

Randall T. Frost

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QUALIFICATIONS

In depth knowledge of Bowen family systems theory

Highly trained and experienced family therapist and pastoral counsellor

Over 40 years of teaching and supervising in academic and clinical settings

Strong interest in systems research and writing

Experience directing an organization that uses Bowen theory as its primary approach in its clinical work, training and education programs, and research endeavors

EMPLOYMENT

1/15-Present Faculty Member of the Bowen Center for the Study of the Family, Washington D.C.

7/99-Present Director of Training, Living Systems (formerly North Shore Counselling Centre)

Oversee and teach the first year group and the advanced group of the internship in marriage and family therapy and pastoral counselling. Also have taught a seminar on research and a course for clergy and lay leaders in the church called "Using Family Systems in Your Ministry".

4/98-Present Director of Research, Living Systems (formerly North Shore Counselling Centre)

Oversee the development of research projects and grant applications for research at Living Systems Society

Developed a letter of intent for a community research grant from the BC Health Research Foundation. Title: A Study of Family Emotional Processes that Contribute to the Onset, Management and Reduction of Symptoms for People with Fibromyalgia and Chronic Fatigue.

4/98-Present Clinical contractor with Living Systems, member of the leadership team

1997-Present Private practice in family therapy and pastoral counselling

1991-97 North Shore Counselling Centre, 1500 Marine Drive, North Vancouver,
BC V7P 1T7 Canada
Title: Executive Director

As Executive Director, one half of my time was spent counselling families, and 20% of my time was spent supervising clinical staff and teaching the second year of the Centre's training program in marriage and family therapy. The remainder of my time was devoted to administration.

While at the Centre, I developed further the Centre's distinctive clinical approach, based on Bowen family systems theory. I initiated a second year of the training program in 1992 for staff members. The following year, the second year program was opened to graduates of the Centre's first year training program. At my initiative, a special program was developed with the North Shore Multicultural Society to enable five trainees from various cultures to participate in our first year training program. At my initiative, the Centre sponsored annual conferences led by Dr. Michael Kerr, Director of the Georgetown Family Center, and Dr. Daniel Papero, the former Director of Training at Georgetown. I conducted a monthly meeting for staff, entitled Theory, Theology and Therapy, to further the integration of pastoral counselling and Bowen family systems theory. A number of staff, with financial support from the Centre, received advanced training in the Postgraduate Program at the Georgetown Family Center, in Washington, DC.

The Centre grew from 6100 clinical hours of service to a peak of 9100 hours per year. The annual budget increased from \$400,000 to \$600,000. Our annual fundraising event grew from \$16,000 per year to \$58,000. An additional grant of \$20,000 was obtained from the City of Vancouver so that very low-income residents of Vancouver could receive counselling at the Centre. The Centre finished each fiscal year in the black and was able to add \$20,000 to the capital fund during this six-year period.

1978-91 St. Meinrad School of Theology, St. Meinrad, Indiana.
Titles: Assistant Professor of Pastoral Studies
Director of the Supervised Ministry Program

I had overall responsibility for the field education program at St. Meinrad School of Theology. Under my direction, the program moved from a somewhat peripheral place in the curriculum to an unusual degree of integration of field experience, course study and theological reflection.

I taught theological reflection seminars during the regular school year and occasionally courses in pastoral care and counselling, informed heavily by Bowen family systems theory. I taught such courses on a regular basis

during the summer program that offered masters degrees in theological studies (MTS) and in religious education (MRE). Courses I taught included: Pastoral Care and Counseling, Pastoral Care of Families, Ministry and Loss, Pastoral Care in the Family Life Cycle, Theological Understanding and Pastoral Ministry, and Family Evaluation.

1979-91 Private Practice in Troy, Indiana. I conducted a small private practice in addition to my teaching responsibilities at St. Meinrad.

1988-89 Dale Presbyterian Church, Dale, Indiana.

