Barry Jacobs, PsyD
Clinical Psychologist
Crozer-Keystone Health System

Monday, November 7, 2016
4:00 pm – 5:30 pm
STAR Atrium

Caring for Family Caregivers:
A Strength- and Meaning-Based Psychotherapy


Dr. Jacobs has given more than 400 presentations on family caregiving for family caregivers, community groups, and medical and mental health professionals. He is the national spokesperson on caregiving for the American Heart Association and an honorary board member of the Well Spouse Association. He has served on the expert panel for the Caregiver Crisis Great Challenge for TEDMED.com and as a board member of the Collaborative Family Healthcare Association. He has held adjunct faculty positions with the Temple University School of Medicine, the University of Pennsylvania School of Nursing, and the Department of Psychology of the Philadelphia College of Osteopathic Medicine.

A blogger on family caregiving topics for AARP.org and the Huffington Post, Dr. Jacobs received his bachelor’s degree from Brown University and his doctorate in psychology from Hahnemann/Widener Universities.
Objectives

• Review research findings on the negative and positive psychological and medical effects of family caregiving on family caregivers.
• Describe the diversity of the 43 million Americans currently engaged in caring for aging parents, disabled spouses or chronically ill children.
• Delineate the "Honoring the Mission" intervention for soliciting a caregiver's sense of purpose or meaning.
• Apply mindfulness techniques for fostering caregiver resiliency.
• Describe means of increasing affect tolerance and perspective-taking to re-shape previously negative family relationships.