



**AGING IN HARMONY
and
PACIFIC INSTITUTE
Present:**

Friday May 20th, 2011 5-9 PM
Introductory Evening
Saturday May 21st, 2011 8:30 AM - 5 PM
Hands-On Training
 Both at

**Between Mothers Day and Fathers Day:
 Conflict Resolution Skills For
 The Challenges Of Aging
 A One And A Half Day Workshop**



1440 40th St. Emeryville, CA

**For more information please visit:
www.aginginharmony.com/events/
 or call 510-356-7830**

- Are you one of the millions of Americans helping older family members or friends navigate the challenges of aging and find it difficult to communicate with them about their plans for the future?
- Would you like to talk to your spouse, adult children or grandchildren about your own aging related concerns, but don't feel heard and understood?
- Whether you are facing your own aging process or are a family member, friend, caregiver, or service provider for older adults, this workshop prepares you for these challenging discussions.

During the **introductory evening**, we will explore the impact of aging on the individual, family, community and society at large. Participants will examine cultural biases around aging and learn to recognize their own assumptions regarding older adults. Based on this understanding, we will discuss why most of us find it challenging to communicate effectively about aging-related concerns and decisions. Finally, we will offer helpful tools to facilitate communications during controversial and highly emotional discussions with elders and to support collaborative decisions that address the needs of everyone involved. Participants in the **hands-on training** will have extensive opportunity to practice these tools in role plays and learn how to apply empathic listening and conflict resolution skills during interactions with elders in their daily lives .

PRESENTERS:

Register by May 15th!

KATHARINA W. DRESS, MA, has been a mediator for 6 years and a facilitator and trainer for over 25 years. As founder of AGING IN HARMONY, she provides conflict resolution services to older adults and their families, caregivers and aging services providers.

JOHN G. ELLIOTT, MA, MFT has been a marriage and family therapist for 40 years, a Divorce Mediator for 10 years, and has 25 years of grief support and bereavement work experience.

A previous workshop participant said:

"The workshop was a great opportunity to see that so many of the issues I am having with my mother are really common in families with aging parents. It was also pretty amazing to do a pretend mediation and see two other women play both me and my mother."

Sandy B, Berkeley, CA

Event	Standard	Reduced
Fri+Sat	\$175	\$150
Fri Only	\$50	\$40

Reduced fees for seniors (60+), students and members of sponsoring organizations, and early registrations received by May 1st. CEUs for LCSW's & MFT's offered through Pacific Institute: Friday only 3 CEU's \$10; full workshops 11 CEU's \$25

Sponsored by:



