

## *Session Agenda - February 16, 2023*

- 3:00 PM I. Welcome – Priscilla Friesen
- 3:10 PM II. Thoughts and discussion on Novotny article - Kathy Wiseman introduction, Andrea Schara and Ted Beal
- 3:40 PM III. Break – 5 minutes
- 3:45 PM IV. Reactions and thoughts around the reading - Andrea Schara, moderator
- What makes sense to you?
- Chapters 8 – 10, [\*Making Sense of Human Life: Murray Bowen's Determined Effort Toward Family Systems Theory.\*](#)
- 4:15 PM V. Break – 5 minutes
- 4:20 PM VI. Participant Presentations and Discussion around the Questions - Kathy Wiseman
- Jane Gottesman
  - What have you noticed about your own functioning since we began ANS?
    - in your clarity of thought
    - in your energy level
    - are you thinking clearer and more focussed?
    - in your productivity
    - in your awareness of feeling and body states?
- 4:55 PM VII. Close - Priscilla Friesen