



1740 Ridge Avenue, Suite 201
Evanston, IL 60201

Register for both
Advanced Trauma Workshops
by April 16 and
receive a 15% discount.

Clinical Training for Mental Health Professionals



Focus On: Advanced Trauma

Sexual Trauma, Sexual Healing: Engaging the Sexual Dilemmas of Abuse Survivors

Presented by Amy Steinhauer
Thursday, April 29, 2010

Trauma Informed: A Guide to the Treatment of Complex Traumatic Stress Disorders

Presented by Laurie Kahn and Janet Migdow
Friday, May 28, 2010

Held at the Hotel Orrington
Evanston, Illinois

Sexual Trauma, Sexual Healing: Engaging the Sexual Dilemmas of Abuse Survivors

Thursday, April 29, 2010
9:00 a.m. – 4:00 p.m.
Hotel Orrington, Evanston

6 CEUs available

Presented by Amy Steinhauer

Nowhere do the bodily and psychic assaults of physical and sexual abuse converge more than in the realm of sexuality, making sex profoundly complicated for survivors. Issues of intimacy, trust, authenticity, flexibility, power and control often intensely emerge or re-emerge. Trauma work is filled with pitfalls and with opportunities, and all the more so in addressing the accompanying sexual issues.

This workshop holds sexual healing as a crucial step in trauma work that often deepens other aspects of therapy. We will address the impact of sexual abuse on a person's capacity for intimacy and healthy sexual relationships. Using lecture, case examples, and dialogue, we will outline tools for assessment and intervention and explore issues of transference and countertransference.

Topics this workshop will address include:

- Timing and pacing of the sexual work
- Focused, multi-level assessment of the problems
- Identifying intervention targets and strategies
- Helping clients manage flashbacks and dissociation
- Working with fantasies
- Transference and countertransference

Program Fee

\$145 through April 16 / \$165 after April 16

\$120 per person for groups of 2 or more registering at the same time through April 16

Partial scholarships available

Presenter:

Amy Steinhauer, AM, LCSW, ACSW, is a senior therapist and the associate director of Womencare Counseling Center. For more than seventeen years she has provided individual, couple, and group therapy, lead workshops, and trained professionals. Amy is a feminist-relational therapist whose clinical expertise includes abuse-related trauma as well as sexual relationships and problems. Integrating the fields of sex therapy and trauma treatment, Amy holds a particular capacity to understand the complexity of sexuality in the wake of sexual abuse. As a sex therapist, Amy holds an appreciation for the breadth of human sexual experience and embraces a sex-positive, non-shaming perspective. As a trauma therapist, Amy sits comfortably with complexity, listens carefully for the narrative of trauma that informs the present, and holds relationships as central to healing.

*Space is limited;
pre-registration is
highly recommended.*

There are five ways to register:

1. **Online** at www.womencarecounseling.com.
2. **Email** register@womencarecounseling.com and provide us with your contact and payment information.
3. **Call** 847-491-0530 and provide us with your contact and payment information.
4. **Mail** a completed registration form with a check or credit card information to:
Womencare Counseling Center,
1740 Ridge Avenue, Suite 201,
Evanston IL 60201,
Attn: Registration.
5. **Fax** a completed registration form with credit card information to 847-556-0644

Presenters:

Laurie Kahn, MA, LCPC, is the founder and director of Womencare Counseling Center, established in 1978. She is an internationally recognized speaker on trauma, posttraumatic stress disorder and issues of importance to women. She has presented at the First African Conference on Traumatic Stress in South Africa and at annual conferences of the International Society of Traumatic Stress Studies. She has been honored by the Family Institute as Alumna of the Year for her dedication to the field of family therapy. For more than ten years, as co-creator of the Trauma Consultation Training Program, she has trained numerous practitioners throughout the Chicago area in the treatment of trauma and posttraumatic stress disorders. Laurie's essays and articles address a wide variety of subjects spanning the serious and the light hearted. With a lively, authentic voice, her writing illuminates important aspects of love, feminism, betrayal trauma and healing.

Janet Migdow, MA, LCPC, is the founder and director of Options Counseling in Chicago. She has been in private practice for over thirty years specializing in the treatment of trauma survivors and those with Dissociative Disorders. She provides supervision, consultation and training, annually teaching ISST-D's two international courses in the treatment of Dissociative Disorders. She has published several articles in the field of trauma and currently sits on the Board of Directors of CTAI and is president of the Illinois Chapter of the International Society for the Study of Trauma and Dissociation (ISST-D). She has been awarded the status of fellow in the ISSTD for her contributions to the field.

