

## REGISTRATION

### CARING FOR AN AGING PARENT OR PARTNER AND WONDERING "WHO'S GOING TO CARE FOR ME?"

MARCH 25, 2012

SUNDAY, 12:15PM – 4:15PM

NAME \_\_\_\_\_

DEGREE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (O) \_\_\_\_\_ (H) \_\_\_\_\_

EMAIL \_\_\_\_\_

#### FEES:

\$90 General Public (If CE/CME credit is needed)

\$60 WSP Professional & Gold Members

\$30 WSP Students

\$30 Individuals who are not mental health providers

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

#### PLEASE SEND THIS COMPLETED REGISTRATION FORM AND CHECK TO:

Washington School of Psychiatry

5028 Wisconsin Avenue, NW, Suite 400

Washington, DC 20016

YOU MAY FAX THE COMPLETED FORM ALONG WITH CREDIT  
CARD INFORMATION TO 202-237-2730, IF CHARGING FEE.

\_\_\_ MASTERCARD \_\_\_ VISA

CARD NUMBER \_\_\_\_\_

EXPIRATION DATE \_\_\_\_\_

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_


THESE BOOKS BY THE AUTHOR WILL BE AVAILABLE FOR  
CASH PURCHASE AT THE CONFERENCE. EACH BOOK WILL  
BE PRICED AT \$15.

*How Can I Forgive You? The Courage To Forgive, The Freedom Not To  
After The Affair: Healing The Pain and Rebuilding Trust When a  
Partner Has Been Unfaithful*

*Life with Pop: Lessons on Caring for an Aging Parent*



5028 Wisconsin Ave., NW, Ste. 400  
Washington, DC 20016  
Phone: 202-237-2700  
Fax: 202-237-2730  
Web: www.wspdc.org



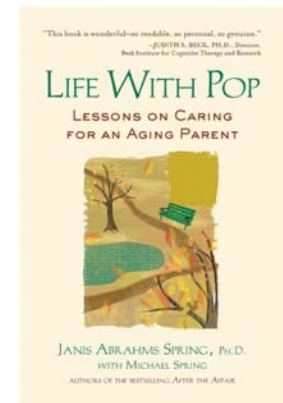
## WASHINGTON SCHOOL OF PSYCHIATRY CENTER FOR THE STUDY OF AGING

CARING FOR AN AGING  
PARENT OR PARTNER AND  
WONDERING  
"WHO'S GOING TO CARE FOR  
ME?"

JANIS ABRAHMS SPRING, PHD

MARCH 25, 2012

SUNDAY, 12:15PM – 4:15PM



TEL: 202-237-2700



# CARING FOR AN AGING PARENT OR PARTNER AND WONDERING “WHO’S GOING TO CARE FOR ME?”

- \* How do we put our parents in a home against their will or take them into our home against our better judgment?
- \* How do we balance another person’s needs against our own?
- \* How do we stay involved with a parent or partner who is ungrateful or unkind? Who no longer knows who we are?
- \* Why are family fights around the person who needs care so common and divisive, and what can we do to resolve them?
- \* What do we tell siblings who insist on making critical health-care decisions, when we’ve done all the work?
- \* If we stand to inherit money, how do we know if our decision to end a person’s life is selfish or merciful?
- \* How can we move toward forgiveness with the aging parent or partner before they die?
- \* How do we decide when someone’s life is no longer worth living? And who are we to decide? What does our religion teach us?
- \* What can we learn from caring for our partners or parents that will help us survive old age and be the kind of model octogenarian our friends and family want to have around?

These are some of the sensitive questions nineteen million Americans are asking as they care for their aging parents and partners. Using poignant film clips, the nationally recognized expert, Janis Abrahms Spring, Ph.D, will give a language to this ordinary, extraordinary journey and help caregivers feel less crazy, helpless, and alone. She’ll teach caregivers to calm their inner critic when their resources run dry, to balance their needs against those who need their care, and to treat themselves with all the compassion they deserve. With unsparing honesty, and humor, Dr. Spring will address the joy and imposition, the

happiness and heartache of the job – dealing with living arrangements, sibling rivalries, money anxieties, healthcare and end-of-life decisions. She’ll also bring to life everyday moments of grace, and offer universal lessons about growing old gracefully.