Title: Interim Pastor.

I served as Interim Pastor while the church was searching for a full time minister. I led worship, preached each week, moderated session meetings, called regularly on members of the church, and exercised a ministry of pastoral care.

1983 St. John's United Church, Cannelton, Indiana.

Title: Interim Pastor.

My responsibilities in this position were similar to those at Dale Presbyterian Church.

1975-78 St. Elizabeths Hospital, Protestant Champlain's Section, Washington, DC

Title Chaplain Intern and Resident

I offered pastoral care and counselling to patients at this psychiatric teaching hospital while engaged in a year of internship and two years of residency in clinical pastoral education. During my intern year, I was chaplain to open and closed wards of the hospital as well as the men's alcoholic program. During both years of residency, I was chaplain to the Area D Community Mental Health Center, which was a part of the hospital.

1974-75 Morningside Presbyterian Church, Pittsburgh Pennsylvania.

Title: Student Pastor.

During my final year in seminary, I was Student Pastor for 20 hours per week to a small 100-member congregation. In addition to teaching and leading worship each week, I provided pastoral services to the members of the church.

1970-71 Child Welfare Services, Pittsburgh Pennsylvania

Title: Protective Service Worker

I investigated complaints of abuse and neglect of children, and when necessary petitioned the courts to place children under its protection. I also offered informal counselling and support to families who were under the supervision of the agency.

PROFESSIONAL TRAINING

Georgetown University Family Center, Department of Psychiatry, Georgetown University School of Medicine, Washington, D.C.

- 1987-89 Clinical Seminar led by Dr. Michael Kerr, then Director of Training at Family Center. This seminar is composed of people who have completed the post-graduate program and who wish to focus on issues of theory and clinical practice. The seminar meets twice a year at Georgetown. Each participant presents their work with clinical families or with their own family.
- 2004-present
1981-86 Post Graduate Seminar. This seminar is composed of people from across the continent that have completed the post graduate program and who wish to focus on research interests. This seminar meets three times a year at Georgetown. Participants present the results of their thinking, reading and work in progress. Dr. Daniel Papero, formerly Director of Training at the Family Center, serves as consultant to the group.
- 1980-81 Special Advanced Post Graduate Program in Family Systems Theory and Family Psychotherapy. This program was designed for people who have completed the first year of the post-graduate program and who live at a distance from Washington, D.C. The program met for three consecutive days, four times a year. One half the time was devoted to didactic presentations on theory and technique, usually conducted by Dr. Bowen, and one half the time was devoted to supervision. I, like other participants, also consulted with my supervisor throughout the year.
- 1975-76 Post Graduate Program in Family Systems Theory and Family Psychotherapy. Dr. Murray Bowen is the originator of Bowen family systems theory and a pioneer of family therapy. He designed this program to introduce trainees to the theory he developed and to help them move as rapidly as possible toward becoming a competent family therapist. The program met for three hours each week throughout the academic year.
- 1975-Present Supervision. Through these years, I have received supervision of my clinical work and work in my own family of origin from Dr. Francis Andres, Dr. Roberta Holt, Dr. Murray Bowen, Dr Ronald Richardson and Dr. Michael Kerr.

Other Professional Meetings: Over these years, I have attended many monthly Third Thursday professional meetings, Bowen Clinical Conferences, the annual Georgetown Family Symposium, the private professional day held in conjunction with the Symposium, and numerous other conferences on such varied topics as Family Violence in Context, Marriage, Child Focus in Families, etc.

St. Elizabeths Hospital, Protestant Chaplain's Section, Washington, D.C.

St. Elizabeths Hospital is a well known psychiatric teaching hospital founded by Dorothea Dix, and until recently, operated by the federal government. The hospital sponsors year-long internships and residency programs for trainees in a wide variety of mental health disciplines.

