

**Community Workshop Series
and Therapy Groups**

Womencare
counseling center

**Healing Trauma
Skill-Building Workshops
and Therapy Groups**

September 2009 – August 2010

Healing Your Soul-Self
January 17, 2010

Sharing the Journey
March 21, 2010

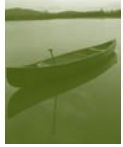
**A Mother's
Survival Guide**
January 31, 2010

**Tools for Moving from
Surviving to Thriving**
March 7, 2010

Sexuality Interrupted
February 21, 2010

Out of Bounds
May 2, 2010

Held at Womencare Counseling Center



Healing Trauma Skill-Building Workshops

Healing Your Soul-Self: Trauma and Spirituality

Sunday, January 17, 2010
10:00 a.m. – 4:00 p.m.

Womencare Counseling Center,
Evanston

Presented by Maco Cassetta

Often we are good at being in tune with the cognitive, emotional, social and physical impacts of trauma. However, it is easier to neglect or discount how trauma has impacted our spirituality. A holistic healing journey includes attention to one's soul self as well. During this session, participants will explore ways in which trauma has affected their spiritual journey. Combining theory, opportunities for reflection, personal sharing, and experience, participants will be introduced to three phases of healing which will help them to identify and reclaim their soul selves.

This workshop is intended for women trauma survivors and will address spiritual safety, remembrance and mourning, and reconnection to one's faith experience.

\$95; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion

We will be offering an optional group as a follow-up to this workshop: The Healing Spiritual Journey for Trauma Survivors. Please see Groups.

A Mother's Survival Guide: A Workshop for Survivors Navigating Parenting

Sunday, January 31, 2010
10:00 a.m. – 1:00 p.m.

Womencare Counseling Center,
Evanston

Presented by Amy Derringer Chandler & Julie Scher Nebel

Our own childhood experiences have a profound impact on who we become as parents and how we parent our children. For people who were abused or neglected in childhood, parenting can elicit a wide range of reactions, from being terrified of repeating our parents' mistakes to a fierce determination to parent with integrity and protectiveness.

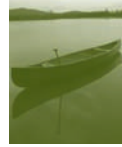
This workshop will provide an opportunity for mothers who are abuse and neglect survivors to reflect on their own experiences of being a child, emotions that get evoked in the process of parenting, and their philosophy and hopes for the mothers they want to be.

The workshop will include presentation, exercises, and time for discussion.

\$55; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion

As a follow-up to A Mother's Survival Guide Workshop, we will be offering a group for survivor moms. Please see Groups.



Healing Trauma Skill-Building Workshops

Sexuality Interrupted: Healing the Wounds of Abuse

Sunday, February 21, 2010
10:00 a.m. – 4:00 p.m.

Womencare Counseling Center,
Evanston

Presented by Amy Steinhauer

Assaults on women and girls take many forms: childhood sexual abuse, sexual harassment, physical abuse, date rape, and other violating intrusions. These abuses rob women in many ways. Often, one of the precious things that is lost is sexuality: sexual discovery, sexual desire, sexual pleasure and sexual intimacy.

This workshop is intended for women whose trauma experience interferes with having a satisfying sexual relationship. We will address issues such as sexual fear and avoidance, flashbacks, dissociation, pain and other blocks. In a safe and respectful environment, survivors of abuse will have an opportunity to give voice to their experience of sexuality as adults, receive accurate information about sex and learn strategies to embrace their sexuality.

Women of all sexual orientations are welcome. While the topic of touch will be explored, no physical touch will be involved in this workshop.

\$95; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion



Healing Trauma Skill-Building Workshops

Tools for Moving from Surviving to Thriving

Sunday, March 7, 2010
10:00 a.m. – 1:00 p.m.

Womencare Counseling Center,
Evanston

Presented by Judith Jerulli

After experiencing trauma, be it a single incident or ongoing abuse, people can experience strong reactions that interfere with their daily lives including flashbacks, nightmares, overwhelming feelings, numbness, anxiety, isolation or avoidance of everyday situations. These reactions can be short-lived. For some people, however, they can persist for years after the trauma.

This workshop is for women who have experienced sexual, physical or emotional abuse and continue to have disruptive and recurring thoughts, feelings and behaviors in response. We will explore healthy ways to cope with the manifestations and reactions to traumatic events, providing concrete tools to reduce disruptions in everyday life, with the belief that awareness, understanding and education can equal transformation.

\$55; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion

Sharing the Journey: A Workshop for Partners of Survivors

Sunday, March 21, 2010
10:00 a.m. – 4:00 p.m.

