

CHICAGO CENTER FOR FAMILY HEALTH

Winter Workshops 2010



Friday, January 15

**IN SICKNESS & HEALTH:
COUPLES, ILLNESS, & DISABILITY**

**John Rolland, MD &
Karen Skerrett, PhD, RN**

Friday, February 19

**COMPLICATED LOSS:
FACILITATING HEALING & RESILIENCE**

Froma Walsh, PhD

Friday, March 5

COMPASSION FATIGUE

Mary Jo Barrett, MSW, MFT

Plus: ONLINE LEARNING

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Chicago, IL

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



Workshop Registration

NAME _____ DEGREE/LICENSE _____

AFFILIATION _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

() _____ () _____

HOME PHONE _____ WORK PHONE _____

E-MAIL _____

Workshops:

- Couples, Illness, & Disability—J. Rolland & K. Skerrett (Jan. 3)
- Complicated Loss—F. Walsh (Feb. 19)
- Compassion Fatigue—M. Barrett (Mar. 5)

Registration:

- ~~\$135~~ / Workshop Stimulus Special! \$125
- ~~\$120~~ / Groups of 3 or more Stimulus Special! \$110
- ~~\$90~~ / Students (with school ID) Stimulus Special! \$80

Payment Options:

- Check Enclosed (Payable to CCFH)
- Credit Card (Visa, 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**

Friday, January 16, 2010

In Sickness & Health: Couples, Illness, & Disability

**John Rolland, MD, &
Karen Skerrett, PhD, RN**

Serious illness & disability are among the greatest challenges couples face. Often, shame, anger, guilt, burnout, & isolation can undermine their partnership just when they need each other most. This workshop will address the core issues couples face & counter our culture's deficit-oriented view of illness. Guidelines will be offered to help partners mobilize, view the illness experience as "our challenge," & seize opportunities for relationship healing and growth. Participants will gain skills to help couples maintain intimacy in the face of caregiving demands & threatened loss, overcome gender-role constraints, grieve the loss of life dreams and goals when necessary, and counteract relationship imbalances that can emerge during the course of an illness. Live interviews & video-taped cases.

John Rolland, MD, is CCFH Co-Director and Clinical Professor of Psychiatry, University of Chicago. Internationally recognized for his conceptual model, clinical work, & research with families facing serious physical disorders, his extensive 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, an AAMFT approved supervisor, & Distinguished Fellow, American Psychiatric Association.

Karen Skerrett, PhD, RN, Lecturer, Dept. of Psychiatry, Univ. of Chicago; Associate Professor, Hahn School of Nursing & Health Sciences, Univ. of San Diego; Co-Facilitator: The Journey with Intent Program. Expertise: life cycle transitions, couple development, men's/women's healthcare, positive psychology, & optimal development.



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

Friday, February 19

Complicated Loss: Facilitating Healing & Resilience

Froma Walsh, PhD

Traumatic loss can shatter lives and relationships, fueling depression, substance abuse, destructive behavior, conflict, and cutoffs. Yet studies of resilience show that the experience of loss and the struggle to heal can yield unexpected personal and relational transformation and growth. Informed by recent advances in bereavement approaches, and by her wealth of clinical experience, Dr. Walsh will address complicated bereavement challenges with losses that are untimely (e.g. death of a child), ambiguous (missing loved one; dementia), unacknowledged, (miscarriage; death of a pet), stigmatized (e.g. suicide, HIV/AIDS) and violent deaths (e.g.. gun violence; combat-related PTSD). She will examine painful issues, guilt, and forgiveness. Highlighting the power of meaning-making, hope, and spirituality for healing and resilience, she will offer practice guidelines, video and case illustrations, to facilitate healing, helping clients live and love well in the face of loss.

Froma Walsh, PhD, is CCFH Co-Director and Mose & Sylvia Firestone Professor Emerita, SSA, University of Chicago. She is a leading expert on resilience-oriented practice approaches for personal & relational healing and growth from trauma, loss, and prolonged challenges of chronic illness. Books: *Spiritual Resources in Family Therapy* (2nd. ed. 2009); *Strengthening Family Resilience* (2nd Ed); *Living Beyond Loss: Death in the Family* (2nd ed.); and *Normal Family Processes: Growing Diversity & Complexity* (3rd.ed.). A recipient of many awards for her distinguished contributions, Past President of AFTA, past Editor of JMFT, she is a frequent speaker and consultant internationally.



Chicago Center for Family Health

**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

**20 N. Wacker Drive
Chicago, IL 60606**

Friday, March 5

Compassion Fatigue

Mary Jo Barrett, MSW, MFT

Our compassion for clients and heavy demands of practice settings can lead to frustration, depletion and burnout. This workshop provides a valuable understanding of compassion fatigue, its causes, and impact on professional and personal life. You will learn and experience ways to prevent and treat it, and develop a personal wellness plan. Dress comfortably for exercises that will help restore your soul.

Mary Jo Barrett, MSW, MFT, is on CCFH Associate Faculty and adjunct faculty at SSA, University of Chicago. She is also the Founder and Executive Director of the Center for Contextual Change with offices in Skokie, Chicago, & Elmhurst. Mary Jo is a nationally prominent expert on compassion fatigue & work with complicated family cases, sexual abuse, violence and trauma. She is an inspiring presenter and trains internationally on the Collaborative Stage Model that she developed.



Online Learning for 8 CE Credits

CCFH is offering an online continuing education opportunity to earn CE credits by reading valuable publications by CCFH authors & completing a brief assessment. This program enables you to learn useful practice information with CE credit at your own pace & convenience. Our resilience-oriented, collaborative approach is applied to a broad diversity of couples & families & their stressful life challenges.

To take advantage of CCFH Online Learning:

1. Select among the readings currently offered for CE credit. For details, see www.ccfhchicago.org.
2. Register online, or by fax or phone, with payment to receive readings.
3. After reading, complete & return the CE quiz.

All books and articles, by CCFH faculty, are highly regarded and widely used in professional training and practice. Valuable for both beginning & seasoned clinicians of all mental health & healthcare disciplines. Readers will gain useful, state-of-the-art knowledge, practice guidelines, & case illustrations to inform & inspire best practice.