

## Southern Arizona Friends of Jung

**Eleanor Alden, LCSW, BCD**

### **Presentation and Workshop**

Friday, September 21, 7pm;  
*New and Old 'Myths' about Stepfamilies*  
Presentation Cost: \$15  
Members: \$10

Saturday September 22, Workshop  
9am to 1pm  
*Conditional and Unconditional Love:  
Why We Need Both*  
(half hour brown bag lunch break)  
Workshop Cost: \$60  
Members: \$50

Paypal credit card payments at  
<http://www.safoj.org/events.htm>  
or pay at the door

#### Location

Casa Adobes Congragational Church  
6801 N, Oracle  
park and enter near the office

### **Eleanor Spackman Alden, LCSW, BCD**

is a psychotherapist who has worked with stepfamilies for over 40 years. She taught graduate school at Naropa University for over a decade, and prior to that taught physicians in a Family Medicine Residency program. She became increasingly concerned at our society's negative view of stepfamilies as second best or worse. This viewpoint did not fit with her knowledge and experience as a therapist or from growing up as a stepchild herself. Eleanor recently moved from Denver to Tucson and plans to open a practice here.



## New and Old 'Myths' about Stepfamilies

One of the present day 'myths' about stepfamilies assumes that they are a new pattern in human history when, in fact, they have been around for a long time. Another current myth is that stepfamilies are not as good or beneficial as biological families. People raised in stepfamilies who go on to become successful are often seen as having done so in spite of, not because, of the step relationships which helped mold them, e.g., George Washington, Abe Lincoln, and Barack Obama.

Mythology, fairy tales, biblical stories and history provide a wealth of information and wisdom as to what makes step relationships different, challenging, and often transformative. The goals of this lecture are to examine some of the differences between step- and biological families and to value archetypal patterns that focus on the gifts inherent in stepfamilies which can make them successful.

**Friday Evening Presentation, September 21**

## Conditional and Unconditional Love: Why We Need Both

In fairy tales, step-parents, especially stepmothers, are often viewed as evil people who want to get rid of their stepchildren or make their lives miserable. The parent who loved them unconditionally is dead or powerless or absent. Step-parents almost always have a more conditional regard for a child not of their own flesh and blood, and that may not be a bad thing. Fairy tales such as Cinderella, Snow White and many others point out that learning to deal with the stepmother and her conditions prepares the child for the real world beyond the front door, where conditions abound and unconditional loves becomes a nostalgic longing.

The goals of this workshop include looking at the value of conditional love when it is "just right, not too hot, not too cold;" and supporting step-parents in understanding that their role is that of a parent with their own special gifts for the child. Parent and step-parent roles can be quite different and often of equal value.

**Saturday September 22, Workshop, 9am to 1pm  
(half hour brown bag lunch break)**

For more information, forms, and PayPal internet payment option, see: [www.safoj.org](http://www.safoj.org).

Or, print out and mail in pre-registration/membership forms and your check to:

Southern Arizona Friends of Jung,  
P.O. Box 64267, Tucson, AZ 85728-4267