1977-78 Residency II in Research. This year of residency focused on research methodology and the conduct of a substantial research project describing and evaluating factors that contributed to successful church sponsored programs for out patients of the hospital. This year of residency also provided the opportunity to supervise pastors and seminarians in a basic unit of clinical pastoral education (CPE).

1976-77 Residency in Supervision and Consultation. This first year of residency focused on supervision and consultation. It included wide reading in the literature, seminars on supervision and consultation and the supervision under supervision of seminary students in a course in clinical pastoral experience in the hospital. It also provided an opportunity to supervise pastors and seminarians in a basic unit of clinical pastoral education (CPE). In addition, I served a consultant to parish clergy during this year.

1975-76 Internship in Clinical Pastoral Education. This year of internship offered an extensive core curriculum in mental health for trainees of all the disciplines that had training programs at the hospital, as well as a specialized program for chaplains. Particular emphasis was placed on the distinctively pastoral dimensions of pastoral counselling in the chaplaincy part of the program.

PROFESSIONAL CERTIFICATION/REGISTRY/MEMBERSHIPS/AWARDS

- Coordinator of the Network Seminar at the Bowen Center (2012 to present)
- Polly Caskie Memorial Research Award (2011) from the Bowen Center
- Registered as clinical counsellor by the B.C. Association of Clinical Counsellors
- Certified as Fellow by the American Association of Pastoral Counsellors.
- Clinical member of the Association for Clinical Pastoral Education.
- Member of the Certification Committee of the Northwest Region of the American Association of Pastoral Counsellors (1996-2002)

- Member of British Columbia Task Group for Counsellor Certification (1998-present)
- Member of the Working Committee on Entry-Level Competencies for the Counselling Therapist (2004-present)
- Member of the Research Committee, Bowen Center for the Study of the Family, Washington, DC (Dec 2007-present)

ECCLESIASTICAL STATUS

- Ordained minister of the Presbyterian Church (USA) (Honorably Retired)
- Member, Ohio Valley Presbytery

EDUCATION

Vanderbilt University School of Divinity, Nashville, Tennessee (Spring, 1990)

While on sabbatical, I audited two courses, Theological Anthropology taught by Dr. Edward Farley, and Models of God, taught by Dr. Sallie McFague. I utilized the course, Theological Anthropology, to develop further my thinking about the relation of Bowen Theory to theological understanding. The Models of God course focused attention on broader issues of the relationship between science and theology.

While on sabbatical, I also developed a research proposal titled, "The Use of Bowen Theory to Predict and Modify Emotional Process of Couples Engaged to Marry".

M-Div Cum Laude Pittsburgh Theological Seminary, Pittsburgh, Pennsylvania (1971-75). Awarded Hugh Thompson Kerr Moderator prize.

University of Pittsburgh School of Law, Pittsburgh, Pennsylvania (Fall, 1969)

B.A. University of Michigan, Ann Arbor, Michigan (1965-69)

Major: History: Minor: Psychology

PROFESSIONAL PAPERS, PRESENTATIONS and PUBLICATIONS

"Natural Systems Thinking and the Human Family", co-authored paper with Daniel Papero, Laura Havstad and Robert Noone for a special edition of the online journal Systems entitled "What is Systems Thinking?", June 1, 2018.

"The Predictability of the Family Emotional System (Part 1 and Part 2)", presentation at the Second International Conference on Bowen Family Systems Theory entitled Systems Thinking in Daily Life: Bowen Theory in Families, Organizations and Communities, sponsored by the ISS Family Institute, the International Social Service Hong Kong

Branch (ISS-HK) and the Department of Social Sciences, the Hong Kong Polytechnic University, Hong Kong, China, May 17-19, 2018.

"Bowen Theory as a Resource to Help Answer Incisive Questions about Child Development", paper presented at a conference entitled, The Family and Child Development: A Systems Approach to Theory and Practice, sponsored by the Bowen Center for the Study of the Family, Arlington, Virginia, April 13-14, 2018

"Principles as a Foundation for Leadership", paper presented at a conference entitled Staying on a Principled Course in Challenging Times for leaders of faith communities, sponsored by the Bowen Center for the Study of the Family, Arlington Virginia, February 2, 2018.

