

PROFESSIONAL TRAINING

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

Speaker:

Mona Fishbane, Ph.D.

www.monafishbane.com

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. Topics to be addressed include family legacies and loyalties, resentment and blame, cutoffs, differentiation, boundaries, power, guilt, repair, and forgiveness. 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., is a clinical psychologist and recipient of the 2017 Family Psychologist of the Year Award, American Psychological Association (Division 43). Mona has published numerous articles on couple therapy and intergenerational family relationships. Mona's book, *Loving with the Brain in Mind: Neurobiology & Couple Therapy*, was published by Norton (2013).*

- When** October 31, 2017
8:15 a.m. Registration
8:45–11:45 a.m. Presentation
- Location** Weinberg Community for Senior Living
1551 Lake Cook Road, Deerfield
- Cost** Free. 3.0 CEUs will be awarded to Illinois nurses, social workers, professional counselors and nursing home administrators.
- Registration Required** 847.462.0885 or events@elderwerks.com
by Thursday, October 26, 2017

This program is open to community members and professionals.

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support available in CJE offices or as home visits.



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