



# Caregiving Essentials: Dementia Coaching for the Family Caregiver

## Discussion Topics Include:

- Dementia diagnosis: what does it mean and what you can expect over time;
- Neurobiological changes at each stage of the disease and how to effectively cope;
- Emotional attunement and the power of empathic communication in any human condition;
- The art (and science) of rolling with resistance to overcome challenging behaviors;
- Social and emotional wellness strategies to feel and be better.



David Hart, Ph.D. is a clinical mental health counselor with 20 years of experience working with people with dementia and their families.

 January 25th, 2023

 2:00p - 4:30p PST

 Zoom



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or [scanning the QR Code](#)

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