## WHO SHOULD ATTEND

The workshop is intended for psychologists, psychiatrists, social workers, psychiatric nurses, licensed professional counselors, MFT’s, physicians, medical students, and other graduate students. Community members are welcome to attend.

## LEARNING OBJECTIVES

Participants will be able to:

1. Describe why sibling rivalries are so common during health-care and end-of-life planning for aging parents.
2. Explain how adult children can move toward forgiving an aging parent before they die.
3. Describe two lessons we can take from caring for an aging parent that will help us survive old age more gracefully.

## PRESENTER

**Janis Abrahms Spring, PH.D.**, is a nationally acclaimed author and expert on issues of trust, intimacy, and forgiveness. Her latest book, *Life with Pop: Lessons on Caring for an Aging Parent* (Avery Penguin), captures the personal challenges and moments of grace that come with caregiving and growing old. In private practice for 35 years in Westport, CT, Dr. Spring is a former clinical supervisor in the department of psychology at Yale University and popular media guest on shows such as NPR. She presents at venues such as Smith College, the Smithsonian Institute, Harvard’s Educational Conferences, and Kripalu Institute. For more information, visit [www.janisaspring.com](http://www.janisaspring.com).

## LOCATION

The conference will take place at the:  
Washington School of Psychiatry  
5028 Wisconsin Ave NW #400  
Washington, DC 20016

## FEES AND CE/CME AWARD

**3 CE/CME Credits**

General Public, **\$90** (If CE/CME credit is needed)  
WSP Professional & Gold Members, **\$60**  
WSP Students, **\$30**  
Individuals who are not mental health providers, **\$30**

## TO REGISTER

Please complete the form on the back of this brochure.

For questions about registration, you may call the School at 202-237-2700 or email Lisa Head at [lhead@wspdc.org](mailto:lhead@wspdc.org).

## CANCELLATIONS AND REFUNDS

Refunds will be made for cancellations received at the School office in writing at least 10 days before the conference date and are subject to a non-refundable administrative fee of \$50.

## CONTINUING EDUCATION

THE WASHINGTON SCHOOL OF PSYCHIATRY IS APPROVED BY THE AMERICAN PSYCHOLOGICAL ASSOCIATION TO PROVIDE CONTINUING EDUCATION FOR **PSYCHOLOGISTS**. THE WASHINGTON SCHOOL MAINTAINS RESPONSIBILITY FOR THIS PROGRAM AND ITS CONTENTS. THE SCHOOL IS APPROVED BY THE SOCIAL WORK BOARD OF THE STATE OF MARYLAND AS A PROVIDER OF CONTINUING EDUCATION FOR **SOCIAL WORKERS** IN DC, MD, VA AND WV. THE SCHOOL IS RECOGNIZED BY THE NATIONAL BOARD FOR CERTIFIED COUNSELORS TO OFFER CONTINUING EDUCATION FOR **NATIONAL CERTIFIED COUNSELORS AND MARRIAGE AND FAMILY THERAPISTS**. WE ADHERE TO THE NBCC CONTINUING EDUCATION GUIDELINES PROVIDER #6388. THE SCHOOL IS ACCREDITED BY MEDCHI, THE MARYLAND STATE MEDICAL SOCIETY TO PROVIDE CONTINUING MEDICAL EDUCATION FOR **PHYSICIANS**.

DISCLOSURE OF COMMERCIAL SUPPORT AND THE UNLABELED USE OF A COMMERCIAL PRODUCT. NO MEMBER OF THE PLANNING COMMITTEE AND NO MEMBER OF THE FACULTY FOR THIS EVENT HAVE A FINANCIAL INTEREST OR OTHER RELATIONSHIP WITH ANY COMMERCIAL PRODUCT.

