



Columbine Health Systems
Center for Healthy Aging
COLORADO STATE UNIVERSITY

WORKSHOP: TAILORING INTERVENTIONS TO HELP CAREGIVING FAMILIES



Sara Honn Qualls, PhD, ABPP
Kraemer Family Professor of Aging Studies and Professor of
Psychology
Director, Gerontology Center
University of Colorado, Colorado Springs

SATURDAY, FEBRUARY 23

10AM-2PM, LIGHT LUNCH PROVIDED

Columbine Health Systems Center for Health Aging, Rm 1418
Health and Medical Center (corner of Prospect & College)

Space is limited. PLEASE RSVP TO: healthyaging@colostate.edu

This workshop will prepare interventionists to develop an assessment-driven plan tailored for each caregiving family, and to identify when and how to use effective intervention strategies. The Caregiver Family Therapy model integrates evidence-based practices into a systematic approach that is flexible and dynamic, providing a framework for selecting among the myriad of problems described by the client(s). The workshop provides assessment tools and treatment planning guides, and demonstrates how to use them in tailoring interventions. Commonly used strategies are demonstrated using a videotaped session as well as case discussion.

Sara Honn Qualls, Ph.D. is Kraemer Family Professor of Aging Studies and Professor of Psychology at the University of Colorado at Colorado Springs, and is Director of the Gerontology Center. She is recognized nationally for her leadership in developing the field of clinical Geropsychology, for which she has received multiple awards. She has published several books, including *Caregiver Family Therapy* and *Aging and Mental Health*, as well as empirical papers and book chapters focused on mental health and aging, caregiver interventions, and Geropsychology. At UCCS, she founded the training clinic and the doctoral program in clinical psychology that focuses on Geropsychology. She has built inter-disciplinary innovation centers to foster research and education in senior housing and outpatient health and wellness facilities. She enjoys translating research and best practice concepts to a broad set of audiences, including community members, direct care staff, administrators and planners as well as professional and policy leaders.