

Programs, Events and Services

September 2009 –
August 2010

- › Professional Workshops
- › Consultation Groups
- › Postgraduate Training
- › Community Workshops
- › Therapy Groups
- › Counseling Services

Womencare

counseling center

Committed to helping women
develop healthy relationships
with themselves and others.

1740 Ridge Avenue, Suite 201
Evanston, IL 60201

847-475-7003
800-240-8899

www.womencarecounseling.com

FULL-DAY PROFESSIONAL WORKSHOPS

Silent Tears: The Language of Children's Grief

PRESENTED BY BETH KATZ

This workshop will explore the complex world of child and adolescent grief. Participants will learn to understand and speak the language of children's grief and develop skills necessary to support healing. Through lecture, video, case presentations and thoughtful group discussions, participants will acquire a comprehensive developmental understanding of children's grief. We will offer insight into the critical roles that parents, schools and communities play in assisting a child or teen to successfully navigate grief's journey.

What › When › Where › Fee

6 CEUs available

Thursday, October 22, 2009
9:00 a.m. – 4:00 p.m.

Hotel Orrington, Evanston

Program Fee

\$145 through October 9

\$165 after October 9

\$120 per person for groups of 2 or more
registering at the same time through October 9

Partial scholarships available

This workshop will address:

- What children need to grieve
- How to speak to children about grief
- The tasks of mourning in children
- The impact of grief on children's developmental stages
- Acting out, magical thinking and the spiritual world of children
- Adolescent mourning: a naturally complicated affair
- Common manifestations of grief in children and adolescents
- The role parents play in a child's grieving
- Therapeutic orientations

Register for both child treatment workshops
by October 9 and receive a
15% discount

Trauma and Children: Enhancing Capacities of Traumatized Children and Their Families

PRESENTED BY JUDITH IERULLI AND KRISTY ARDITTI

Trauma in childhood can take many forms: sexual abuse, physical abuse, neglect and the witnessing of violence. The posttraumatic effects and responses are often confusing and overwhelming for the child and family as well as for clinicians.

In this workshop we will look at the different stages of development, how the trauma affects children and some of the ways that children show us their trauma. We will also explore how to help parents, other family members, and teachers better understand the impact of the trauma and avoid re-traumatizing through lack of information.

We will outline an approach that supports development of self-regulation, self-soothing, and impulse control skills for children, while supporting families to provide a safe and validating environment that can restore a sense of trust. Participants will have an opportunity to reflect on the impact of working with trauma and children on their sense of safety, trust and well-being.

This workshop will address:

- Developmental and cognitive effects of trauma in children
- Impact of trauma on the family system and ways to foster validating environments for the child and family
- The implications of attachment theory and attachment styles in work with children
- Concrete interventions and creative exercises that will help the clinician to better understand the child's feelings related to the trauma

What › When › Where › Fee

6 CEUs available

Thursday, November 19, 2009
9:00 a.m. – 4:00 p.m.

Hotel Orrington, Evanston

Program Fee

\$145 through November 6

\$165 after November 6

\$120 per person for groups of 2 or more
registering at the same time through November 6

Partial scholarships available

FULL-DAY PROFESSIONAL WORKSHOPS

CONTINUED

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

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 when we address the sexual issues.

Integrating sex therapy, trauma treatment, and a relational approach to practice, 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. We will suggest tools for assessment and intervention and explore issues of transference and countertransference.

This workshop will address:

- Assessing the sexual impact of abuse
- Timing and pacing of the sexual work
- Helping clients manage flashbacks and dissociation
- Intervention options
- Working with transference and countertransference

What › When › Where › Fee

6 CEUs available

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

Hotel Orrington, Evanston

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

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

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.

This workshop will address:

- 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

What › When › Where › Fee

6 CEUs available

Friday, May 28, 2010
9:00 a.m. – 4:00 p.m.

Hotel Orrington, Evanston

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

Register for both advanced trauma trainings
by April 16 and receive a
15% discount

SUNDAY LUNCH SERIES FOR THERAPISTS: CARE FOR THE THERAPIST

The Series › What › Where › Fee

The interface of therapists' life challenges and the therapeutic relationship

4 CEUs available per workshop

Lunch is provided. (Please select vegetarian or non-vegetarian menu option when registering.)

