



Womencare
counseling center

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

September 2007 – June 2008



Healing Trauma Skill-Building Workshops

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. 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 per person

Space is limited to facilitate discussion

Choose between two workshop dates:

Sunday, October 7, 2007 or

Sunday March 2, 2008

10:00 a.m. – 4:00 p.m.

Sharing the Journey: A Workshop for Partners of Survivors

Presented by Amy Steinhauer

Sexual abuse exacts a tremendous toll on people and on relationships, and the journey to healing is often long and arduous. Sharing this journey as a partner can be a very difficult yet deeply rewarding experience.

This workshop will provide partners with information about the aftermath of abuse, including the potential emotional, relational and sexual impacts. Participants will be invited to consider the strengths and explore the dilemmas of their relationships. We will support participants in being allies to their survivor-partners, in caring for themselves, and in joining with their partners to deepen connectedness and intimacy.

The workshop will focus on partners of women abuse survivors.

\$95 per person

Space is limited to facilitate discussion

Male Partners of Abuse Survivors

Sunday, November 11, 2007

10:00 a.m. – 4:00 p.m.

Female Partners of Abuse Survivors

Sunday, April 13, 2008

10:00 a.m. – 4:00 p.m.



Healing Trauma Skill-Building Workshops

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 and 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 and develop new strategies for reducing disruptions in everyday life.

\$45 per person

Space is limited to facilitate discussion

Choose between two workshop dates:

Sunday, December 2, 2007 or

Sunday, May 4, 2008

10:00 a.m. – 1:00 p.m.

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.

\$45 per person

Space is limited to facilitate discussion

Choose between two workshop dates:

Sunday, January 27, 2008 or

Sunday, June 8, 2008

10:00 a.m. – 1:00 p.m.

"I believe that isolation cripples the spirit, while connection can transform despair into hope. The magic of being in a group is not simply an individual's ability to express pain and grief. It also emerges from the collective experience.

We are all hungry not only to be understood by others, but to know that our caring, courage and compassion can make a difference in someone else's life."

Laurie Kahn



Healing Trauma Skill-Building Workshops

From Helplessness to Helpfulness: Parents' Role in Helping Children Recover from a Trauma

Presented by Judith Ierulli

Despite our best parenting and care, bad things sometimes happen in children's lives. Sexual assault, the witnessing of violence, sudden death or suicide all affect children in significant ways. Research shows that the presence of even a single supportive, compassionate and caring adult has a major impact on a child's healing process.

How are children affected when they witness or experience a traumatic event? What are the normal pediatric reactions to difficult and traumatic events? What are signs of distress in our children and what might we, as parents, find distressing? In this workshop, parents and care providers will find guidance as they begin to answer these difficult questions. The workshop will outline the symptoms of posttraumatic stress and the trajectories of trauma and recovery. In addition, we will explore the personal and emotional impact on those closest to traumatized children.

\$95 per family, up to 4 family members (adults only please)

Space is limited to facilitate discussion

Sunday, February 10, 2008

10:00 a.m. – 4:00 p.m.

There are four ways to register for any of our Healing Trauma Workshops:

1. Call 847-491-0530
2. E-mail register@womencarecounseling.com
3. Mail a completed registration form to: Womencare Counseling Center, 1740 Ridge Avenue, Suite 201, Evanston, IL 60201
4. Fax to 847-556-0644

Location and Parking

These workshops are held at Womencare Counseling Center located at 1740 Ridge Avenue in Evanston between Church Street and Emerson Avenue, directly in front of the Green Bay Road/Ridge Avenue merge. Free parking is available South or West of the building.

Refund Policy

If you are not able to attend, you may send a substitute. Registrants who are unable to attend the conference 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.



Healing Trauma Therapy Groups

To join one of our therapy groups please call 847-475-7003. 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.

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.

2 Groups:

Led by Laurie Kahn

Ongoing Group

Wednesdays, 7:00 p.m. – 9:00 p.m.

Sliding scale fee

Contact Laurie Kahn at

847-475-7003, ext. 22

Led by Amy Steinhauer

Ongoing Group

Tuesdays, 7:00 p.m. – 9:00 p.m.

Sliding scale fee

Contact Amy Steinhauer at

847-475-7003, ext. 24

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 their seeking help and receiving the support they deserve.

This group will provide education about sexual and physical abuse and how current patterns often are linked to past abuse. We will help 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.

Led by Judith Ierulli

Time-limited Group, 10 weeks per cycle

Thursdays, 6:30 p.m. – 8:00 p.m.

Sliding scale fee

Contact Judith Ierulli at

847-475-7003, ext.27



Faculty

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, and 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. 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.

Amy Derringer Chandler, MSW, LCSW, is a humanistic psychotherapist who works with adults and couples. Amy has a background in community mental health and specializes in therapy around trauma, grief and loss, depression, anxiety and relationship challenges. Amy employs an empathic, nurturing stance in engaging individuals and couples through the healing process.

Judith Ierulli, MSW, LCSW, is a cognitive-behavioral therapist serving 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.

Amy Steinhauer, AM, LCSW, ACSW, is an eclectic, feminist-relational therapist whose clinical expertise includes sexual relationships and problems as well as abuse-related trauma. For more than fifteen years she has provided individual, couple, and group therapy, lead workshops, and trained and supervised professionals on these topics. Her training in a women-centered healthcare setting has led to her awareness of the distorted information many adults have about sex, and to her strong commitment to sexual education as a means of empowerment. In addition to sexuality and trauma, her clinical interests include women's health issues and infertility.

www.womencarecounseling.com

For more information call: 847-491-0530

www.womencarecounseling.com

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Workshop Registration

To register for our Skill Building Workshops, mail this form with your payment to: **Womencare Counseling Center, 1740 Ridge Avenue, Suite 201, Evanston, IL 60201** or Call us at: **847-491-0530**.

Name _____

Home address _____

Home phone _____

Work phone _____

Email _____

Please register me for the following workshops:

Helplessness to Helpfulness (\$95)

Sunday, February 10, 2008

Out of Bounds (\$45)

Sunday, January 27, 2008 Sunday, June 8, 2008

Sexuality Interrupted (\$95)

Sunday, October 7, 2007 Sunday, March 2, 2008

Sharing the Journey (\$95)

Sunday, November 11, 2007 (for men)

Sunday, April 13, 2008 (for women)

Tools for Moving from Surviving to Thriving (\$45)

Sunday, December 2, 2007 Sunday, May 4, 2008

Payment method:

Check enclosed (made payable to Womencare Counseling Center)

Credit Card (Visa/MasterCard)

Number _____

Exp Date _____

Signature _____

Security Code _____

Name of Cardholder _____

Fee includes light refreshments and program materials. Refunds permitted until 1 week before the workshops and are subject to a \$30 administrative charge.

Womencare
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1740 Ridge Avenue
Suite 201
Evanston IL 60201
www.womencarecounseling.com

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