Womencare Counseling Center,
Evanston

Presented by Amy Steinhauer

Loving and caring for a survivor of sexual abuse can be a very difficult and deeply demanding experience. Your best intentions to support your partner may be rebuffed and misunderstood, leaving you feeling rejected and powerless. You may find that you are sometimes experienced as an abuser, rather than the loving partner you want to be.

This workshop will provide information about the aftermath of abuse, including emotional, relational, and sexual issues. It will support participants both in being an ally to their survivor-partner and in caring for themselves.

Workshop will focus on partners of abuse survivors; participants of any gender or sexual orientation are welcome.

\$95; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion

Out of Bounds: Clarifying and Maintaining Boundaries

Sunday, May 2, 2010
10:00 a.m. – 1:00 p.m.

Womencare Counseling Center,
Evanston

Presented by Amy Derringer Chandler

Boundaries keep us safe as individuals, in control as communities and healthy as persons in relationship. For survivors of abuse and trauma, boundaries are often blurred, negated and violated. In this workshop, participants will learn about physical, psychological, emotional and sexual boundaries. As a group, we will explore the connection between boundary violations and trauma and consider how establishing personal boundaries can aid in rebuilding a sense of grounding and control. We will identify tools for clarifying one's own limits and asserting them with others. This workshop is intended for female trauma survivors and will include presentation, exercises and time for discussion.

\$55; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion



Healing Trauma Therapy Groups

To join one of our therapy groups, please call 847-475-7003 to speak with the group therapist for the group that interests you. An initial interview is required before joining a group. We ask that you make a minimum of a 10-week commitment in our ongoing therapy groups. The group's success in creating a safe environment in which these difficult issues can be explored depends in large part upon your regular attendance. All group fees are on a sliding scale based on annual household income.

Women Survivors of Trauma and Childhood Abuse

Traumatic experiences can impair a person's sense of self, relationships and belief in a hopeful and promising future. Working through trauma and building new skills can provide deep healing and break the cycle of abuse.

This group provides a safe climate in which participants can be heard, remember and mourn. It offers opportunities for healing and supports women's ability to transform their experience from trauma into hope. Trauma isolates; the group creates a sense of belonging.

Two Groups:

Led by Laurie Kahn
Ongoing weekly group
Wednesdays, 7:00 p.m. – 9:00 p.m.
Contact Laurie Kahn at 847-475-7003, ext. 22

Led by Amy Steinhauer
Ongoing weekly group
Tuesdays, 7:00 p.m. – 9:00 p.m.
Contact Amy Steinhauer at ext. 24

A Mother's Survival Guide Group

This group is an opportunity for mothers who have experienced abuse and neglect themselves to gain ongoing support and understanding about how these experiences may provide additional parenting challenges. Within a safe environment, group members will reflect on their own experiences of childhood, emotions that get evoked in the process of mothering, and their philosophy and hopes for the mothers they want to be.

Attendance at Womencare's Mother's Survival Guide: A Workshop for Survivors Navigating Parenting is a prerequisite for joining this group.

Led by Julie Scher Nebel

An ongoing monthly group
Wednesdays, 9:00 a.m. – 11:00 a.m.
Contact Julie Scher Nebel at ext. 32



Healing Trauma Therapy Groups

Women Survivors of Sexual Abuse: A Skill-Building Group

This group provides a healing and supportive community to examine how past trauma is affecting current functioning. Each cycle will provide education around normal trauma responses, ways to understand and manage triggers, setting healthy limits and supporting better interpersonal communication skills.

Led by Judith Ierulli

Time-limited group:
repeating 10-week sessions
Saturdays, 10:00 a.m. – 12:00 p.m.
Contact Judith Ierulli at ext. 27

Male Survivors of Sexual Abuse

Too often men who are abused feel disconnected from themselves and the people around them. Gender expectations can interfere with men seeking help and receiving the support they deserve.

This group will provide education about sexual and physical abuse and how current behaviors often are linked to past abuse. We will help survivors reframe many current symptoms and behaviors as real attempts to cope with past trauma, supporting the establishment of healthy coping skills. In a safe environment, participants can address the feelings of shame, isolation and stigmatization which are sometimes amplified for males coping with the impact of abuse.

Led by Judith Ierulli

Time-limited group:
repeating 10-week sessions
Thursdays, 6:30 p.m. – 8:00 p.m.
Contact Judith Ierulli at ext. 27



Faculty

Laurie Kahn, MA, LCPC, is the founder and director of Womencare Counseling Center. She is an internationally recognized speaker on trauma, posttraumatic stress disorder and issues of importance to women. She has been honored by the Family Institute as Alumna of the Year for her dedication to the field of family therapy. In addition to counseling individuals, couples, families and groups, Laurie has extensive experience in the facilitation of training and mentoring programs for mental health professionals.

