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1740 Ridge Avenue, Suite 201
Evanston, IL 60201

Womencare counseling center

Evening Workshop Series Evanston, IL

Suicide's Wake

April 7, 2009

Beth Katz

Understanding Self-Injury in Adolescents

April 21, 2009

Ellen Lonnquist

Abused as Boys

May 5, 2009

Laurie Kahn and Judith Ierulli

Suicide's Wake: From Trauma to Transformation

Helping Children, Families and Communities Heal in the Aftermath of Suicide

Tuesday, April 7, 2009, 6:30 p.m. – 8:30 p.m.

Presented by Beth Katz

Suicide is the second leading cause of death in America's teens. Research suggests that one out of five children will know someone who takes their life. Survivors are often cloaked in a veil of isolation, shame, guilt and self-doubt. Violent death leaves its survivors agonizing over the "what ifs," "if onlys" and "whys." Self-blame is common as both children and adults take control by accepting responsibility for their loved one's actions.

This workshop will dispel myths surrounding suicide and address the immediate and long-term needs of suicide survivors. Together we will explore causes of suicide, prevention and successful ways of supporting survivor healing. Participants will be offered suggestions and tools for assisting survivors in moving through the intense pain and emotion experienced after violent death. Survivors can learn to cope and embrace a way of making meaning which affords them opportunities to recreate their assumptive worlds and regain a sense of safety and peace, thus transforming their loss.

This workshop will address:

- Exploring common myths surrounding suicide
- Understanding the immediate and long-term needs of suicide survivors
- Learning tools to successfully help survivors to heal
- Identifying those at risk and learning a model for prevention

Understanding Self-Injury in Adolescents

Tuesday, April 21, 2009, 6:30 p.m. – 8:30 p.m.

Presented by 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, and will include a brief didactic presentation as well as opportunities for participants to share their insights and questions.

This workshop will address:

- Providing safety while avoiding battles over power and control
- The complex meanings and functions of self-injury
- Helping others respond to the behavior constructively
- Self-injury and the dynamics of the family system
- Techniques for working with clients and families
- Building skills for self-soothing and healthy interaction
- The challenges of moving from self-injury to self-care

*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

Abused as Boys

Tuesday, May 5, 2009, 6:30 p.m. – 8:30 p.m.

Presented by Laurie Kahn and Judith Ierulli

The sexual abuse of boys is common, underreported, 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.

This workshop will address:

- How sexual violence affects boys and what some of the long-term implications are in the adults we see today
- Reframing compulsive behaviors such as self-harm, drug abuse and sexual compulsivity as survivors' attempts to self-soothe
- Increasing our understanding of how abuse affects the traditional view of masculine identity and how that impacts the healing process
- Examining societal assumptions around male sexual victimization and how that may affect our own perceptions



Presenters:

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.

Laurie Kahn, MA, LCPC, is the founder and director of Womenscare 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 the last ten years, as co-creator of the Trauma Consultation Postgraduate Training Program, she has trained numerous practitioners throughout the Chicago area in the treatment of trauma and post-traumatic stress disorders.

Beth E. Katz, MS, EdM, LCPC, CT, is a humanistic relational therapist trained in family systems who specializes in traumatic grief, loss and major life transitions. Beth has presented nationally on the topics of childhood grief and complicated mourning. She provides consultation, trainings, group, and clinical program development to hospices, hospitals, schools and agency professionals. Beth's work supports the emotional and spiritual healing of children, adults, couples and families.

Ellen M. Lonquist, MS, LMFT, is a family systems therapist who works with adolescents, children and families. Using a protective and nurturing approach, Ellen specializes in counseling adolescents struggling with life challenges such as depression, self-injury and difficulty with friends and family. She works collaboratively with individuals, couples and families to develop a more creative and effective path to healing.

Continuing Education Units

2 CEUs are available per workshop. Womenscare 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).

Location and Parking

Womenscare Counseling Center is located at 1740 Ridge Avenue, Evanston, Illinois. Free parking is available on the southwest side of our parking lot, and we are located within walking distance of the CTA Purple Line and Metra Davis Street stations.

Program Fee

\$30 for pre-registration

\$40 for same-day registration

Confirmation

We will send a receipt by USPS mail for workshop registrations within 5 days of receiving payment. There will be no other confirmation of your registration sent.

Payment

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

Cancellation Policy

If you are not able to attend, you may send a substitute or request a credit toward a future workshop. Because our administrative charge is equal to the fee for the workshop, we are unable to issue refunds.

Evening Workshop Series Registration

NAME

HOME ADDRESS

CITY

STATE

ZIP

HOME PHONE

WORK PHONE

EMAIL

PROFESSION

AGENCY/ORGANIZATION

Workshops:

Suicide's Wake

\$30 for pre-registration • \$40 for same-day

Understanding Self-Injury in Adolescents

\$30 for pre-registration • \$40 for same-day

Abused as Boys

\$30 for pre-registration • \$40 for same-day

Payment Information

Fee includes CEUs, refreshments, and program materials.

Enclosed is my check payable to:

Womenscare 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

BILLING ADDRESS AND ZIP OF CARDHOLDER

PHONE NUMBER OF CARDHOLDER