangles.

3:40 **THE TRANSGENERATIONAL INFLUENCE OF SOCIAL EXPERIENCES: IMPLICATIONS FOR THE BRAIN AND BEHAVIOR** **Frances Champagne, PhD** Research suggests an "inheritance" of variations in behavior induced by the quality of the social environment and possibly mediated by epigenetics.

4:00 **PHYSIOLOGICAL MEDIATORS IN FAMILY EMOTIONAL PROCESS** **Robert J. Noone, PhD** Family emotional process involves automatic behavioral and physiological patterns which contribute to variation in the functioning of individuals and the generations that follow.

4:20 DISCUSSION **Dr. Sternberg**

4:45 ADJOURNMENT



## SUNDAY, APRIL 18, 2010

Moderator - Robert J. Noone, PhD

9:00 **INDIVIDUAL VARIABILITY OF STRESS AND IMMUNE RESPONSES: CONTRIBUTING FACTORS AND IMPLICATIONS FOR MIND-BODY INTERVENTIONS** **Esther Sternberg, MD** The mind-body connection explains how stress can make one sick, how belief can help healing, and how the social world affects health. The physical environment can affect emotions negatively or positively.

9:20 **MIND-BODY MEDICINE, RELATIONSHIP SYSTEMS, AND CHRONIC DISEASE** **Michael D. Lumpkin, PhD** Results from modern studies in psychoneuroimmunology and neuroendocrinology help to explain the mechanisms by which chronic stress of disordered relationship systems leads to persistent disease states.

9:40 **DIFFERENTIATION OF SELF IN MOTHERS AND SYMPTOMS IN ADOLESCENCE** **Cynthia Larkby, PhD** Adverse experiences in childhood have long been associated with symptoms of poor functioning in adolescence and adulthood. Differentiation of self may attenuate this association.

10:00 DISCUSSION **Dr. French**

10:30 COFFEE

11:00 **HOW INDIVIDUALS TURN OUT DIFFERENTLY IN TERMS OF EMOTIONAL REACTIVITY** **Daniel V. Papero, PhD** Individuals within a family unit vary in their emotionally reactive response to a given stimulus. How does such variability develop in the members of a given family?

11:20 **THE EVOLUTION OF HORMONAL MECHANISMS FOR HUMAN SOCIALITY** **Mark Flinn, PhD** Hormonal mechanisms are crucial to critical issues in human evolution: our sensitivity to the social environment, our extended kin networks, and our stable mating relationships.

11:40 **IMPLICATIONS OF BOWEN'S SOCIETAL REGRESSION HYPOTHESIS FOR THE STUDY OF HUMAN BEHAVIOR** **Patricia A. Comella, JD** What is the link between human functioning as described in Bowen theory and the response to sustained chronic stress as described in the concept of societal regression?

12:00 DISCUSSION **Dr. Smuts**

12:30 LUNCH BREAK

Moderator - Patricia A. Comella, JD

2:00 **PRESENTATION OF THE CASKIE RESEARCH AWARD** **Michael E. Kerr, MD and Ruth Riley Sagar, MA**

2:15 **SOCIAL PLAY IN DOGS: DYADIC VARIATION AND CHANGE OVER TIME** **Barbara Smuts, PhD** Dogs interact using a repertoire of ritualized signals, expressive behaviors, and mutually choreographed movements. These forms of communication manage anxiety and conflicts.

2:35 **HOW TRIANGLES INFLUENCE VARIATION IN SIBLING RELATIONSHIPS** **Margaret Donley, MSW** The concept of the triangle illuminates how the family system influences the quality of sibling relationships.

2:55 **DEVELOPMENT OF PRIMATES IN A FAMILY CONTEXT** **Jeffrey A. French, PhD** Marmoset monkeys develop in the context of highly variable care giving by mothers, fathers, and older siblings. Variation in early care affects differences in somatic and reproductive development and stress reactivity.

3:15 DISCUSSION **Dr. Flinn and Dr. Kerr**

3:45 ADJOURNMENT



# I N F O R M A T I O N

## THE IMPACT OF RELATIONSHIPS ON INDIVIDUAL VARIATION

THE NEW RESEARCH BUILDING, AUDITORIUM (GROUND FLOOR)  
GEORGETOWN UNIVERSITY MEDICAL SCHOOL, WASHINGTON, DC

### ACCOMMODATIONS

#### HOLIDAY INN GEORGETOWN

2101 WISCONSIN AVE NW, WASHINGTON, DC 20007

A block of rooms for April 14-18 is reserved for conference participants at the Georgetown Holiday Inn. Rooms will be held until the block fills or the March 22nd deadline is reached.

**ROOM RATES:** Single/Double: \$149.00 per night. Call 202-338-4600 and request the Georgetown Family Center's group rate.

**PARKING:** \$20 per night for overnight guests. Limited on-street parking is available on weekends.

### REGISTRATION AND FURTHER INFORMATION

Phone: 202-965-4400 or 800-432-6882 Fax: 202-965-1765  
www.thebowencenter.org info@thebowencenter.org

### CONTINUING EDUCATION CREDITS

CMEs and CEUs are offered in Medicine, Psychology, Social Work, and Counseling.