Maco Cassetta, MEd, MAPC, LPC, is a feminist psychotherapist and pastoral counselor who uses a relational model within a holistic framework. Based on the principles of mindful awareness and the evolving soul/self, her approach honors all aspects of development, including spiritual, sexual, and psychosocial growth. Maco provides a safe space within the therapeutic relationship where each story is honored as sacred. Her clinical interests include grief and reconnection to one's faith experience.

Amy Derringer Chandler, MSW, LCSW, is a relational psychotherapist working with adults and couples struggling with the effects of trauma, grief and loss, depression, and anxiety. She specializes in helping individuals and couples navigate through the challenges that accompany love, intimacy, and relationship. Employing an empathic and nurturing approach, Amy engages individuals and couples throughout the healing process.

Judith Ierulli, MSW, LCSW, informed by cognitive behavioral therapy and a trauma treatment framework, works with adults and adolescents. She has extensive experience in working with trauma survivors around such issues as anxiety, dissociation, self-injury and relationship difficulties. Judith uses a goal-oriented, collaborative style to support the healing and recovery process.

Julie Scher Nebel, MSW, LCSW, is a relational therapist working with individuals and couples. She specializes in the areas of peri- and post-partum concerns, and issues related to loss and grief, life transitions, relationship challenges, polyamory, sexuality, depression and anxiety. Julie believes in the dynamic and integral relationship of mind-body-spirit, and uses a caring, collaborative approach with her clients to help guide them to a place of greater self-awareness, empowerment, compassion, and health.

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.

The Healing Spiritual Journey for Trauma Survivors

Following the workshop, Healing Your Soul Self, an eight-week group process will be offered to those who wish to deepen their healing around their spirituality. The three phases that will be explored more fully include:

1. Spiritual Safety
2. Remembrance and Mourning
3. Reconnection to One's Faith Experience

There will be opportunities for reflection, personal sharing and experiencing rituals that will help each participant to reclaim her own soul-self.

Participants are encouraged to attend the day-long workshop in order to participate in this group.

Led by Maco Cassetta

Time-limited group: 8 weeks
Wednesdays, 7:00 p.m. – 9:00 p.m.
Contact Maco Cassetta at ext. 33

General Information

Location & Parking

These workshops and groups are held at Womencare Counseling Center, located at 1740 Ridge Avenue in Evanston, between Church and Emerson Streets, right at the Green Bay Road/Ridge Avenue merge. Free parking is available south or west of the building in our lot. Please see our website at www.womencarecounseling.com for detailed directions and a map.

Workshop Refund 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 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.

There are four ways to register for workshops

Call us at: 847-491-0530.

E-mail us at: register@womencarecounseling.com.

Mail a completed registration form with a check or credit card information to:

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

Fax a completed registration form with credit card information to:

847-556-0644.

We will send a receipt by USPS mail for workshop registrations within 5 days of receiving payment. Confirmation e-mails will be sent only for registrations received at least two weeks prior to the event.

Joining Groups

To join one of our therapy groups, please call 847-475-7003 to speak with the group therapist for the group that interests you. An initial interview is required before joining a group.

*These workshops are intended for the community.
Therapists are welcome if they will be addressing
their own issues.*

Workshop Registration: Healing Trauma

NAME _____

HOME ADDRESS _____

CITY _____

STATE _____

ZIP _____

HOME PHONE _____

WORK PHONE _____

EMAIL _____

Workshop

- | | |
|--|------|
| <input type="checkbox"/> Healing Your Soul-Self (January 17, 2010) | \$95 |
| <input type="checkbox"/> A Mother's Survival Guide (January 31, 2010) | \$55 |
| <input type="checkbox"/> Sexuality Interrupted (February 21, 2010) | \$95 |
| <input type="checkbox"/> Sharing the Journey (March 21, 2010) | \$95 |
| <input type="checkbox"/> Tools for Moving from Surviving to Thriving (March 7, 2010) | \$55 |
| <input type="checkbox"/> Out of Bounds (May 2, 2010) | \$55 |

Total = _____

Payment Information

Fee includes light refreshments and program materials.

- Enclosed is my check payable to:
Womencare Counseling Center
- Please charge my credit card:
 MasterCard Visa American Express

CARD NUMBER _____

SECURITY CODE _____

NAME AS IT APPEARS ON THE CARD _____

EXP DATE _____

SIGNATURE _____

PHONE NUMBER OF CARDHOLDER _____

Return completed registration form with payment to:

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

Phone: 847-491-0530 • Fax: 847-556-0644 (credit card only)