



Aging with Passion!

A fresh response to our anti-aging culture

1 Day Workshop

* 6 CEU's Available

Sunday, October 15th, 2017
In the Los Angeles Area
(Venue to be confirmed)

This workshop will explore the impact of age phobia within the individual and collective psyche, provide conscious aging tools, and give participants the opportunity to create and explore new and revolutionary roles of maturity that can foster personal fulfillment.

Pro-Aging Workshop Facilitators

Marcia Newman, MA, LMFT (MFC#43065) is a licensed psychotherapist & wellness consultant based in Calabasas / Agoura Hills, California. She has over 30 years of experience as a clinician, supervisor and clinical director working with clients in a variety of settings including private practice, national addiction treatment centers, corporations, hospitals and integrative clinics. Marcia is the author of *Five Gifts of Pro-Aging: Honoring Maturity in a Culture That Could Use It*. Marcia is an adjunct faculty member at Antioch University-Santa Barbara with the Graduate Clinical Psychology Program- Healthy Aging Concentration. She is a passionate pioneer within the conscious aging movement and is dedicated to promoting healthier aging attitudes and actions.

Elizabeth Plummer, Ph.D. (License #19690) is a licensed clinical psychologist who practices in Santa Barbara. She specializes in gerontology, chemical dependence and major life transitions. The founder and director of the Santa Barbara Center for Creativity and Healing, Elizabeth is a nationally certified Trainer, Educator, and Practitioner of Psychodrama and Sociometry who has provided trainings on experiential psychotherapy around the country, and overseas.



Aging with Passion Workshop - Learning Objectives

Drawing from the guidebook *Five Gifts of Pro-Aging*, key elements of conscious aging will be introduced through authentic conversation laced with creative, playful and meaningful exercises including the use of psychodrama. Psychodrama is a method that uses guided dramatic action to examine the beliefs, feelings, thoughts, and behaviors that guide and inform who we are as individuals and as members of different groups. Used in education, psychotherapy and business settings, this method can help to deepen awareness, clarify thinking and foster personal growth.

Participants will be able to:

- Discuss and understand the devastating effects of age phobia on individuals and on society
- Learn and be able to use specific tools that can reduce ageism and foster the development of healthy maturity
- Define what is pro-aging
- Develop and learn how to implement a personal conscious-aging action plan
- Understand new skills for working with other aging adults, their families and caregivers.

Workshop Schedule

Registration: 9:00 am (coffee & tea provided)

Workshop Begins: 9:30 am

Lunch Break: 1 hour (dine locally or bring a lunch)

Workshop Ends: 5:00 pm

Registration Details

	Early*	Regular
Single Registrant	\$175	\$190
2 or more Registrants	\$165	\$170
Students	\$100	\$115

Additional Charge of \$25 for 6 CEU's

*Early registration received prior to Sun, Oct 1st, 2017.

Or Mail check payment to: Marcia Newman, MA, LMFT
26705 Malibu Hills Road, Suite 312, Calabasas, CA 91301

For additional information call or email:

Marcia at 805-750-3759 or Marcia@MarciaNewman.com

Elizabeth at 805-682-5544 or Plumline1@gmail.com

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