

Psychology Works

Patients and professionals helping make **chronic illness more liveable.**

SECOND SATURDAYS™

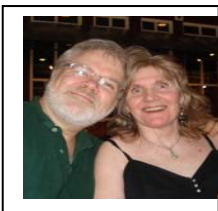
Learning to Thrive in the Therapeutic Classroom

When Illness Joins Your Relationship Help for Those Who Give & Those Who Receive Care

Few stresses equal declining health, for people who are ill and those who love them. Responsibilities for home and relationships shift. Care givers often take over tasks that the person who's ill can't manage (often feeling guilty that they can't.) This change puts a greater load on the care giver, while representing a loss for the person who receives help. Saying it's stressful doesn't capture how challenging it can be for both people. Hurt feelings, increased anger, feeling unloved are not only possible - they are inevitable! But being prepared, as every Boy Scout knows, can make all the difference in maintaining and deepening the love you share.

Speaker: Robert Pennington, Ph.D., Psychologist/Caregiver

Professionally, Dr. Pennington is an award winning speaker, who is entertaining and insightful. At home he is primary caregiver for his wife Clair, who was diagnosed with multiple sclerosis three months after they fell in love - 28 years ago! Clair has been bedridden the last three years, requiring 24 hour care. Though your circumstances may not be as extreme, there is much Rob will share to help individuals with disabilities and the ones who love them maintain their balance day by day.



Rob and his
wife, Clair

SATURDAY, JULY 12, 2008

11:00 a.m. to 1:00 p.m.

THE UNITED WAY

50 Waugh Drive, Houston TX

A light lunch & refreshments will be served.

No charge for registration, but space is limited.

To reserve a place, call 713-660-8878

or e-mail: diddel@psychologyworks.com

Visit www.psychologyworks.com