Hotel Orrington, Evanston

Program Fee

\$85 per workshop; pre-registration required

Register early; space is limited to facilitate discussion

The Survivor Therapist: Claiming Wisdom and Vulnerability

FACILITATED BY LAURIE KAHN AND BETH KATZ

Therapists who themselves have survived a childhood of abuse or neglect come to this profession with many gifts, capacities and vulnerabilities. Survivor-therapists are often reluctant to share their history in work settings because they fear being pathologized. As a profession we often fail both survivor-therapists and their clients by a lack of sensitivity and openness, silencing the dialogue that is crucial for the therapist to thrive.

In the safety of each other's company, we will explore together the special gifts and dilemmas faced by the survivor therapist. As a community we will identify the wisdom of the survivor-therapist and examine issues of counter-transference, boundaries, attunement and the importance of self-care.

Work-Life Balance Plus: For Therapists Who Are Also Parents of Children with Special Needs

FACILITATED BY ELLEN LONNQUIST

As the parent of a child with special needs, we are called on to be advocate, therapist, protector, and, above all, parent. As therapists, we are often called on to be expert, advocate and support. In this workshop, we will explore the unique challenges in balancing these roles, while remaining true to our selves. Together, we will hold a space to explore the unique clinical challenges that surface in balancing our own needs and our work as parents and professionals.

When

Sunday, October 11, 2009

10:00 a.m. – 2:00 p.m.

When

Sunday, October 25, 2009

10:00 a.m. – 2:00 p.m.

The Pregnant Therapist: Transference and Countertransference in the Therapeutic Relationship

FACILITATED BY AMY DERRINGER CHANDLER

When a therapist becomes pregnant, the client-therapist relationship is impacted in ways that can be both challenging and enriching. A therapist's pregnancy is an unavoidable self-disclosure, and it can be particularly stirring for clients who struggle with interpersonal love and secure attachment. This lunchtime workshop provides a forum for therapists to share experiences, discuss themes and together identify what resources might help the pregnant therapist.

When

Sunday, November 15, 2009

10:00 a.m. – 2:00 p.m.

The Grieving Therapist: Honoring Our Own Needs and Those of Our Clients

FACILITATED BY BETH KATZ AND MONICA ROBINSON

Therapists are not immune to the impact that comes with facing significant losses. A grieving therapist must be able to embrace her own experience of loss while maintaining an empathic relationship with clients. While we are grieving, our clients experience reactions ranging from feeling abandoned to a need to protect us from the pain of their stories.

In this workshop participants will learn about the challenges grieving therapists face and explore how we can utilize our experiences of grief to deepen our empathic connections with clients. Together we will explore strategies for the appropriate use of self-disclosure and learn effective tools to maintain healthy, productive therapeutic relationships while grieving. Participants will be offered a safe place to discuss the impact their own grief has on clinical work.

When

Sunday, December 6, 2009

10:00 a.m. – 2:00 p.m.

EVENING WORKSHOPS

The Series › What › Where › Fee

2 CEUs available per workshop

Womencare Counseling Center, Evanston

Program Fee

\$45 for pre-registration

\$55 for same-day registration

Register early; space is limited to facilitate discussion

PTSD: What Every Therapist Should Know

PRESENTED BY JUDITH IERULLI

In today's world it is inevitable that we will encounter those who have survived or witnessed trauma. Posttraumatic responses and symptoms can evoke confusion, shame and guilt, disrupt relationships, and affect our client's picture of self and safety.

Professionals can play a crucial role in helping survivors understand their responses to trauma and to traumatic events. We can help them understand their symptoms, feelings and the manifestations of Posttraumatic Stress.

This workshop will help professionals understand the sequelae of Posttraumatic Stress Disorder. Participants will learn strategies that will empower their clients and facilitate healing in the aftermath of traumatic experiences.

When

Tuesday, February 9, 2010
6:30 p.m. – 8:30 p.m.

Working with Families with Special Needs

PRESENTED BY ELLEN LONNQUIST

When a family has a child or children with special needs, they face unique challenges both out in the world and in their relationships. The reverberations of these challenges can wreak havoc within the family system, or open it up to new possibilities. This workshop will explore the multi-systemic impact of having a child with special needs. Participants will be offered suggestions and tools in assisting families to make their own healthy meaning.

When

Tuesday, March 2, 2010
6:30 p.m. – 8:30 p.m.

