



Continuing Education Department Workshops

Sandra Parness, LCSW,
Director of Continuing Education Program

Training Institute for Mental Health

Chartered by the Board of Regents of
the University of the State of New York
22 West 21 Street, New York, NY 10010-6904
212-627-8181 www.timh.org

Please Post

The New Frontier: Opportunities and Challenges for Psychotherapists to Work with Older Populations

A Workshop led by
Rita Golub, LCSW

Saturday, November 15, 2008
10 A.M. to 3 P.M. (includes 1 hour break)
Breakfast and Registration: 9:30 A.M.

Fee: \$75.00 per participant

Freud said, "You cannot psychoanalyze anyone over the age of 50."

While Freud's assumption may or may not be true, what is demonstrably true is that people over age 50 can benefit significantly from a psychoanalytically oriented psychotherapy utilizing all the valuable contemporary modalities available to us in the 21st century!

Although the population over 65 is growing rapidly and will continue to do so, older adults are under represented in all forms of psychotherapy. This is so, despite the fact that the incidence of mental disorders does not decrease with age and in fact, the experience of aging can result in an increase in emotional and mental problems.

This workshop will demonstrate that providing mental health services to an older population can increase the quality of life, help prevent premature institutionalization, and reduce over utilization and dependence on medical services.

Workshop participants will have an opportunity to:

- Address the barriers that impede access to mental health services.
- Explore feelings about aging and how these might contribute to the counter-transferential process of working with an older population.
- Look at the issues of loss and bereavement, depression, and rates of suicide which are common among an older population.
- Explore new, innovative venues for building a practice with older persons outside of traditional psychotherapy settings.
- Explore co-morbidity: physical and cognitive implications for diagnosis and treatment, Alzheimer and related dementias.
- Gain an understanding of the complexity of the health/legal/financial systems relevant to an older population.
- Review the community supports and services available to seniors.

Rita Golub, Licensed Clinical Social Worker, is a Geriatric Care Manager and Corporate Consultant. In addition to her private practice, she has worked with seniors and their families in community centers, nursing homes and corporate settings since 1992. She has an MSW from the Hunter College School of Social Work and a certificate in group psychotherapy from the Eastern Group Psychotherapy Society. She is a member of the National Association of Social Workers, the New York Society for Clinical Social Workers, the NASW Geriatric Committee, and the National Association of Professional Geriatric Care Managers.

The Training Institute for Mental Health offers training and services without regard to sex, age, race, religion, sexual orientation, country of origin, or ethnic background.

Registration Form (please print):

I am registering for the 11/15/08–*The New Frontier* workshop and have enclosed a check or money order for **\$75.00 (includes \$5.00 non-refundable registration fee)** payable to: **Training Institute for Mental Health**. (The fee for Training Institute for Mental Health candidates and interns is \$37.50.) **Early Registration is suggested as space is limited.**

Send Registration to:
Registrar
Training Institute for Mental Health
22 West 21 Street 10th Floor
New York, NY 10010-6904

Send Registration to reach us by 11/7/08. After 11/7 deadline, please call 212-627-8181 if you wish to attend.

Name _____ Graduate Degree _____ Bus. Phone () _____ Home phone() _____

Address _____ Apt or Box number _____ City/State/Zip _____

Please Indicate: Do you wish a **Certificate of Workshop Attendance** with 4 Continuing Education hours verification, which will be sent to you after completion of workshop?: Yes _____ No _____