



Rodin Place • 2000 Hamilton Street • Suite 304 • Philadelphia, PA 19130

Title: Breaking the rules: Why we lash out, shut down, check out, and otherwise violate the rules of engagement

Date: February 15, 2019 9:00 am to 12:00 pm

Where: Rodin Place, 2000 Hamilton Street, Suite 304, Phila, PA 19130

Cost: \$100, Early Bird registration \$85, Pre-registration required

3 CE's available to meet the State Board requirement - Co-Sponsored by PSCSW & Menergy

We all know the rules for fair fighting and healthy communication - use I statements, don't blame or threaten, don't bring up the past or go to bed angry. We know we are supposed to make time for our partners and communicate positively and with love. And yet we all find ourselves breaking the rules - being meaner than we want to be, holding grudges, bringing up the past, and drifting away from the person we love the best. This workshop examines the relational challenges that lure people into behavior they later regret, and provides tools for healthier, more productive engagement.

Objectives:

1. Describe common childhood precursors including issues of gender training that can lead to the development of adult patterns of relational dysfunction.
2. Identify and understand the function of psychological defenses against vulnerability
3. Develop skill at helping people to identify and express primary emotions.
4. Discuss internal and relational strategies for managing reactivity and making use of tools.

Carrie Askin, LCSW is the Co-Director of Menergy, one of the oldest treatment programs for abusive partners in the country. She offers group and individual treatment to emotionally and physically abusive clients as well as a general therapy population and supervises Menergy's clinical staff.

FOR PENNSYLVANIA SOCIAL WORKERS, MARRIAGE AND FAMILY THERAPISTS, AND PROFESSIONAL COUNSELORS: This program is approved for 3 **CE** credits for professional workshops sponsored by the Pennsylvania Society for Clinical Social Work, a state affiliate of the Clinical Social Work Association listed in Section 47.36 of Title 49, Chapter 47 of the PA Code, State Board of Social Work Examiners. This program is also approved for 3 **CE** credits for professional workshops for marriage & family therapists (Section 48.36) and professional counselors (Section 49.36). FOR NEW JERSEY SOCIAL WORKERS: This program is approved for 3 clinical credits. Attendance at programs or courses given at state and national social work association conferences, where the criteria for membership is an academic degree in social work, are a valid source of continuing education credit (N.J.A.C. 13:44G-6.4(c)4).