

Under the Sponsorship of The  
Novartis Foundation for Gerontology

The Taos Institute and  
The Institute for Creative Change  
invite you to a workshop:

# **The New Aging: Challenges of Creative Growth**


with  
Ken and Mary Gergen  
and  
Bob and Sharon Cottor

## **Relationships**

**Marital ♦ Family ♦ Community**


**Health ♦ Illness ♦ Sexuality**

**Work ♦ Wealth ♦ Spirituality**



**NOVEMBER 9-11, 2001**

**Phoenix, Arizona**



## **HOSTS**

**Kenneth Gergen, Ph.D.**, is the Mustin Professor of Psychology at Swarthmore College and is a co-founder and Director of the Taos Institute, a not-for-profit organization dedicated to promoting social constructionist ideas within professional practices. Ken has written extensively on issues in life-span development, social gerontology and family therapy. His most celebrated works include The Saturated Self and An Invitation to Social Construction.

**Mary M. Gergen, Ph.D.**, is a Professor of Psychology and Women's Studies at Penn State University in Philadelphia. Her research interests involve narrative, performance and women's issues, including midlife transitions and aging. With Ken, Mary is editing the Positive Aging electronic newsletter. Her most recent book is Feminist Reconstructions in Psychology: Narrative, Gender and Performance. Mary is also co-founder and Director of the Taos institute.

**Robert Cottor, M.D.**, is a Family and Organizational Psychiatrist whose practice for the past 35 years has focused on creating positive change in relationships and organizations. Bob and his wife, Sharon, founded the Institute for Creative Change in 1980 to provide a forum for professionals to explore effective change practices for individuals, families and organizations. Bob is on the Board of Advisors for the Taos Institute.

**Sharon Cottor, M.S.W.** is a therapist, personal coach and organizational consultant who is well known in the Phoenix area for her innovative and effective practices of transformative change work. Sharon's interest in successful aging is long-standing and her work with older people is noted for its creativity. Sharon is the co-founder of the Institute for Creative Change and an Associate of the Taos Institute.



## WORKSHOP LOCATION

The New Aging Workshop will be held at the **Embassy Suites/Biltmore-Phoenix**, 2630 East Camelback Rd., Phoenix, Arizona 85016. The Embassy Suites are nestled in the city's most prestigious area on the corner of 24th Street and Camelback Road and adjacent to The Biltmore Fashion Park with over 70 excellent shops and restaurants. It is eight miles north of Sky Harbor airport and close to downtown Phoenix and Scottsdale. A short drive will also provide numerous opportunities for golf, tennis, hiking and sightseeing. November weather in Phoenix is sunny 84% of the time with normal high temperatures of 75 degrees and normal lows of 49 degrees.

**Please join us In sunny, Phoenix, Arizona!**

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## ACCOMMODATIONS

Hotel reservations are available at the following hotels:

Embassy Suites/ Biltmore	1-800-362-2779	or	602-955-5200
Phoenix Inn	1-800-956-5221	or	602-956-5221
Courtyard by Marriott/Phoenix Camelback	1-800-321-2211		
			or 602-955-5200

\*\*Arizona Biltmore Resort 602-955-6600

\*\* Rltz-Carlton/Phoenix 602-468-0700

All of these hotels are within one mile of the Embassy Suites/Biltmore workshop location.

\*\* Expensive and luxurious hotels

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## CONTINUING EDUCATION CREDIT

The New Aging Workshop is co-sponsored by the Arizona Psychological Association and by the Arizona Association of Marriage and Family Therapy. This program is designed to qualify for up to 14.0 hours of Category 1 continuing education credit for psychologists and 14.0 hours for behavioral health professionals. The Arizona Psychological Association is approved by the American Psychological Association to offer continuing education for psychologists.



# THE NEW AGING WORKSHOP

►► This cutting-edge workshop will explore vital new potentials for **Living and Learning from maturity to late adulthood**. After surveying the landscape of "the new aging" in America, participants will look into the significance of our being able to construct meaning and value, our ability to reinterpret life events, and our capacity to create new possibilities for critical areas of living. We will also examine the challenge and potentials of rebalancing time, money and commitments in our marital, family and community relationships and our choicefully creating positive futures.

►► All of us who are engaged in designing a rewarding and satisfying future for our own adult lives should find inspiration, creative possibilities and positive resources within this experience-rich workshop. This workshop will be especially useful for professionals and others who work or live with an older generation.

## ►► TENTATIVE SCHEDULE OF EVENTS ◀◀

### November 9

**Friday**

Reception and

**Evening:**

Introduction to the New Aging

7-10 PM

*K + M*

*Lean Stat*

### November 10

**Saturday**

**Morning:**

9 AM -

12:30 PM

*K + M*

Creatively Constructing the Future

Generative Relationships - *Roma*

Meaning, Purpose and Narration

Recreating Loss and Pain

**Saturday**

**Afternoon:**

2-5:30 PM

*Sharon & Bob*

The Potentials of Appreciative Living

Community Affirmations

Support Groups (Circles of Caring)

Balancing Time, Money and Commitments

Healthy Wealth

The Relationship Side of Estate Planning

### November 11

**Sunday:**

**Morning:**

9am -

12:30 PM

Meaning Across Generations

Integration and Invitation

*panel*



*groups - formed - positive*