Understanding Self-Injury in Adolescents

PRESENTED BY NICOLE HOWELL AND ELLEN LONNQUIST

Cutting and other self-harming behaviors raise many questions and dilemmas for professionals. This workshop will investigate the role and treatment of self-harm in adolescents, and will include a brief didactic presentation as well as opportunities for participants to share their insights and questions.

When

Tuesday, March 23, 2010
6:30 p.m. – 8:30 p.m.

Abused as Boys

PRESENTED BY JUDITH IERULLI

The sexual abuse of boys is common, under-reported, under-recognized and under-treated. Our culture provides little room for males as victims, exacerbating the sense of shame for those who are abused as boys.

In this two-hour presentation, we will discuss the pervasive and often unacknowledged impact of sexual abuse on boys' self-esteem, relationships and worldview. We will highlight the importance of addressing gender expectations and their impact on shame, as well as offer tools to move the male survivor's experience of abuse from shame to healing.

When

Tuesday, April 13, 2010
6:30 p.m. – 8:30 p.m.

Please join us
for one or more Evening Series workshops,
which provide brief, accessible introductions
to clinically relevant topics.

PROFESSIONAL DEVELOPMENT PROGRAMS

The Natalie Haimowitz Postgraduate Fellowship Program

Womencare Counseling Center celebrates more than ten years of the Natalie Haimowitz Postgraduate Fellowship Program, intended for clinicians with 1–5 years of post-masters psychotherapy experience. This unique, experientially-focused, intensive two-year program features individualized mentoring and small-group supervision. Postgraduate fellows maintain a caseload of 6–8 clients and have a range of structured educational opportunities, including our professional workshops, foundations training on starting with clients, the Summer Institute on the Relational Treatment of Trauma, and a year of the Trauma Consultation Program. Our staff of experienced clinicians is committed to nurturing the development of our fellows by fostering self-reflection and providing multiple opportunities to deepen clinical knowledge and skills.

What › When › Where › Fee

Applications are due by April 1.
Applications are available for download at www.womencarecounseling.com
Annual Tuition
\$1500
Partial scholarships are available based on need.

Information Night for The Natalie Haimowitz Postgraduate Fellowship Program

FACILITATED BY WOMENCARE STAFF

Join us for an opportunity to learn about the program and application process, ask questions, meet the Womencare therapists and speak to graduates from our training program.

When › Where › Fee

Thursday, February 11, 2010
6:30 p.m. – 8:00 p.m.
Womencare Counseling Center, Evanston
Fee/Registration
Pre-registration not required
Free of charge

*“I went to graduate school and learned about therapy.
I went to Womencare and became a therapist.”*

*Mary Clarke, PhD,
Graduate of the Natalie Haimowitz Postgraduate Fellowship Program*

Summer Institute on the Relational Treatment of Trauma

PRESENTED BY WOMENCARE STAFF

We are pleased to announce our second annual Summer Institute on the Relational Treatment of Trauma. This six-session institute is intended for therapists fairly new to the treatment of trauma who value the therapeutic relationship as foundational to change. We recognize that participants may encounter the many faces of trauma in their work: the abused child, the rape survivor, the vet returning from combat, adults struggling with the aftermath of a difficult childhood... In this training we will introduce concepts, incorporating discussion and case examples, that will provide both an initial framework and skills for better work with trauma clients. Presented by experienced trauma clinicians and designed to be accessible and affordable, the institute will address:

- Conceptualizing Trauma, PTSD and Complex PTSD
- The Relational Model and Its Application in Treating Trauma
- Assessment, Creating Safety, Boundaries
- Pacing, Stabilization and Affect Regulation
- The Grief Process in Trauma Treatment
- Trauma and the Therapist: Ethics of Self-Awareness and Self-Care

What › When › Where › Fee

12 CEUs available; must register for entire series
Six Fridays:
July 9, 2010 – August 13, 2010
8:00 a.m. – 10:00 a.m.
Womencare Counseling Center, Evanston
Program Fee
\$195 for the series
Register Early
space is limited to facilitate discussion

CONSULTATION & TRAINING

Trauma Consultation Training Program

CO-DIRECTORS: LAURIE KAHN AND JANET MIGDOW

Those of us who work with trauma survivors face unique challenges. If we are to sustain ourselves in this work, it is imperative that we participate in a community that adequately supports us.

These monthly clinical consultation groups focus on the therapeutic complexities of working with trauma survivors while also paying special attention to the impact on the clinicians.

