

CHICAGO CENTER FOR FAMILY HEALTH

Fall Workshops 2011



Friday, October 14th

INTIMACY IN THE AGE OF OVERWHELM:
HELPING COUPLES GET "IN SYNC"

Peter Fraenkel, PhD

Saturday, November 5th

NARRATIVE THERAPY WITH COUPLES:
EXPANDING PRACTICE, VISION, & SKILLS

Jill Freedman, MSW &
Gene Combs, MD

Friday, December 9th

LIVING WELL WITH CHRONIC PAIN

John Rolland, MD &
Mary Kelleher, MS, LMFT

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



CHICAGO CENTER FOR FAMILY HEALTH
CELEBRATING OUR 20TH YEAR!

U.S.
POSTAGE
PAID
Non-Profit Org.
Permit No. 8987
Chicago, IL



Workshop Registration

NAME _____ DEGREE/LICENSE _____

AFFILIATION _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

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HOME PHONE _____ WORK PHONE _____

E-MAIL _____

Workshops:

- Intimacy in the Age of Overwhelm—P. Fraenkel (Oct. 14)
- Narrative Therapy with Couples—J. Freedman & G. Combs (Nov. 5)
- Living Well with Chronic Pain—J. Rolland & M. Kelleher (Dec. 9)

Registration:

- ~~\$135~~ / 1 Workshop Discount \$125
- ~~\$120~~ / Groups of 3 or more Discount \$110
- ~~\$90~~ / Students (with school ID) Discount \$70
- Any 2 Workshops Discount \$195

Payment Options:

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

CARD NUMBER _____ EXP. DATE _____

SIGNATURE _____

CECs (6 hours per day)

- LCSW/LSW # _____
- LMFT # _____
- LCPC/LPC # _____
- Certificate of attendance

Please mail with payment to:

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

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

For information & online registration: www.ccfhchicago.org
Or call us at (312) 372-4731

Go Green: go to www.ccfhchicago.org to receive e-mails of upcoming programs

Friday, October 14th, 2011

INTIMACY IN THE AGE OF OVERWHELM: HELPING COUPLES GET “IN SYNC”

Peter Fraenkel, PhD

Couple arrhythmia is endemic in our overstressed lives. Partners often complain of feeling “out of sync” with each other. Dr. Peter Fraenkel, expert couple therapist, will present his innovative, research-based approach to assess and change specific ways this contributes to relational distress: Differences in pace (fast/slow), time focus (past/present/future), mismatched daily/weekly schedules, preferences for spending time, and arguments about punctuality. Personal time patterns-- influenced by emotional style, family and cultural patterns, and current circumstances--are often a hidden source of conflicts about money, sex, children, in-laws, housework, communication, and balancing work/personal/and relationship time. Through lecture, couple videos, questionnaires, and experiential exercises, you'll learn a new, powerful “4-R” Relationship Analysis™ approach to help couples reveal and revalue differences and their powerful source in early attraction; revise time patterns that don't work; and rehearse new relational rhythms. You'll learn practical techniques to change couples' rhythms and transform their differences into assets. You'll also learn effective work stress management techniques to reduce negative spillover of work tension into couple and family life, and simple, powerful practices couples can use to create their best balance.

Peter Fraenkel, Ph.D., is Associate Professor of Clinical Psychology, City College of the City University of New York; and Director, Ackerman Institute's Center for Work and Family. Dr. Fraenkel is the author of *Sync Your Relationship, Save Your Marriage: Four Steps to Getting Back on Track* (2011, Palgrave-Macmillan), and numerous publications on time, technology, work and family, collaborative community-based family programs, integrative approaches to systemic therapy, and child sexual abuse. He is a recipient of American Family Therapy Academy's Award for Distinguished Contribution to Family Therapy Theory and Practice, and past Vice President of AFTA. Also an amazing jazz musician, Peter brings his attunement to rhythm and joy of playing “in sync” to his inspiring workshops and clinical practice.



