

NYSSCSW Westchester Chapter

Cordially invites all mental health professionals to join us at our monthly chapter meeting. This is a great opportunity to learn, network with peers and earn Continuing Education Credits (CEUS)!

Note: CEUS earned prior to January 2015 cannot be used to maintain certification. Only CEUS earned January 2015 forward will be counted.

Free with paid membership dues

Non-members: \$10.00

SPEAKER: Sharon K.Farber, Ph.D

TOPIC: What Makes Someone Resilient?

How the Resilient Among Us Became Wounded Healer Psychotherapists

DATE: Saturday, April 5, 2014

PLACE: The Mental Health Association, 29 Sterling Avenue, White Plains

TIME: 9:00 Practice Meetings
10:00 Networking and Refreshments
10:15 Chapter Business Meeting
10:45-Noon Presentation

DESCRIPTION

Resilience is an ongoing process in which an individual demonstrates a positive ability to cope with trauma, stress and adversity, resulting in the ability to use these experiences for their steeling effect, which allows them to function far better than expected. You will learn why some of us manage so well with the adverse experiences life hands us, while others, cope poorly or not at all, ending up addicted or in and out of mental hospitals. Even trauma researchers note that people react differently to the same stressful events and that some even respond relatively well, demonstrating unusually good adaptive abilities that can evolve over the lifespan.

How to help patients develop resilience will be discussed. Unlike the term *survivor*, those who are resilient do more than get through or survive life's painful experiences; with the right kind of help, they can actually thrive. A major part of this help is ongoing psychotherapy. In fact, many of the resilient went on to become psychotherapists themselves, wounded healer psychotherapists. Jung's concept of the wounded healer will be presented.

PRESENTER

Sharon K. Farber, PhD., is a Board Certified Diplomate in Clinical Social Work in private practice in Hastings-on-Hudson, NY. She is the recipient of an NIMH fellowship, and was elected to the National Academies of Practice as a Distinguished Practitioner. She has taught at medical schools, schools of social work, training institutes, and the Cape Cod Institute. She has been an invited speaker in the U.S, Canada and abroad.

She has published two books and a number of journal articles .She has served on the editorial board of the Clinical Social Work Journal, has received an award for psychoanalytic writing, and is a consultant to the Washington D.C. based writing program, New Directions in Psychoanalytic Thinking. She runs a group for clinicians who want to learn to write about their work and lives in a lively engaging way.

Julie Willstatter, LCSW-R

Psychoanalyst

Continuing Education Chair NYSSCSW

Westchester Chapter

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