

Friday, April 10

**FAMILIES AND THE NEW ERA OF GENETICS:  
Mastering Clinical and Ethical Challenges**

**John Rolland, M.D., MPH**

Groundbreaking advances are identifying genetic components in most major health & mental health conditions. This poses unprecedented clinical & ethical dilemmas for families and healthcare professionals. Genetic information is by definition a family issue that will affect everyone as this technology moves into mainstream healthcare. How will family and couple relationships be affected by the ability to peer into their health and mental health futures? How can we foster family resilience with the knowledge of genetic risk and understanding the influence of epigenetics, involving family and environmental factors in the expression and course of genetically-influenced conditions?

Dr. Rolland, a leading expert on these advances, provides a resilience-based family systems model with case illustrations/video to address core issues and socio-cultural influences in decision-making about genetic testing, communication with partners and family members, and living with risk information across the life cycle. Key issues discussed include: belief conflicts, ethical issues and decisions (e.g. privacy vs. right to know by others at risk, fetal information); childbearing; multigenerational patterns; and behavioral genetics. Guidelines are provided to help families master these complex challenges. The model's utility is discussed for preventive screening, family consultation/assessment, treatment planning, and service delivery in a range of healthcare settings and therapy/counseling practice.

**John Rolland, MD, MPH** is Professor of Psychiatry and Behavioral Neuroscience, University of Chicago Pritzker School of Medicine and Executive Co-Director of the affiliated post-graduate training institute, Chicago Center for Family Health. Widely recognized for his conceptual model and clinical work with families and serious physical disorders, he has published extensively including his landmark book, *Families, Illness, and Disability: An Integrative Treatment Model*; co-author, *Individuals, Families, and the New Era of Genetics: Biopsychosocial Perspective*; and forthcoming, *Mastering Family Challenges with Illness & Disability: An Integrative Model*. He is past-President, American Family Therapy Academy, recipient of AFTA's Innovative Contributions to Family Therapy Award, & Distinguished Fellow of the American Psychiatric Association. He is an AAMFT approved supervisor, and serves on the Board of the Collaborative Family Healthcare Association. His workshops are immensely valuable in clinical practice.



Friday, May 1

**HEALING INTERGENERATIONAL WOUNDS:  
A Relational-Neurobiological Approach to  
Transform Family Relationships**

**Mona Fishbane, Ph.D.**

In this workshop, Dr. Fishbane will explore ways to facilitate healing and dialogue in distressed relationships between adults and their families of origin, especially parents. Utilizing a resilience-based view and a relational intergenerational approach, topics to be addressed include family legacies and loyalties, resentment and blame, cutoffs, differentiation, boundaries, power, guilt, repair, and forgiveness. Gender-based and cultural beliefs that affect intergenerational relationships will inform the discussion. The neurobiology underlying reactivity between adult children and their parents will be explored, along with brain-based interventions to facilitate relational empowerment between the generations. The challenges of caring for frail parents as they age will be considered. Theory and techniques, with case illustrations, will be offered to facilitate intergenerational repair, focusing on ways to honor and care for parents while honoring and caring for one's self.

**Mona D. Fishbane, Ph.D.**, clinical psychologist in private practice, is director of couple therapy training at the Chicago Center for Family Health. She is an AAMFT Approved Supervisor and AFTA past board member. Mona has published numerous articles on couple therapy and neurobiology as well as on intergenerational relationships. She has been the recipient of honors and fellowships, recently a grant from the Templeton Foundation. Her book, *Loving with the Brain in Mind: Neurobiology & Couple Therapy* (2013), is part of the Norton Series on Interpersonal Neurobiology. Mona is highly regarded nationally and internationally for her conceptual and practice expertise and her informative and inspiring lectures and workshops.



**Schedule for Workshops:**

- 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, 6<sup>th</sup> Floor,  
20 N. Wacker Drive Chicago Loop 60606**



To register online go to:

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

OR Mail this form with payment to:

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

OR Fax to (credit card registrations only): 312-372-4732

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**Workshops:**

- Families & Genetics – J. Rolland – April 10**  
(Early Bird Rate to March 20)
- Healing Intergenerational Wounds – M. Fishbane – May 1**  
(Early Bird Rate to April 10)

<b>Registration:</b>	<b>Early Bird</b>	<b>/ After</b>
<input type="checkbox"/> 1 Workshop	\$125	\$135
<input type="checkbox"/> Groups of 3 or more	\$110	\$120
<input type="checkbox"/> Students (with school ID)	\$60	\$60
<input type="checkbox"/> Both Workshops	\$175	\$195

**Payment Options:**

- Check Enclosed (Payable to CCFH)
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- CECs (6 hours)**
- LCSW/LSW# \_\_\_\_\_
  - LMFT# \_\_\_\_\_
  - LCPC/LPC # \_\_\_\_\_
  - Clinical Psychologists # \_\_\_\_\_
  - 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), & clinical psychologists (PhD or Psy.D)*

Spring Workshops 2015



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**Friday, May 1, 2015**

**HEALING INTERGENERATIONAL WOUNDS:  
A RELATIONAL-NEUROBIOLOGICAL APPROACH  
TO TRANSFORM FAMILY RELATIONSHIPS**

**Mona Fishbane, Ph.D.**

**Plus: ONLINE LEARNING**

**Chicago Center for Family Health**  
20 North Wacker Drive, Suite 1442, Chicago, IL 60606  
312-372-4731 / Fax: 312-372-4732  
[www.ccfhchicago.org](http://www.ccfhchicago.org)



CHICAGO CENTER FOR FAMILY HEALTH



**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

**(312) 372-4731 / [www.ccfhchicago.org](http://www.ccfhchicago.org)**

The Chicago Center for Family Health is a non-profit, independent affiliate of the University of Chicago. Our multidisciplinary clinical faculty and fellows specialize in systems-oriented family, couple and individual therapy and counseling services. Many are nationally recognized experts in the mental health field.

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.

We are dedicated to serving a broad diversity of clients, respectful of their values, and responsive to varied family forms and life challenges. Our resilience approach is based on the conviction that all clients have potential for change and positive growth. We help them bring out their best to live and love more fully.

**Online Learning for CE Credits**

Earn CE credits by reading valuable publications by CCFH authors to gain useful practice information at your convenience. All books and 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, & case illustrations to inform & inspire best practice.

**Distance Practice Supervision / Case Consultation**

**Counseling and Therapy Services – Sliding Scale**

For information and referral call: 312-372-4731  
See areas of expertise: [www.ccfhchicago.org/counseling](http://www.ccfhchicago.org/counseling)