Schedule for Workshops:

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

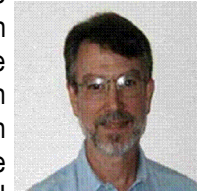
Saturday, November 5th, 2011

NARRATIVE THERAPY WITH COUPLES: EXPANDING PRACTICE, VISION, AND SKILLS

Jill Freedman, MSW, & Gene Combs, MD

Our relationships both shape and are shaped by our stories. The stories partners tell and hear about their relationship and each other make a difference. Narrative therapy offers the possibility for people to hear the meanings their partners make of particular events and together to make new ones. It also offers ways to create a context for preferred stories to be told and heard. In this workshop we will focus on ways to structure therapy conversations to enhance partners' ability to really hear each other. We will consider ways to think about and expose the role of sociocultural discourses in problems. We will explore bringing forth what is “absent but implicit.” We will also consider how our identity is relational, offering the possibility of asking questions about who people become in particular relationships and how partners contribute to and sustain each other's preferred identities. This will be a skill-building workshop with opportunity for participants to engage with the ideas.

Jill Freedman, MSW, and Gene Combs, MD, have practiced, studied, taught, and written about narrative therapy for over two decades. Their books include: *Narrative Therapy: The Social Construction of Preferred Realities* and *Narrative Therapy With Couples...and a whole lot more!* Internationally recognized for their advances in narrative theory and training, they received the 2009 Award for Innovative Contribution to Family Therapy by the American Family Therapy Academy (AFTA). Gene is Associate Professor Director of Behavioral Science Education in the Family Medicine Residency Program at North Shore University Health System. Jill is Director of the Evanston Family Therapy Center. Longtime CCFH Faculty members, their workshops are valued by both new and experienced clinicians in expanding therapeutic vision and skills.



Chicago Center for Family Health

20 N Wacker Drive, Suite 1442, Chicago, IL 60606

**Specializing in Family Therapy, Couple Therapy,
& Families, Illness & Collaborative Healthcare**

For more information on training programs,
case consultation—supervision, and clinical services:
(312) 372-4731 / www.ccfhchicago.org

Friday, December 9th, 2011

LIVING WELL WITH CHRONIC PAIN

John Rolland, MD, & Mary Kelleher, MS, LMFT

Chronic pain afflicts over 100 million Americans, often with a devastating impact on their couple and family relationships. Coping and adaptation are complicated because pain and associated fatigue are invisible, may be caused by a medical condition or be “unexplained,” can be highly unpredictable in terms of severity, and are often reactive to stressors and emotional states. Using Dr. Rolland's integrative Family Systems Illness Model, this workshop will provide practice guidelines & case illustrations to view the experience of chronic pain as a “shared challenge;” optimize strengths and possibilities, alongside limitations; and seize opportunities for relational healing and growth. Viewing the family as a potential resource, participants will gain skills to address common challenges in family and couples relationships, e.g. diverse cultural/spiritual/relational meanings of pain; intimacy & sexuality; gender issues, role of empathy, unpredictable/fluctuating severity and fatigue; irritability & depression; communication and power struggles; long-term analgesic/narcotic pain control; holistic pain management strategies; and effective collaboration with healthcare providers.

John Rolland, MD, is CCFH Co-Director and Professor of Psychiatry, University of Chicago. Internationally recognized for his conceptual model, clinical work, and research with families facing serious physical disorders, his publications include his landmark book, *Families, Illness, and Disability: An Integrative Treatment Model*, & *Individuals, Families, and the New Era of Genetics: Biopsychosocial Perspectives*. He is past president of the American Family Therapy Academy, recipient of its Innovative Contributions to Family Therapy Award, and Distinguished Fellow, APA.



Mary Kelleher, MS, LMFT, is a Clinical Associate with CCFH. She is a licensed Marriage & Family Therapist, a Clinical Member of the American Association for Marriage and Family Therapy, and certified Medical Family Therapist. She specializes in treating individuals and families dealing with chronic illness, chronic pain, or end of life issues, and in collaboration with health care professionals to promote holistic patient care.



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