

Laura Havstad, PhD | Clinical & Family Psychologist

SELECTED PUBLICATIONS AND PRESENTATIONS

Leading and Following with Bowen Theory, September 25, 2009 Invited presentation to the 31st Pittsburgh Family Systems Conference and Symposium – Into the Future: A Bowen Family Systems Perspective on Leadership. Western Pennsylvania Family Center, Pittsburgh, PA.

Hypotheses From Bowen Theory: Testing theory while interpreting and integrating the descriptive data of Psychology. Presented to the Theory Meeting of the Bowen Center for the Study of the Family, in Washington DC, via webcast, June 2009.

A Conversation with Andrew Ward, Ph.D, standing in for Lee Ross, Ph.D: The Person and the Situation, June 22, 2008. The 20th Annual Conference on Bowen Family Systems Theory and its Applications: Understanding the Emotional System: The Individual and the Group in Natural Systems. Emeryville, California.

Normal Levels of Differentiation: Implications for Relationships and Psychotherapy, June 17, 2006, Presentation to the 18th Annual Northern California Conference on Bowen Family Systems Theory and its Applications: Differentiation of Self: Recent Perspectives, Rohnert Park, California.

Helping and the Emotional System, July 19, 2003, Presentation to the 15th Northern California Conference on Bowen Family Systems Theory and its Applications, Sonoma State University, Rohnert Park, California.

Psychology and the continuum of differentiation, Nov. 4, 2001. Presentation to the Annual Symposium on Family Systems Theory and Psychotherapy, Georgetown Family Center, Washington D.C.

Psychological Aspects of Differentiation, July 1, 2001, Presentation to the 13th annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

The Position of the Symptomatic one, June 30, 2000, Presentation to the 12th annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California

Learning in the Emotional System: Triangles and Who Gets What From Whom and How June 29, 1999. Presentation to the 12th annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

What Bowen Did: an Overview of the annual symposium presentations from 1964 to 1989, June 27, 1998. Presentation to the 10th annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

Psychology, Physiology & the Emotional System: Theory & Practice, June 28, 1997, Presentation to the 9th Annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

Family Risk Factors In Health and Illness, March 14, 1997, Invited presentation for symposium on Biopsychosocial Approaches to Primary Care at the 28th Meeting of the Association of Applied Psychophysiology and Biofeedback, San Diego, California.

In and Out of the Emotional System: 20 Years With Bowen Theory, June 29, 1996, Presentation to the 8th Annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

Towards an Integrated Theory of Human Psychology, June 23, 1995, Presentation to the 7th Annual West Coast Conference on Bowen Family Systems Theory and Family Psychotherapy, Santa Rosa, California.

Psychology as a Natural System, November 14, 1993, Presentation to the Annual Symposium on Family Systems Theory and Psychotherapy, Georgetown Family Center, Washington D.C.

Bowen Family Systems Theory, 1992, Invited presentation to a meeting of the Redwood Psychological Association, Santa Rosa, California.

Bowen Theory and Psychology as Science, 1992. Invited presentation to the Georgetown Family Center Conference on Bowen Theory and Science, Washington D.C.

On the Place of Bowen Theory in Science, 1985, Presentation to the Georgetown University Family Center Symposium on Family Systems Theory and Psychotherapy, Washington D.C.

Fischmann-Havstad, L. & Marston, A.R., 1984, Weight Loss Maintenance as an Aspect of Family Emotion and Process. British Journal of Clinical Psychology, Vol. 23, 265-271.

Limiting Factors in the Effort to Modify Family Cut-Offs, 1983, Presented to the Georgetown University Family Center Conference on Divorce, Washington D.C.

Westerman, M.A., & Havstad, L., 1982, Communicative competence and its relationship to psychopathology and the issue of control in disturbed and satisfactory caretaker-child interactions. In K. Nelson (Ed.), Children's Language, Vol.3. New York: Gardner Press.

Process and Impact of Working Through Multigenerational Cut-Offs, 1981. Invited address to a conference on Family Systems Theory and Therapy, sponsored by the Institute of Intergenerational Dynamics, Minneapolis, Minnesota

Fusion's Impact: Stress Reactivity and Attachment in the Family System: March 12, 2011, A one day conference for the 30th Annual Conference of the Marin County California Association of Marriage and Family Therapy, San Rafael, California.

1978 to present, Many less formal presentations and invited discussions on family systems theory and psychotherapy, symptom development, teaching, workplace, children, and differentiation of self to various professional and training groups.