

## Elizabeth Einstein, LMFT



Elizabeth Einstein, a Marriage & Family Therapist in Ithaca, NY, is an author, lecturer and one of the country's leading educators in stepfamily dynamics.

Ms. Einstein's book, *The Stepfamily: Living, Loving and Learning* won a National Media Award from the American Psychological Association. Her newest project, *Active Parenting for Stepfamilies*, co-authored with Dr. Michael Popkin, is a video-based "teach-out-of-the-box" program that won a Telly Award for Excellence. Ms. Einstein will use videos from this program in her training. She trained with Virginia Satir, was founding editor of *Stepfamilies* and continues to teach at the annual Smart Marriages Conference.

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Outcomes, Inc. presents

*Elizabeth Einstein, LMFT*

# Strengthening Stepfamilies

A Developmental Approach



Sponsored by Lovelace Health Plan and  
Windstone Behavioral Health

**Friday, November 13, 2009**

**8:30 am – 4:30 pm**

Albuquerque Center for Spiritual Living  
2801 Louisiana NE, Albuquerque, NM 87110

# Strengthening Stepfamilies

## A Developmental Approach

This creative day-long workshop provides participants with an understanding of stepfamily living as it explores how to work with this complex family form effectively. It's a fun and innovative training where you can examine bonds, boundaries, loyalty issues and stumbling blocks stepfamilies face. A special section on the adolescent helps you understand their challenges. This workshop will provide useful training for social workers, counselors, educators, clergy, and anyone working with families in transition.

### Learning Objectives:

1. Understand the special dynamics and challenges of remarried families.
2. Identify ways that stepfamilies differ from traditional families in structure and development.
3. Explore specific challenges of the adolescent in the stepfamily.
4. Understand how emotional baggage and unresolved grief delays the normal developmental process of stepfamily formation.
5. Examine bonds, boundaries, and stumbling blocks that new stepfamilies must clarify with new clinical insights.
6. Appreciate how the Satir Process Model of Change can facilitate easier acceptance of change for all families in transition.

## Schedule

- 8-8:30am** Registration
- 8:30am** **The Stepfamily Journey**  
A trail map explaining the structure and development of stepfamilies
- 10:30am** Break
- 10:45am** **Teenage Trouble-Spots**  
Exploring the special challenges of adolescent stepchildren
- Noon** Lunch
- 1:30pm** **Bonds, Boundaries & Stumbling Blocks**  
Examining specific clinical challenges
- 2:45pm** Break
- 3:00pm** **Satir's Process Model of Change**  
Discover how this model helps you work effectively with stepfamilies and within your own life

**6 CEU's available for social workers and counselors**

**Ms. Einstein will present an evening meeting "The Stepfamily Journey – Not for Wimps" on November 12th, for stepfamilies, single parents, and others. Call 505-243-2551 for more information. \$5/families; \$3/single**

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Lovelace Health Plan welcomes  
Windstone Behavioral Health as a partner  
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health services across New Mexico

**\$95 regular registration**

**\$50 student registration**

Includes 4 booklets on Stepfamily Living by Ms. Einstein

### 4 EASY WAYS TO REGISTER:

Phone: Call **505-243-2551** between 9 am and 4 pm, Monday through Friday.

Fax: Fax completed form to **505-243-0446**.

Online: Register at **www.outcomesnm.org**

Mail: Send completed form to:

**Outcomes, Inc.**

**1503 University Blvd. NE**

**Albuquerque, NM 87102**

**Seating is limited, so register early.**

**Note: \$80 per person in groups of 3 or more from the same agency**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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Refund less \$20 administration fee prior to October 20. No refunds after October 20.

Payment Method:

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Make checks or money orders payable to: Outcomes, Inc.