

CV

Andrea Schara, LCSWA – Began studying family systems theory in the postgraduate training program Georgetown University Family Center with Dr. Murray Bowen in 1976. Was hired in 1980 and worked there as a clinician, appointed to the faculty 1993- 2011. Currently on the faculty of [Navigating Systems](#) Programs in Washington, DC, and is a founding board member of the [Murray Bowen Archives Project](#). She coaches families using Bowen theory and neurofeedback.

Blog -<http://yourmindfulcompass.com>.

Book - *Your Mindful Compass: Breakthrough Strategies For Navigating Life/Work Relationships in Any Social Jungle*,

Ms. Schara has recently published her second book, *Your Mindful Compass: Breakthrough Strategies For Navigating Life/Work Relationships in Any Social Jungle*. The four points of the mindful compass remind one that knowledge of the emotional system is the basis for connecting with others, defining oneself, and sustaining one's own direction when the system threatens and opposes a shift to a higher level of differentiation.