**MEDICINE AND PSYCHOLOGY 10.25 CMEs** This activity has been planned and implemented in accordance with the Essentials Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of The American Psychoanalytic Association and the Washington Center for Psychoanalysis, Inc. The American Psychoanalytic Association is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity. The American Psychoanalytic Association designates this educational activity for 1 AMA PRA Category 1 Credit(s)™ per hour. Physicians should only claim credit commensurate with the extent of their participation in the educational activity. Disclosure information is on record indicating that participating faculty members have no significant financial relationships to disclose.

**SOCIAL WORK 10.25 CEUs** The conference (April 17-18) offers a maximum of 10.25 hours of Category II continuing education credits. *The Bowen Center is approved as an independent provider of CEU credit by the Maryland State Board of Social Work Examiners and the District of Columbia Board of Social Work.*

**COUNSELING 10.25 CEUs** The conference (April 17-18) offers a maximum of 10.25 hours of Category II continuing education credits. *The Bowen Center is approved as an independent provider of Counseling CEUs by the National Board of Certified Counselors.*

#### TO PARTICIPATE IN THE CEU PROCESS, IT IS NECESSARY TO:

1. Pay the CEU fee, 2. Sign CEU attendance form each day of the conference, 3. Stay for the entire conference, and 4. Submit a completed evaluation at the end of the conference.

### ASSOCIATED EVENTS:

#### THE CLINICAL CONFERENCE SERIES

FRIDAY, APRIL 16, 2010 | 9:30 AM - 4:30 PM

#### DISTINGUISHING BETWEEN FUNCTIONAL AND BASIC LEVEL OF DIFFERENTIATION

MICHAEL E. KERR, MD DIRECTOR, THE BOWEN CENTER

#### CONTINUING EDUCATIONS UNITS

THE CLINICAL CONFERENCE PROVIDES A MAXIMUM OF 6 HOURS OF CATEGORY I CEUs IN SOCIAL WORK AND COUNSELING.

An increase in basic level of differentiation is not the outcome of sustained efforts to increase one's functional level of differentiation. Various strategies for calming oneself and being less reactive emotionally can help people increase their functional level of differentiation, even to the point of reducing significant clinical symptoms. Increasing basic level of differentiation depends on acquiring new knowledge about relationship processes. It is impossible to be more of a "self" without observing the relationship processes that work against it. Bowen theory is a lens for helping people become better observers of their important relationships. The clinical interviews in this conference will illustrate people's efforts to be better observers and, more importantly, to find the courage to act on those observations.

Place: Metropolitan Memorial United Methodist Church  
3401 Nebraska Avenue NW, Washington, DC 20016

# R E G I S T E R

by mail, fax, or [www.thebowencenter.org](http://www.thebowencenter.org)

Name: \_\_\_\_\_

(as preferred for nametag, including degrees)

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Credit Card:  Visa  Mastercard  Discover

Credit Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

### CONFERENCE FEES

Please circle your registration selections and total the amount. The registration fee is refundable less a \$75 administrative charge before April 1st.

#### INDIVIDUAL VARIATION CONFERENCE (APRIL 17-18)

Standard Registration	\$350.00
Washington Center for Psychoanalysis Member	295.00
Bowen Center Trainee	275.00
Full-Time Student	100.00
CMEs/CEUs - <input type="checkbox"/> Medicine <input type="checkbox"/> Psychology	
<input type="checkbox"/> Social Work <input type="checkbox"/> Counseling	15.00

#### CLINICAL CONFERENCE (APRIL 16)

Standard Registration	\$135.00
Bowen Center Trainee	115.00
Full-Time Student	40.00
CEUs - <input type="checkbox"/> Social Work <input type="checkbox"/> Counseling	15.00

#### TOTAL \_\_\_\_\_

Register Online at [www.thebowencenter.org](http://www.thebowencenter.org)

Or register by mail. Send this form and payment to:

The Bowen Center  
4400 MacArthur Boulevard, NW Suite 103  
Washington, DC 20007-2521

Make checks payable to The Bowen Center

Outside the US, please use credit card or certified check.

To register by telephone or fax (credit card only):

Call 202-965-4400 Fax to 202-965-1765

### THE THURSDAY PROFESSIONAL LECTURE SERIES

THURSDAY, APRIL 15, 2010 | 7:30PM - 9:00PM

#### GAIA AND THE SEARCH FOR LIFE IN THE UNIVERSE

DAVID SCHWARTZMAN, PhD

PROFESSOR OF BIOLOGY, HOWARD UNIVERSITY

Is the Earth's biosphere unique, or do alien biospheres exist and even share some of its features? Major events in biotic evolution were likely forced by environmental physics and chemistry, including the origin of life itself, photosynthesis, and the emergence of eukaryotes and big-brained animals. Is this pattern repeated on Earth-like planets around Sun-like stars? The observational search for alien biospheres in coming decades promises to supply at least a partial answer.

Place: Bowen Center for the Study of the Family