"Operationalizing the Concept of Differentiation of Self for Family Research", Professional Lecture Series, sponsored by the Bowen Center for the Study of the Family, Washington DC on January 11, 2018.

"Links Between Bowen Theory and Evolutionary Theory" presented at a Symposium on Being Human: Lessons from Science, Nature and Bowen Theory, sponsored by the Center for the Study of Natural Systems and the Family, Houston, Texas, February 17-18, 2017.

"The Predictability of the Family Emotional System", a daylong clinical conference conducted for the Bowen Center on January 13, 2017.

"Defining a Self in Multiple Relationships", (2016) Family Systems: A Journal of Natural Systems Thinking in Psychiatry and the Sciences. Volume 12 Number 1. pp. 56-72.

"Does Bowen Theory Transcend Culture?", a daylong clinical conference conducted for the Bowen Center on Jan, 15, 2016.

"Do People Who Marry have the Same Basic Level of Differentiation?" presented at the 51d Symposium on Family Systems Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Arlington, Virginia , November 4-5, 2016.

"Thinking Systems about the 'Supernatural' and about God" in Schwabe and Goodine (Eds.) Bowen Theory and Theology: What's God got to do with It? Voyagers, 2016.

"Death and Differentiation of Self", presented at a conference on "The Impact of Death and Dying: Perspectives from Evolution, Resilience, and Family Systems" sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center) at George Mason University in Arlington Virginia. April 15-16, 2016.

"The Predictability of the Family Emotional System", in Noone, Robert and Papero Daniel. (Eds.) The Family Emotional System: An Integrative Concept for Theory, Science and Practice. Gettysburg, Pennsylvania: Rowan and Littlefield, 2015.

"Estimating Levels of Differentiation" presented at the conference "For Self and Family: The Process of Differentiation", sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Washington, D.C. April 17-18, 2015.

"Thinking Systems about the 'Supernatural' and about God" presented at a conference entitled Bowen Theory and Theology: What's God Got to Do With It? sponsored by the Voyagers in McLean, Virginia, November 13, 2014.

"The Predictability of the Family Emotional System" presented at the 51st Symposium on Family Systems Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Washington DC, November 7-8, 2014..

"Family Assessment Based on Bowen Theory", in Rodríguez-González, M., & Martínez Berlanga, M. La teoría familiar sistémica de Bowen. Avances y aplicación terapéutica. Madrid: McGraw-Hill, 2014.

"Challenges of Conducting Bowen Family Systems Research on Differentiation of Self", in Titelman, P. (Ed.) Differentiation of Self: Bowen Family Systems Theory Perspectives. New York: Routledge, 2014

"Hypotheses Derived from Bowen Theory for Epigenetic Investigation", a paper presented at a conference entitled Generation to Generation: The Interplay of Genes and Family Process, sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Arlington, Virginia, April 11-12, 2014.

"Use of the Term Solid Self in Bowen Theory" with commentaries by Jones, Kerr and Noone and a response to the commentaries by Frost. (2013), Family Systems: A Journal of Natural Systems Thinking in Psychiatry and the Sciences. Volume 10 Number 1. pp. 43-70.

"Bowen Theory: A Potential Alternative to the DSM", 50th Symposium on Family Systems Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Washington, DC. November 1-2, 2013.

"On What Basis Could Concepts be Added to Bowen Theory?", 49th Symposium on Family Systems Theory and Family Systems Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Washington DC. November 2-3, 2012.

“Faith, Facts and Functioning: Thinking Systems about ‘Supernatural Phenomenon’”, Keynote Speaker at conference on “Understanding Religious Faith and Other ‘Supernatural’ Phenomenon: A Family Systems Approach” sponsored by the Western Pennsylvania Family Center and Pittsburgh Theological Seminary, Pittsburgh, Pennsylvania, October 19-20, 2012.

