

To register:

Online: <http://ccfhchicago.org/workshops/>

By Mail (please include payment info):

Chicago Center for Family Health  
20 N Wacker Dr, Suite 1442 Chicago, IL 60606

# Aging Well and Intergenerational Family Relations:

## Healing Old Wounds

**MONA FISHBANE, PH.D.**

In this workshop, we will explore dynamics in intergenerational family relationships that are particularly poignant as parents age and face increasing challenges. Unfinished business, resentment, and old wounds between adult children and their elders can constrain processes of care and compassion between the generations. Tensions and old rivalries between siblings may become heightened at this life stage. How can adult children honor and care for frail parents while caring for themselves and their own family? How can elders approach aging with wisdom and grace? Dr. Fishbane will offer interventions to facilitate healing and dialogue, utilizing a resilience-based view and a relational intergenerational approach. Topics include family legacies and loyalties, grievances and blame, cutoffs, differentiation, boundaries, guilt, repair, and forgiveness. The neurobiology of family reactivity will be discussed, along with techniques to facilitate emotional intelligence, generosity, and compassion between the generations.

CCFH faculty member, Michele Baldwin, PhD, LCSW, who specializes in the wisdom of aging will join in discussion.



**Mona Fishbane, Ph.D.**, a clinical psychologist in Illinois and New Jersey, is CCFH senior faculty and former Director of Couple Therapy Training. She is an AAMFT Approved Supervisor, on the Advisory Board of *Family Process* journal, and past Board member, American Family Therapy Academy. Mona is a leading expert on couple therapy and neurobiology and on intergenerational family relationships, and has recently been trained as a Wise Aging group facilitator. She has been the recipient of honors and fellowships, including a Templeton Foundation grant, and the 2017 Family Psychologist of the Year Award from The American Psychological Association (Society for Couple & Family Psychology). Dr. Fishbane has published many clinical articles; her acclaimed book, *Loving with the Brain in Mind: Neurobiology & Couple Therapy*

(2013) is in the Norton Series on Interpersonal Neurobiology. She is a highly valued lecturer and training expert nationally and internationally.

### Workshop Schedule (6 CECs)

8:30 – 9:00 Registration  
9:00 – 12:15 Morning Session  
12:15 – 1:15 Lunch (on your own)  
1:15 – 4:00 Afternoon Session

### Location:

Civic Opera Building  
20 N. Wacker Drive  
Chicago Loop

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NAME \_\_\_\_\_ DEGREE/LICENSE \_\_\_\_\_

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AFFILIATION \_\_\_\_\_

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ADDRESS \_\_\_\_\_

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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

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HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

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EMAIL \_\_\_\_\_

### Aging Well & Intergenerational Family Relations ~ Nov 15, 2018

Registration:	Before 10/19	After 10/19
<input type="checkbox"/> Individual	\$125	\$135
<input type="checkbox"/> Groups of 3 or more	\$110	\$120
<input type="checkbox"/> Students with valid ID	\$60	\$60
<input type="checkbox"/> Student groups of 3 or more	\$50	\$50

### Payment Options:

- Check Enclosed (Payable to CCFH)
- Credit Card (Visa or MasterCard)

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CARD NUMBER \_\_\_\_\_ CVV CODE \_\_\_\_\_ EXP. DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

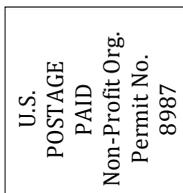
### CECs (6 hours)

- LCSW/LSW # \_\_\_\_\_
- LMFT # \_\_\_\_\_
- LCPC/LPC # \_\_\_\_\_
- Clinical Psychologist # \_\_\_\_\_
- Certificate of attendance

*The Chicago Center for Family Health is an approved provider of continuing education credits (CECs) by the Illinois Dept. of Professional Regulation for social workers (LCSW/LSW), licensed marriage & family therapists (LMFT), professional / clinical counselors (LCPC/LPC), and Clinical Psychologists.*



**Chicago Center for Family Health**  
20 N Wacker Drive, Suite 1442, Chicago, IL 60606  
**Specializing in Family & Couple Therapy & Families,  
Illness, & Collaborative Healthcare**  
Advanced Training ~ Consultation ~ Clinical Services  
**ph: 312-372-4731 / fax: 312-372-4732**



The Chicago Center for Family Health is an internationally renowned, advanced institute for couple and family therapy training, services, and community-based consultation. Our collaborative, resilience-promoting approach builds on client strengths to resolve problems and master life challenges. This approach facilitates healing and recovery from crises; coping with persistent stresses; enhanced functioning and well being; and both personal and relational growth.

For information: Visit our website: [www.ccfhchicago.org](http://www.ccfhchicago.org)

#### **Counseling and Therapy Services– *Sliding Scale***

Our multidisciplinary clinical faculty and fellows specialize in systems-oriented family, couple & individual therapy and counseling services. Many are nationally recognized experts in the mental health field.  
[www.ccfhchicago.org/faculty](http://www.ccfhchicago.org/faculty)

We are dedicated to serving a broad diversity of clients, their values, varied family forms and life challenges. Our resilience approach is based on the conviction that all clients have potential for change and positive

#### **Distance Learning ~ Continuing Education Credits**

- **Web-based Agency and Case Consultation - TBA**
- **Readings:** CCFH provides online continuing education opportunities to earn CE credits by reading valuable publications by CCFH authors. Gain useful practice information at your convenience. All books & articles are highly regarded and widely used in professional training and practice across disciplines. Both beginning & seasoned clinicians will gain useful, state-of-the-art knowledge, practice guidelines, and case illustrations to inform and inspire best practice.

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Thursday, November 15, 2018

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**Mona Fishbane, Ph.D.**