Year One

FACILITATED BY LAURIE KAHN AND JUDITH IERULLI

The curriculum will provide the foundation for the treatment of trauma, integrating case consultation, didactic presentations and reflection on vicarious trauma.

Year Two

FACILITATED BY LAURIE KAHN AND JANET MIGDOW

While continuing to integrate case consultation and reflection on vicarious trauma, the curriculum will focus on the complexities of the therapeutic relationship, with special attention to traumatic transference, counter-transference and empathic strain.

Advanced Trauma Consultation Group

FACILITATED BY LAURIE KAHN AND JANET MIGDOW

This group is for advanced trauma clinicians who want to deepen their skills within an ongoing consultation group. Permission of the instructors required.

What › When › Where › Fee

24 CEUs available per year

September 2009 – June 2010

Womencare Counseling Center, Evanston

Application and initial interview required

Applications must be received by August 16.

For an application, please call 847-491-0530 or visit www.womencarecounseling.com

Program Fee

\$950 tuition

Monthly payment arrangements are available

Limited number of partial scholarships available

Training, Consultation, Supervision

Training

For more than two decades, Womencare Counseling Center has been a leader in the field of PTSD, traumatic stress, grief and loss, relationships and sexuality, and child and adolescent concerns, providing workshops, training and consultation programs to resource and empower professionals, agencies, and schools. Our training staff is available to provide specialized in-service training, consultation and conference presentations tailored to your audience in our setting or yours.

How

For information on supervision, consultation or in-service training, contact :

Laurie Kahn
at (847) 475-7003 x 22.

Please see our website at www.womencarecounseling.com/programs-at-your-location.htm for details on available trainings.

Consultation and Licensure Supervision

Womencare's experienced, licensed clinicians provide consultation and ongoing supervision to mental health professionals in many areas, including those specialties listed above.

In addition to providing opportunities for training, mentoring and consultation, Womencare is committed to the care and nurturing of the therapist. It is a privilege to do this work, and with this privilege comes an unlimited opportunity for us as therapists to grow and be challenged.

Our humanity is expressed in our empathy, gifts and our shared woundedness. Self-awareness is essential to the craft of the therapist, and fosters our compassion and integrity.

To provide ongoing opportunities for support and personal growth, we offer for therapists:

- A Sunday Lunch Series focused on the intersection of the personal and the professional
- Therapist support groups
- Individual and group consultation
- Therapy for therapists
- Counseling and consultation for survivor therapists
- Counseling for symptoms of compassion fatigue and burn-out

We are sensitive to the complexities of working in this field and tending to oneself, and we honor confidentiality and privacy at the highest level.

THErapy GROUPS

Women Survivors of Trauma and Childhood 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.

When › Who › How

2 Ongoing Groups:

Led by Laurie Kahn
Wednesdays, 7:00 p.m. – 9:00 p.m.
Contact Laurie Kahn at ext. 22

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

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.

When › Who › How

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

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

When › Who › How

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

To join one of our therapy groups

Please contact the group leader at 847-475-7003. An initial interview is required before joining a group. Fees are established on a sliding scale.

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.

When › Who › How

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

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. This group will more fully explore spiritual safety, remembrance and mourning, and 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 to participate in this group.

When › Who › How

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

A.R.T.: Adolescent Girls Reclaiming Themselves

At no other time in a girl's life is her sense of self more influenced by peer culture and the need for belonging than adolescence. Relational challenges both at home and at school can create enormous distress and damage a young woman's sense of self and voice. Group is a safe place for adolescent girls to gather and use creative expressive techniques to explore and share some of the challenges facing them today.

When › Who › How

Led by Nicole Howell and Kristy Arditti
Time-limited group:
repeating 10-week sessions
Wednesdays, 6:30 p.m. – 8:00 p.m.
\$50 per session, includes art supplies
Contact Nicole Howell at ext. 34

LIFE TRANSITIONS: WORKSHOPS FOR REFLECTION AND HEALING

Shattered Dreams: From Grief to Growth

PRESENTED BY BETH KATZ AND JULIE SCHER NEBEL

In a world often filled with disappointments and shattered dreams, how do we go on? How can we acknowledge shattered dreams and still wake up to hope? How do we gather the courage to grieve and the strength to dream new dreams?

