



Two Interactive Online Programs Sharing a Common Theme: Helping Couples and Families Navigate Challenges of Aging, Recoupling, and End of Life.

Saturday, December 3rd, 2022 Sign up for ONE or BOTH!



Difficult Conversations: How Therapists Can Help Families Talk about Aging, Illness, and End of Life

9:00 am – 12:30 pm EST

Interactive on Zoom

Featuring “Wooden Nickels,” an improvisational drama about aging created by playwright Devorah Medwin

People over 75 now comprise the fastest growing segment of our populations. Yet most therapists have little or no formal training on how to help their clients and their families have the difficult but necessary conversations about aging, illness and end-of-life planning. This workshop is designed to address this gap in preparedness.

This on-line interactive workshop will begin with a viewing of “Wooden Nickels,” a 35-minute video showing adult children attempting to talk among themselves, and with their mother, about fears related to the mother’s memory problems. The video illustrates how family dynamics can present obstacles to working collaboratively to meet the challenges of this stage in an aging parent’s life and in the lives of the adult children.

The workshop will then focus on therapeutic approaches to facilitate discussions between elders and their adult children about healthcare, living preferences, and end-of- life choices. Jennifer Stone, Ph.D. and Steven Krugman, Ph.D. will use a psychodynamic and family systems approach to working with dysfunctional family dynamics. Barbara Coombs Lee, a national authority on end-of-life care and choices, will be seen on video using a psychoeducational approach with this same family.

Carolynn Maltas, a co-founder and past Director of Training at PCFINE will introduce the program. The on-line interactive format will provide ample time for small and larger group discussions and questions from participants. Resources for therapists and families will be available on-line for participants.

EDUCATIONAL OBJECTIVES:

At the conclusion of this program the participants will be able to:

1. Discuss two or more ways family dynamics may complicate family communication around support and caretaking of aging parents.
2. Identify two ways psychotherapists can help family members overcome barriers to having such conversations.
3. Discuss two psychoeducational strategies to increase understanding of signs and symptoms of cognitive and physical decline and the many resources available to families and therapists to help with these issues.

Carolynn Maltas, Ph.D. has been working with couples and families for more than 45 years, and written and spoken extensively about them. She is a co-founder of the Psychodynamic Couple and Family Institute of New England (PCFINE) where she was Director of Education for its first 15 years and is a faculty member and co-chair of the Committee for Ongoing Learning. Previously she was at McLean Hospital for 23 years where she co-founded the McLean Institute for Couples and Families in the 1980s. She is also a founding member and past-president of the Section on Family and Couple Therapy of the Division of Psychoanalysis of the APA. She taught couple and family therapy at Harvard and Tufts Medical Schools.

Jennifer Stone, Ph.D. is a clinical psychologist working with individuals, couples and families in her Newton practice. For 35 years, she has helped to train psychologists at Harvard Medical School and DMH. Jennifer coordinates the Family Therapy Consultation Group for PCFINE members in addition to teaching in PCFINE’s Couple Therapy Fellowship.

Steven Krugman, Ph.D. is a clinical psychologist who has practiced in the Boston area for over 40 years. He trained as a psychodynamic clinician with a special interest in attachment theory. He has also trained and practiced as a family and couple therapist. He was an active faculty member of PCFINE and chair of the Brunch Committee for many years. Dr. Krugman was the founder and director of the Family Project, an experimental domestic violence intervention program, as well the director of training at the Boston Trauma Clinic. He taught psychodynamic psychotherapy at Massachusetts General Hospital for many years.

REFERENCES:

Coombs Lee, (2014). Rethinking mortality: Exploring the boundaries between life and death. *Annals of the New York Academy of Sciences*. July 214, 1-7.

Fox, A.L., Sharp, J. L. & Fruhauf, C.A. (2021). Family dynamics and the transition to end-of-life caregiving: A brief review and conceptual framework. *Journal of Family Theory and Review*, 13 (3), 366-380.

McDarby, et. al. (2019). Adult children's understanding of parents' care and living preferences at end of life. *Innovations in Aging*, 3 (S1) (August), S668-669, DOI:10.1093/geroni/i92038.2473

Miller-Ott, A.E., Cooper, A.R., & Lobdell, E. (2022). "It just shifted everything in our family dynamic: Recalibration within the family system in response to Alzheimer's disease." *Journal of Family Communications*, 22(2), 156-174.

FEE:

For registration information, please scroll down to the registration section of the flyer.

SCROLL DOWN FOR NEXT PROGRAM and REGISTRATION INFORMATION



From Love at Last to Not So Fast: Helping Couples and Families with the Challenges of Recoupling in Later Life

Patricia L. Papernow, Ed.D.

1:00 pm – 4:30 pm EST

Saturday, December 3rd, 2022

Interactive on Zoom

Newly recoupled adults in mid-life and beyond and their adult children are increasingly showing up in our offices in pain and asking for help. The fantasy for these “gray recouplers” is, “*The kids are adults; the dog is dead. It’s just us. Now it’s our time.*” They all too soon discover that it’s not “just us.” Rather, gray recouplers find themselves pulled apart by their adult children’s responses to their new relationship and polarized over parenting differences. They frequently wrestle with divisive pulls from multiple generations of extended family, many with loyalties to their previous partners.