“The Structure of Bowen Theory”, Thursday Professional Meeting, sponsored by the Bowen Center for the Study of the Family, Washington DC. January 12, 2012.

“When Does a Field of Study Become a Science?”, 48th Symposium on Family Systems Theory and Family Psychotherapy sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Washington, DC November 4-5, 2011.

“Is Differentiation Synonymous with Individuality?”, 47th Symposium on Family Systems Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the Family, (formerly the Georgetown Family Center), Washington, DC, November 5-6, 2010.

“Thinking Systems in Pastoral Training”, in Ona Cohn Bregman and Charles M. White (Eds.), Bringing Systems Thinking to Life, Routledge, October, 2010.

“Thoughts on the Future of Research Based on Bowen Theory”, 32nd Pittsburgh Family Systems Conference and Symposium, sponsored by the Western Pennsylvania Family Center, Pittsburgh, Pennsylvania, September 24-25 2010.

“The Use of Language of Language in Bowen Theory”, 46th Symposium on Family Systems Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the Family, (formerly the Georgetown Family Center), Washington, DC, November, 6-7, 2009.

“Variation Among Nations in the Management of Threatened Fisheries”, Conference on Societies, Families, and Mother Earth: Exploring the Connections, sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Georgetown University, Washington, DC, April 18-19, 2009.

“Outcome Research Based on Bowen Theory”, 44th Symposium on Family Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the Family (formerly Georgetown Family Center), Arlington, Virginia, November 2-3, 2007.

“The Stress Response as One Marker of Differentiation”, 43^d Symposium on Family Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Arlington, Virginia, November 3-4, 2006

“How Gottman’s Research Validates Bowen Theory”, 41st Symposium on Family Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the

Family (formerly the Georgetown Family Center), Arlington, Virginia, November 5-6, 2004.

“The Advantages of Bowen Theory for Pastoral Ministry”, sole presenter at a one day conference for clergy and lay leaders, sponsored by the Center for the Study of Natural Systems and the Family, Austin, Texas, Oct. 1, 2004.

“Gottman’s Research and Bowen Theory”, a conference on “The Importance of Research for Family Theory and Therapy” sponsored the North Shore Counselling Centre, Vancouver, BC, March 5-6, 2004

“Differentiation of Self: Antidote to Societal Regression”, 39th Symposium on Family Theory and Family Psychotherapy, sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Washington, D.C. November 2-3, 2002.

“Triangles and the Ability of a System to Adapt to Stress: A Model for Systems Research”, 24th Pittsburgh Family Systems Conference and Symposium, Pittsburgh, Pennsylvania, September 20-21, 2002. Sponsored by the Western Pennsylvania Family Center.

“Is Bowen Theory a Form of Scientism, Reductionism or Materialism?”, Wisdom of the Ages II: A Conference on Bowen Theory and Spirituality, Pittsburgh, Pennsylvania, July 11-12, 2002. Sponsored by the Western Pennsylvania Family Center.

“Differentiation of Self: Antidote to Societal Regression?”, A conference on “Emotional Process in Society”, sponsored by the North Shore Counselling Centre, Simon Fraser University, Vancouver, British Columbia, April 19-20, 2002.

“Cutoff as One Measure of Level of Differentiation”, conference on The Impact of Cutoff on Generations of Families, sponsored by the Bowen Center for the Study of the Family (formerly the Georgetown Family Center), Washington, DC. April 13-14, 2002.

“Faith and Functioning”, sole presenter of one day conference on Bowen Theory and Spirituality, Jacksonville, Florida, February 1, 2002.

“Evaluating Stress from a Systems Perspective”, 23rd Pittsburgh Family Systems Symposium, Duquesne University, Pittsburgh, Pennsylvania, September 22, 2001. Sponsored by the Western Pennsylvania Family Center.