This workshop will offer participants a framework that shattered dreams, far from limiting us, are opportunities for transformation. Participants will have opportunities to reflect upon what has been lost and begin the process of reconceptualizing and creating new and meaningful visions for their lives. We will explore the role that legacies play in shaping our dreams and the impact these legacies have on our sense of self when a dream is lost. Together we will uncover the hidden voices that tell us to define our lives and our selves as “less than” or “unworthy.” Through the use of creative expressive techniques participants will explore the concept of radical self-acceptance and be supported in creating a new narrative.

What › When › Where › Fee

Sunday, April 18, 2010
10:00 a.m. – 4:00 p.m.

Space is limited to facilitate discussion
Womencare Counseling Center, Evanston

Program Fee:
\$95, pre-registration required
Limited number of partial scholarships available

The Transformational Journey of Life Transitions: Opening to the Dark Emotions

PRESENTED BY MONICA ROBINSON AND JULIE SCHER NEBEL

There are times in our lives where a change leaves us feeling dismantled, lost, flattened or paralyzed. While these experiences leave us forever changed, they are also, like a wintering ground, the seedbed of new possibilities. Using an experiential format, workshop participants will be introduced to the notion that there are transformative powers in life's descents into darkness and will be encouraged to allow a new narrative to emerge with new potential. This workshop welcomes both men and women.

What › When › Where › Fee

Sunday, May 16, 2010
10:00 a.m. – 4:00 p.m.

Space is limited to facilitate discussion
Womencare Counseling Center, Evanston

Program Fee:
\$95, pre-registration required
Limited number of partial scholarships available

The Creative Juggling of Motherhood and Work

PRESENTED BY NICOLE HOWELL

Why is it that mothers often feel as if they can't tell the truth about their experiences without fearing that they will be judged or shamed? We will provide the opportunity for mothers to safely and honestly share their feelings and experiences.

We will explore cultural messages about mothering and working women and discover together how we, as moms, can learn to accept a new rhythm in our lives and understand that this may not be the time to be perfect at everything! We will take time to share things we have each found that have worked for us in juggling the often competing demands of work and children. Ways to move through this time while enjoying parenting and integrating work will be presented. We will also provide information on post-partum depression and anxiety.

What › When › Where › Fee

Sunday, June 6, 2010
10:00 a.m. – 1:00 p.m.

Space is limited to facilitate discussion
Womencare Counseling Center, Evanston

Program Fee:
\$55, pre-registration required
Limited number of partial scholarships available

“Sacred moments surround the therapeutic process and life itself. Sacred is the opposite of abuse. It is respectful, filled with meaning. It is neither dogmatic nor prescriptive. Mine will differ from yours. It is found in the quiet spaces, the spaces in between.”

—Laurie Kahn, *Listening to the Untold Stories*, Cross+Roads Press, 2007.

HEALING TRAUMA: SKILL-BUILDING WORKSHOPS

Healing Your Soul-Self: Trauma and Spirituality

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, and personal sharing, we will introduce three phases of healing which will help participants identify and reclaim their soul selves. This workshop, for women trauma survivors, will address spiritual safety, remembrance and mourning, and reconnection to one's faith experience.

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

What › When › Where › Fee

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

Space is limited to facilitate discussion
Womencare Counseling Center, Evanston

Program Fee:
\$95, pre-registration required
Limited number of partial scholarships available

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

PRESENTED BY JULIE NEBEL AND AMY DERRINGER CHANDLER

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 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 discussion.

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

What › When › Where › Fee

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

Space is limited to facilitate discussion
Womencare Counseling Center, Evanston

Program Fee:
\$55, pre-registration required
Limited number of partial scholarships available

Sexuality Interrupted: Healing the Wounds of Abuse

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. Often, one of the precious things lost through these abuses 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.

What › When › Where › Fee

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

Space is limited to facilitate discussion
Womencare Counseling Center, Evanston

Program Fee:
\$95, pre-registration required
Limited number of partial scholarships available

Sharing the Journey: A Workshop for Partners of Survivors

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.

Focused on partners of abuse survivors, the workshop will provide information about the aftermath of abuse, including emotional, relational, and sexual issues. It will support participants—of any gender or sexual orientation—in being an ally to their survivor-partner and in caring for themselves.

What › When › Where › Fee

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

Space is limited to facilitate discussion
Womencare Counseling Center, Evanston

Program Fee:
\$95, pre-registration required
Limited number of partial scholarships available

Tools for Moving from Surviving to Thriving

PRESENTED BY JUDITH IERULLI

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.

