



SCHOOL OF
SOCIAL
WORK

THE UNIVERSITY OF TEXAS AT AUSTIN

GERONTOLOGY RESOURCES SYMPOSIUM

"Creating Sustainable Family Caregiving Relationships"

FRIDAY, APRIL 27, 2012, 9:00 A.M. – 4:00 P.M.

THOMPSON CONFERENCE CENTER, ROOM 2.102

Fee: \$90; \$105 after 4/20 – 6.0 CEUs

To Register: www.utexas.edu/ssw/ceu/events • 512-471-2886

Even well-intentioned and seemingly resilient family caregivers burn out from long-term caregiving duress. In this all-day workshop, Barry J. Jacobs, Psy.D., a clinical psychologist, family therapist, and author, will present means of helping family caregivers provide care more creatively, flexibly and sustainably and with less emotional and physical wear-and-tear. He will offer basic caregiver counseling techniques for creating alliances and decreasing intra-family conflicts, identify the components of successful caregiver support programs. Dr. Jacobs will also provide steps for devising more effective partnerships among caregivers and social service and healthcare professionals. Case examples will be illustrated with video clips. Small-group discussions and interactive dialogues will be used throughout.

Participants will be able to:

- Review research findings on medical and psychological consequences of long-term family caregiving, as well as on caregiver intervention efficacy
- List common goals of and emotional reactions toward family caregiving
- Describe four methods for allying with help-resistant family caregivers
- Review research findings on the components of successful caregiver support programs
- Describe methods of increasing communication among and coordination of care between social service and healthcare professionals, especially physicians.

Barry J. Jacobs, Psy.D. is a clinical psychologist, family therapist and the author of the book, *The Emotional Survival Guide for Caregivers—Looking After Yourself and Your Family While Helping an Aging Parent* (Guilford, 2006). As a clinician, he specializes in helping families cope with serious and chronic medical illnesses. As an educator, he works as the Director of Behavioral Sciences for the Crozer-Keystone Family Medicine Residency Program in Springfield, PA and has had adjunct faculty positions with the Temple University School of Medicine, University of Pennsylvania School of Nursing and the Institute for Clinical Psychology of Widener University. He is the national spokesperson on family caregiving for the American Heart Association. A former journalist, he writes an advice column for *Take Care!*, the newsletter of the National Family Caregivers Association and was the long-time editor for the "In Sickness & Health" column for the APA journal, *Families, Systems & Health*. He is on the board of directors of the Collaborative Family Healthcare Association and is an honorary board member of the Well Spouse Association.



Gerontology Resources and the Aging Community
in Education
A Program of the
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