“Differentiation in the Bible”, a conference on “Defining a Self: 2nd Conference on Science, Systems and Spirituality”, sponsored by the North Shore Counselling Centre, at Vancouver School of Theology, Vancouver, British Columbia, April 13 and 14, 2001.

“Death and Differentiation of Self”, 22nd Pittsburgh Family Systems Symposium, Pittsburgh, Pennsylvania, October 21, 2000. Sponsored by the Western Pennsylvania Family Center.

“Thinking Systems About the Placebo Effect”, 36th Symposium on Family Systems Theory and Family Psychotherapy, Georgetown University Conference Centre, Washington, D.C. November 13, 1999. Sponsored by the Georgetown Family Center.

“Evolutionary Roots of Human Freedom”, a conference on “Exploring Human Freedom: Science, Systems, and Spirituality”, sponsored by the North Shore Counselling Centre, Vancouver, British Columbia, May 14 and 15, 1999.

“Faith and Functioning”, “Wisdom of the Ages: A Conference on Bowen Theory and Spirituality”, Pittsburgh, Pennsylvania, July 23, 1998. Sponsored by the Western Pennsylvania Family Center.

“Functions of Faith”, Thirty-third Georgetown University Symposium on Family Systems Theory and Family Psychotherapy, Arlington Virginia, November 3, 1996. Sponsored by the Georgetown Family Center.

“The Function of Faith”, workshop at the national convention of the American Association of Pastoral Counselors, Vancouver, B.C., May 4, 1996.

“Leadership in the Church”, Board and Staff Retreat, Dunbar Heights United Church of Christ, Vancouver, B.C., September 25, 1993.

“Defining a Self in Ones Family of Origin”, Main Presentation at Rally sponsored by Adult Children of Alcoholics, Victoria, B.C., April 15, 1993.

Workshop on “The Ideal in Marriage”, for the Marriage Project, Vancouver, B.C., Feb. 19, 1992.

“Triangles and Differentiation of Self”, presented at a conference entitled “Differentiation: Cornerstone of Bowen Theory”, sponsored by the Georgetown Family Center, Georgetown University, Washington, D.C. May 18, 1991.

“Obstacles to Differentiation”, Midwest Symposium on Family Systems Theory and Therapy, Chicago Academy of Sciences, Chicago, Illinois, May 5, 1990. Sponsored by the Center for Family Consultation, Chicago, Ill.

“Thinking Systems with Engaged Couples”, Midwest Symposium on Family Systems Theory and Therapy. Sponsored by the Center for Family Consultation, Chicago, Illinois, May 5, 1989.

Thinking Systems with Couples Engaged to Marry,” Presentation to Sponsor Couples at St. Paul’s Church, Tell City, Indiana, March 2, 1989.

“The Responsible Self,” Twenty-fifth Georgetown University Symposium on Family Theory and Family Psychotherapy, Washington D.C., Nov. 13, 1988. Sponsored by the Georgetown University Family Center.

Workshop on “The Family as an Emotional System”, and “Defining Self in the Family Emotional System”, at St. Jude Parish, Indianapolis, Indiana, Oct. 30, 1988.

Book Review of “The Rehabilitation of Clergy Alcoholics: Ardent Spirits Subdued” by Joseph H. Fichter, in Pastoral Psychology Vol. 36, No. 4, Summer, 1988.

Response to a presentation by Rev. Greg Stoddard on “CPE: ‘It’s Role in the Seminary Curriculum””, Catholic Association of Field Education, Mid West Regional Meeting, Pontifical College Josephinum, Columbus, Ohio, March 15, 1988.

Workshop entitled “A Look at Your Family System”, at Kordes Enrichment Center, Ferdinand, Indiana, Feb 27-March.1, 1987.

REFERENCES

1. Dr. Michael E. Kerr
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