Out of Bounds: Clarifying and Maintaining Boundaries

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.

What › When › Where › Fee

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

Space is limited to facilitate discussion
Womencare Counseling Center, Evanston

Program Fee:
\$55, pre-registration required
Limited number of partial scholarships available

What › When › Where › Fee

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

Space is limited to facilitate discussion
Womencare Counseling Center, Evanston

Program Fee:
\$55, pre-registration required
Limited number of partial scholarships available

ABOUT WOMENCARE COUNSELING CENTER

Womencare, founded by Laurie Kahn in 1978, is committed to encouraging and sustaining healthy relationships with self, others, family and community. We believe relationships that encourage mutuality, voice, and dignity are crucial to growth and healing. In service to this vision, Womencare provides individual, group, couple and family counseling, as well as sponsoring community and professional workshops.

Services Offered

- Individual Counseling
- Couples Counseling
- Child and Family Counseling
- Adolescent Counseling
- Group Counseling
- Workshops on Healing Trauma and on Life Transitions

Our Staff

Our therapists are experienced clinicians with expertise including traumatic stress, grief and loss, relationships and sexuality, feminist therapy, and child and adolescent concerns.

Kristy Arditti, AM, LCSW, staff therapist

Kathleen Brennan, MA, LPC, postgraduate therapist

Maco Cassetta, MEd, MAPC, LPC, staff therapist

Amy Derringer Chandler, MSW, LCSW, associate therapist

Heidi Hayden, MA, LPC, postgraduate therapist

Anna Horvath, MFA, MACP, LPC, postgraduate therapist

Nicole Howell, MSW, LCSW, staff therapist

Laurie Kahn, MA, LCPC, founder and director

Beth E. Katz, MS, EdM, LCPC, CT, senior associate therapist

Judith Ierulli, MSW, LCSW, associate therapist

Ellen M. Lonnquist, MS, LMFT, associate therapist

Sarah Manaher, MSW, LSW, postgraduate therapist

Julie Scher Nebel, MSW, LCSW, staff therapist

Kim Percell, administrative assistant

Monica Robinson, MSW, LCSW, staff therapist

Emily Rose, administrator of educational programs and clinical services

Amy Steinhauer, AM, LCSW, ACSW, associate director, senior associate therapist

Please visit www.womencarecounseling.com for detailed information about our staff.

REGISTRATION

Space is limited in most of our workshops, and pre-registration is highly recommended. Additional copies of workshop brochures are available online at womenscarecounseling.com.

There are five ways to register

Online at www.womenscarecounseling.com.

Call us at 847-491-0530.

E-mail us at register@womenscarecounseling.com.

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

Womenscare 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.

Continuing Education Units

Womenscare Counseling Center is approved by the Illinois Department of Financial and Professional Regulation to provide CEUs to Social Workers (LSW/LCSW), Professional Counselors (LPC/LCPC) and Marriage and Family Therapists (LMFT).

Cancellation Policy

All cancellations and requests for refunds must be received in writing at least one week prior to each event and are subject to an administrative charge of \$30. No refunds will be made less than one week prior to an event.

NAME

HOME ADDRESS

CITY

STATE

ZIP

HOME PHONE

WORK PHONE

EMAIL

PROFESSION

AGENCY/ORGANIZATION

Please register me for the following:

PROGRAM #1	\$
	FEE
PROGRAM #2	\$
	FEE
PROGRAM #3	\$
	FEE
TOTAL ENCLOSED	\$
	FEE

Payment Information

Program fee includes light refreshments, program materials and CEUs where applicable. Group rates apply to individuals from the same organization who register at the same time. Refunds are permitted until two weeks before the workshop and are subject to a \$30 administrative charge.

Enclosed is my check payable to: *Womenscare Counseling Center*

Please charge my credit card:

MasterCard Visa American Express

CARD NUMBER

EXPIRATION DATE

SECURITY CODE/CID

NAME AS IT APPEARS ON THE CARD

SIGNATURE

BILLING ADDRESS AND ZIP OF CARDHOLDER

PHONE NUMBER OF CARDHOLDER

Return completed registration form with payment to:

Womenscare Counseling Center

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

Fax: 847-556-0644 (*credit card and purchase orders only*)

Womenscare Counseling Center · 847.475.7003