

Care for the Care Giver

Herb Gravitz and Julie Bowden
Mount Madonna Center, Watsonville, Ca

Being with a loved one who is ill or dying is a difficult gift. The preciousness of the connection confuses us with the difficulty of the situation and our intermittent resentment and overwhelm seem unacceptable, unloving. This crooked path is an opportunity to learn how to be with others without being the giver OR the receiver - just one human in connection with another. We will explore questions such as "How do you hold what you are doing and how do we share another's suffering?" If you are unable to take care of yourself, you will ultimately be unable to care for your loved one. Using guided imagery, role-play, drawings, lecture and process we will build a repertoire of skills to be used at home for your own sustenance. Join us and give yourself the love you need to give the love the other needs.

Herbert L. Gravitz has a Ph.D. in clinical psychology and an independent practice in Santa Barbara, Ca. specializing in the impact of illness, addiction, and trauma on the individual, family, and society. Co-author with Julie on two books, and author of three books on the affects of adversity on the family, he is currently writing a book about his 13 year personal journey with cancer. Julie and Herb are co-founders of the National Association for Children of Alcoholics.

Julie Bowden has a Master of Science in Counseling Psychology and is a Marriage, Family, Child Therapist with an independent private practice in Santa Barbara. Co-author of Recovery: A Guide for Adult Children of Alcoholics and Genesis: Spirituality in Recovery from Childhood Traumas with Herbert Gravitz. Website: Juliebowden.com