

# The Center for Integrative Psychology

And I-MERIT at Alliant International University presents

## Care for the Caregiver



Although professionals or hospice workers may come to mind as caregivers, family members continue to provide significant care for the mentally ill. For this Friday evening discussion, local clinicians discuss specific issues that are likely to arise in caregiving relationships, emphasizing the importance of self-care for caregivers.

**RSVP** [www.integrativepsychology.net](http://www.integrativepsychology.net) *Reservation, Information and Directions*

**Marina Dorian, Ph.D.** is an assistant professor of clinical psychology at Alliant International University, California School of Professional Psychology, and the chair of the events committee of the Center for Integrative Psychology. Her research and clinical interests include couple and family process, family stress and resilience, mindfulness and acceptance. She teaches courses in family therapy and integrative psychology and is currently studying the incorporation of mindfulness into clinical training. Dr. Dorian has been a mindfulness practitioner in the tradition of Thich Nhat Hanh for over five years and is a member of a local sangha.

**Marcy Witkin-Lupo, Psy.D.**, is a licensed clinical psychologist in the state of California. She brings with her more than thirty years experience in the fields of education and psychotherapy. Her classes and workshops are a blend of the presentation of information and a variety of experiential activities that are designed to enhance the learning experience. Students are challenged to acquire both academic knowledge and a deeper understanding of themselves. Dr. Witkin-Lupo is also a successful lecturer in a variety of community and professional settings and is the author of *The Embrace of Spirit: A Woman's Guide to Mind/Body Healing*.

**Walt Rutherford, Ph.D.** is an Integrative thinker, Marriage and Family Therapist, Buddhist teacher, Clinical Supervisor, Husband, Father, and Friend. He has more and more relied on practical, common sense language to able to move in and out of theoretical orientations and roles. Addressing congressional committees and Vietnam vets, Dr. Rutherford's 1970s testimony and teaching defined today's recognition of PTSD as a diagnostic category.

### Professional 2 Hrs/ CE Certificate \$35

This workshop meets the qualifications for 2 hours of continuing education credit. Alliant International University is approved by the American Psychological Association to sponsor continuing education for psychologists. Alliant International University maintains responsibility for this program and its content. Alliant International University is also approved by the California Board of Behavioral Sciences (provider #PCE234) and the California Board of Registered Nursing (provider #CEP11235) to sponsor credit for marriage and family therapists, social workers, and registered nurses. CEUs pending.



Friday, Mar 2<sup>nd</sup>, 2012  
6:30pm - 8:30pm (Green Hall)  
~ Wine and Cheese reception begins at 6:00pm ~

**CSPP at Alliant Intl University**  
Scripps Ranch Campus  
10455 Pomerado Road  
Scripps Ranch, 92131

*Discovery, Conversation, Learning, Friendship and Community*