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**The Human Response to Threat:  
Climate Change and Bowen  
Theory**



This presentation will address the relevance and importance of Bowen theory in broadening our view of mankind's impact on the Earth and our changing climate. The ability to see one's environment accurately and the perception of threat is influenced by two important variables, level of differentiation and level of sustained anxiety. Differentiation of Self is the core of Bowen theory. It speaks to increasing one's ability to regulate automatic instinctive urges in order to access thinking that is less influenced by emotional reactivity. This in turn can lead to a more factual perception of one's environment and the emotional forces that influence our behavior.

Dr. Bowen saw the environmental problem as created by biological man. The inability to regulate our instinctive urges to access resources for our own benefit while ignoring the impact of our behavior on our own and other species has brought us to a critical point in our evolution and our future on this planet. Bowen theory can guide us to a more mature level of functioning where man can live more cooperatively with all of Earth's residents as well as the Earth itself.

**3rd International Conference on Bowen Family Systems Theory**