Trauma Informed: A Guide to the Treatment of Complex Traumatic Stress Disorders

Friday, May 28, 2010

9:00 a.m. – 4:00 p.m.

Hotel Orrington, Evanston

6 CEUs available

Presented by Laurie Kahn and Janet Migdow

Complex Posttraumatic Stress is often the consequence of prolonged and repeated interpersonal trauma which has occurred during the developmentally vulnerable time of childhood. Most often these events involve abuse and/or neglect by primary caretakers.

We will describe the tri-phasic model of treatment and the special considerations for dissociative disorders, including challenges to sustaining the therapeutic alliance, creating safety, establishing affect regulation, stabilization, and the integration of traumatic experience.

This workshop is designed for mental health professionals who want to learn how to better provide treatment for some of our most injured populations. It is appropriate both for therapists new to the field and those more experienced frontline professionals who want to deepen their work by understanding the impact and treatment of Complex Posttraumatic Stress Disorders.

Topics this workshop will address include:

- The special challenges for clinicians in sustaining a therapeutic relationship with those who have survived ongoing childhood abuse or neglect
- The phases of treatment and the corresponding tasks in each phase
- Both the psycho- physiological impact of abuse and neglect and the relational implications
- Helping traumatized clients learn to restore feelings as signals that promote effective problem solving
- Engaging clients in a self-reflective process about previously disowned aspects of traumatic experience
- The function and creation of dissociative defenses

Program Fee

\$145 through May 14 / \$165 after May 14

\$120 per person for groups of 2 or more registering at the same time through May 14

Partial scholarships available

Confirmation

We will send a receipt and registration information by US mail within 5 business days of receiving payment. There will be no other confirmation of your registration sent. If you do not receive a receipt within 15 business days of mailing your registration, email us at register@womencarecounseling.com or call 847-491-0530.

Payment

Womencare accepts personal checks and business checks, MasterCard, VISA, American Express, cash and purchase orders from government institutions. Please make checks payable to *Womencare Counseling Center*.

Cancellation Policy

If you are not able to attend, you may send a substitute. Registrants who are unable to attend the workshop may request a refund if Womencare Counseling Center receives the request in writing. All refunds are subject to an administrative charge of \$30.00. Cancellations will not be accepted by telephone. No refunds will be made less than one week prior to an event.

Location and Parking

The Hotel Orrington is located at 1710 Orrington Avenue in Evanston, between Church and Clark Streets. For more detailed directions, please visit the hotel website at www.hotelorrington.com. Valet parking is available in the hotel lot for \$5. The hotel is within 4 blocks of the Davis Street Metra Station and within 3 blocks of the Davis Street stop on the CTA Purple Line.

Accessibility

The workshop will be held in fully accessible rooms.

Continuing Education Units

6 CEUs are available per workshop. Womencare Counseling Center is approved by the Illinois Department of Financial and Professional Regulation to provide Continuing Education Units to social workers (LSW/LCSW), professional counselors (LPC, LCPC) and Marriage and Family Therapists (LMFT).

Partial Scholarships

Partial scholarships are available. Scholarships are given on a first come, first-served basis. To request a partial scholarship, please contact Emily Rose at 847-491-0530.

Registration Form: Advanced Trauma Series

NAME

HOME ADDRESS

CITY

STATE

ZIP

HOME PHONE

WORK PHONE

EMAIL ADDRESS

PROFESSION

AGENCY/ORGANIZATION

Workshop

Qty

Fee (\$145/\$165/\$120)

Sexual Trauma _____ \$ _____ = _____

Trauma Informed _____ \$ _____ = _____

15% discount when registering for discount = - _____

both workshops by April 16 Total = _____

Payment Information

Fee includes CEUs, refreshments, and program materials.

Enclosed is my check payable to:
Womencare Counseling Center

Please charge my credit card:
 MasterCard Visa American Express

CARD NUMBER

EXPIRATION DATE

SECURITY CODE

NAME AS IT APPEARS ON THE CARD

SIGNATURE

PHONE NUMBER OF CARDHOLDER

Return completed registration form with payment to:

Womencare Counseling Center
1740 Ridge Avenue, Suite 201
Evanston, IL 60201

Phone: 847-491-0530

Fax: 847-556-0644

(credit card and purchase orders only)