

Ms. Victoria Harrison
**Anxiety and Adaptation in
Nature and the Family**



Anxiety, defined in Bowen theory as “emotional reactivity to threat, real or imagined,” is a capacity necessary for adaptation.

This presentation will outline lessons from human evolution about adaptation to climate changes, a common threat in the history of life. It will include examples of human adaptation and questions raised about the future of our form of life. Details about this research are published in “Understanding and Managing the Impact of Climate Changes on Anxiety: Bowen Theory and An Evolutionary Perspective”, Family Systems, Vol. 16. “Creating a Climate for Change” available through The Bowen Center.