

A Very Full Plate: Nourishing Your Self While Treating Grief and Loss

Friday, October 15, 2010

8:45am to 4:00pm

Unity Church, 3391 Middlefield Rd., Palo Alto, CA 94306

Join **Martha Clark Scala, MFT**, in conjunction with **Life Transitions Network**, for an experiential workshop that will blend together three inseparable components: 1) strategies for optimal caregiver self-care; 2) creative approaches to key themes that emerge in grief and loss; and 3) identification of counter-transference issues that arise for the caregiver.

Workshop Objectives:

- ❖ Identify 6 key themes that emerge in grief and loss.
- ❖ Learn creative approaches for each of the 6 key themes.
- ❖ Practice at least 3 creative approaches.
- ❖ Review and demonstrate at least 3 strategies for self-care while acknowledging common pitfalls.
- ❖ Discover strategies for effective management of countertransference when treating grieving clients.
- ❖ Share creative expressions of grief via music, poetry, paintings, photographs, or collage.

Workshop Methods:

- ❖ Teaching
- ❖ Creative processes (includes private writing) for spirited experiential learning
- ❖ Small and large group discussion

CEUs: (included in Registration Fee)

- This course meets the qualifications for 6 hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences, Provider #PCE 1682.
- Provider approved by the California Board of Registered Nursing, Provider #CEP 12904 for 6 contact hours.

Fees: Fees include CEUs and morning/afternoon refreshments. **Lunch is NOT included; please brown-bag.**

\$125.00 - Early Bird Registration by September 15, 2010

\$140.00 - Registration after September 15, 2010

Registration fees are refundable for cancellations prior to October 10th, or you are welcome to transfer your registration to another person.

About the Workshop Leader:

Martha Clark Scala, MS, MFT, is a psychotherapist in private practice in Palo Alto. She has used creative approaches to treat grief and loss for 15 years, and is on the Advisory Board of Life Transitions Network. Martha is a Contributing Expert on Grief and Loss for www.caring.com and her monthly e-newsletter, *Out on a Limb*, provides reflections on the pursuit of joy. For more information, please visit Martha's website, www.mcscala.com.

To register online: Go to www.mcscala.com and click on WORKSHOPS.

To register by mail: Send check for workshop fee payable to **Life Transitions Network**, c/o Martha Clark Scala, 721 Colorado Ave., Suite 201, Palo Alto, CA 94303. Please include license type and number on your check.