



## ***Aging with Passion!***

A fresh response to our anti-aging culture

### **1 Day Workshop**

\* 6 CE's Available

**Sunday, October 13th, 2019**

Thousand Oaks, CA area

(Venue to be confirmed)

Our society rejects not only the old, but the whole process of aging. Instead of viewing aging as a natural lifelong experience, our age phobic society encourages us to do whatever is needed to remain “looking young.” Nip, tuck, laser, highlight, color and fill have become a \$200 BILLION+ industry. This timely workshop will explore the impact of age phobia on the individual and collective psyche and provide tools for conscious aging. It will give participants the opportunity to explore new and revolutionary roles of maturity. It is time to openly challenge our anti-aging society and its restricted vision of what it means to grow old. Join us for a workshop that uses action techniques drawn from the field of psychodrama to help each of us create a new and healthy vision of maturity and passionately embrace the full adventure of life!

Teachings are appropriate for healthcare professionals as well as the general public. Healthcare professionals will be able to incorporate the tools and practices offered in this program in ways beneficial to clients or patients.

### **Pro-Aging Workshop Facilitators:**

**Marcia Newman, MA, LMFT** (MFC#43065) is a licensed psychotherapist & aging wellness coach with offices in Thousand Oaks and 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, acclaimed 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 has been an adjunct faculty member at Antioch University-Santa Barbara with the Graduate Clinical Psychology-Healthy Aging Concentration Program. 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.

Participants will be able to:

- Describe the effect of age phobia on the individual and the culture
- Utilize 2 specific tools that can reduce internalized ageism and foster a more positive vision of aging
- Explain the concept of pro-aging
- Write and learn how to implement a personal conscious aging plan

## **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**

	<b>Early*</b>	<b>Regular</b>
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 Saturday Noon, September 21st, 2019.

Mail check payment to: Marcia Newman, MA, LMFT  
324 Chestnut Hill Court, Suite 17, Thousand Oaks, CA 91360

**For additional information call or email:**

Marcia at 805-750-3759 or [Marcia@MarciaNewman.com](mailto:Marcia@MarciaNewman.com)

Elizabeth at 805-682-5544 or [Plumline1@gmail.com](mailto:Plumline1@gmail.com)

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