The adult children of these couples also often seek our help with their own intense feelings about their parents’ recoupling. In addition, for both gray recoupled families and long-time stepfamilies, issues of elder care, end-of-life decisions and inheritance all too frequently become painfully contentious.

This workshop will give you a map of this territory. Dr. Papernow will describe some all too “easy wrong turns” that later-life stepcouples and their therapists make. She will give you tools and practical strategies for helping these couples and families navigate these complexities and meet their often intense challenges.

EDUCATIONAL OBJECTIVES:

At the conclusion of this program the participants will be able to:

1. Describe the five challenges facing gray recouplers (and long-time stepfamilies) and their children.
2. Provide examples of what works and what doesn’t to help later-life stepfamilies meet these challenges on three different levels: psychoeducational, interpersonal, and intrapsychic/family-of-origin.
3. Describe how, and why, adult children struggle with parental recoupling, and what to do about it.

Dr. Patricia Papernow is an internationally recognized expert on stepfamilies. Her work integrates a wide variety of modalities and theoretical models and is informed by over four decades of clinical practice and a deep understanding of research in this area. The recipient of the award for Distinguished Contribution to Family Psychology from the APA Couple and Family Division, Dr. Papernow is the author of several classic books in the field, including *Surviving and Thriving in Stepfamily Relationships: What Works and What Doesn’t*, and, with Karen Bonnell, *The Stepfamily Handbook: From Dating, to Getting Serious to Forming a “Blended Family.”* In addition, she has authored numerous articles and book chapters on this topic. Dr. Papernow is a psychologist in private practice in Hudson, MA, and Director of the Institute for Stepfamily Education.

REFERENCES:

Brown, S. L., I-Fen, L., Hammersmith, A.M. & Wright, M.B. (2018). Later life marital dissolution and repartnering status: A national portrait. *Journals of Gerontology*, 73(6), 1032–1042, DOI:10.1093/geronb/gbw051

Cahn, N. (2018). The golden years, gray divorce, pink caretaking, and green money. *Family Law Quarterly*, 52(1), 57-86

Papernow, P.L. (2018). Recoupling in mid-life and beyond: From love at last to not so fast. *Family Process*, 57(1), 52-69. DOI: 10.1111/famp.12315

Shafer, K., Jensen, T. M., & Holmes, E. K. (2017). Divorce stress, stepfamily stress, and depression among emerging adult stepchildren. *Journal of Child and Family Studies*, 26(3), 851–862. DOI: 10.1007/s10826-016-0617-0

FEE:

For registration information, please scroll down to the registration section of the flyer.

PARTICIPANTS:

This program is open to all PCFINE members, other interested mental health professionals and students. It is intended for those with beginner to advanced levels of knowledge and experience.

CANCELLATION POLICY:

Full refund if notice of cancellation is received by November 28, 2022.

CONTINUING EDUCATION:

Psychologists – The Psychodynamic Couple and Family Institute of New England (PCFINE) is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. PCFINE maintains responsibility for this program and its content. Each workshop can be attended separately; each workshop fulfills the requirements of 3 hours of CE credit; attending both workshops will fulfill 6 hours of CE credit. Please note: No partial credit can be given. You must arrive within 10 minutes of the start time and stay until 10 minutes of the end time to receive CE credit. Participants from states other than Massachusetts will need to file with their respective licensing boards. PCFINE will issue a certificate of attendance to those who complete the workshop, but this issuance does not guarantee CE acceptance by boards other than APA and NASWMA.

Social Workers, Licensed Mental Health Counselors, and Licensed Marriage and Family Therapists may call 781-449-8365 or email pcfine1934@gmail.com for CE information.

PCFINE is committed to non-discrimination and will conduct all activities in strict conformity with the American Psychological Association's Ethical Principles for Psychologists. If you believe that a violation of ethics has occurred during the program, or have any other complaints or questions, please contact Justin Newmark, Ph.D. at pcfine1934@gmail.com.

There is no commercial support for this program nor are there any relationships between the CE sponsor, presenters, workshop content, research, grants, or other funding that could reasonably be construed as a conflict interest.

REGISTRATION:

The deadline for registration is Wednesday, November 30th, 2022.

Each workshop can be attended separately, with each workshop granting 3.0 CEs.

	PCFINE Member	Non-Member	Student or Equity Rate*
Both Programs	\$140	\$170	\$50
Difficult Conversations 12/3/22, 9:00 am – 12:30 pm	\$75	\$90	\$30
From Love at Last to Not So Fast 12/3/22, 1:00 pm – 4:30 pm	\$75	\$90	\$30

*The "Equity Rate" is intended for prospective workshop participants who identify as belonging to racial or ethnic groups with historical barriers to access, and/or clinicians who work primarily with low-income individuals or groups who have also endured historical barriers to access by virtue of their race or ethnicity.

[Click here for Program Registration](#)