

# POSITIVE FAMILY CAREGIVING:

Intentional Practices for Practical, Emotional, & Spiritual Support

**BARRY JACOBS, PSYD & JULIA MAYER, PSYD**



Caregiving with illness and disability can be physically, psychologically, and financially burdensome, sapping hope, fraying bonds, and sabotaging the will to care. Yet, a growing body of research finds that family caregivers can derive important benefits, including increased life meaning, satisfaction, gratitude, and even improved health. In fact, caregivers have the potential to become more resilient and deepen bonds as they gain skills to provide care more effectively, even in the face of a loved one's decline. In this half-day workshop for health and mental health professionals, Drs. Barry Jacobs and Julia Mayer, leading national caregiving experts, will provide practical, innovative practice approaches to enable caregivers to experience the profound growth potential in their mission. We'll focus on:

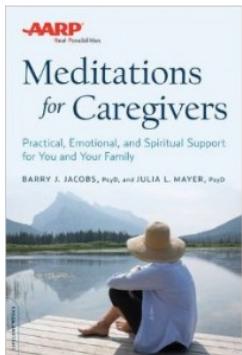


- Teaching intentional practices, including mindful awareness, present engagement, daily reflection, and prospective retrospection.
- Clarifying family members' sense of purpose in decisions about providing hands-on care.
- Normalizing ambivalence and frustration as they struggle to accept caregiving's inherent self-sacrifices
- Identify and nurture positive beliefs that will sustain caregiving and foster resilience.

**Barry Jacobs, PsyD** is a clinical psychologist, family therapist, and the Director of Behavioral Sciences for the Crozer-Keystone Family Medicine Residency Program in Pennsylvania. He is the author of *The Emotional Survival Guide for Caregivers* (2006) and a blogger on family caregiving topics for AARP.org and the Huffington Post.

**Julia Mayer, PsyD** is a clinical psychologist who's specialized in women's identity, caregiver, and relationship issues for over 20 years. She's the author of *A Fleeting State of Mind* as well as columns for WebMD and HealthCentral.

**Drs. Jacobs and Mayer** are co-authors of *AARP Meditations for Caregivers—Practical, Emotional and Spiritual Support for You and Your Family* (Da Capo, 2016).



**Location:**  
Civic Opera Building  
20 N. Wacker Drive  
Chicago Loop

**Workshop Schedule (3 CECs)**  
12:30 – 1:00 Registration  
1:00 – 4:00 Workshop

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

NAME		DEGREE/LICENSE	
AFFILIATION			
ADDRESS			
CITY	STATE	ZIP	
( )	( )	( )	
HOME PHONE		WORK PHONE	
EMAIL			

### Promoting Positive Caregiving ~ March 24, 2017, 1-4 pm

Registration:	Before 3/3	After 3/3
<input type="checkbox"/> Individual	\$65	\$75
<input type="checkbox"/> Groups of 3 or more	\$55	\$65
<input type="checkbox"/> Students with valid ID	\$35	\$35
<input type="checkbox"/> Student groups of 3 or more	\$25	\$25

### Payment Options:

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

CARD NUMBER	CVV CODE	EXP. DATE
SIGNATURE		

### CECs (3 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

Friday, March 24, 2017, 1-4 pm

## POSITIVE FAMILY CAREGIVING:

Practical, Emotional, & Spiritual Support

**Barry Jacobs, PsyD**

**Julia Mayer, PsyD**

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### Chicago Center for Family Health

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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 growth.

#### 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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