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Womencare counseling center

Life Transitions Workshops for Reflection and Healing

Spring 2009



Womencare
counseling center

1740 Ridge Avenue, Suite 201
Evanston, IL 60201

Presenters

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, and provides consultation, trainings and group support to hospices, hospitals, schools, and agency professionals. She also provides clinical supervision and mentoring to social workers, psychotherapists, clergy and school professionals. Beth's work supports the emotional and spiritual healing of children, adults, couples and families.

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, sexuality, and 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.

Monica Robinson, MSW, LCSW, is a relational therapist. For over 20 years, Monica has promoted healing and well-being through the expressive arts and experiential learning. While Monica specializes in problems of transition, she also counsels on related issues of depression, anxiety, trauma and relationship dilemmas. From a stance of nurturing empowerment, clients are encouraged to develop insight and increase capacities for work, play and relationship.

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

Presented by Monica Robinson and Julie Scher Nebel

At times in our lives where a change leaves us feeling dismantled, lost, flattened or paralyzed, we may feel pressure to “get over it,” take medication, or just get on with our lives—the inherent assumption being that something is frighteningly wrong with us.

Using myth and expressive techniques, participants will be introduced to the notion that there are transformative powers in life’s descents into darkness. While these experiences leave us forever changed, they are also, like a wintering ground, the seedbed of new possibilities. Finding stirrings of meaning that value the “descent” rather than diminish it allows a new narrative to emerge with new potential.

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

Space is limited to facilitate discussion

*Sunday, April 19, 2009,
10:00 a.m. – 4:00 p.m.*

Womencare Counseling Center, Evanston

General Information

Location and Parking

These workshops are held at Womencare Counseling Center located at 1740 Ridge Avenue in Evanston between Church and Emerson Streets, 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.

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 re-conceptualizing 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.

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

Space is limited to facilitate discussion

*Sunday, June 7, 2009,
10:00 a.m. – 4:00 p.m.*

Womencare Counseling Center, Evanston

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

Life Transitions Registration

NAME

HOME ADDRESS

CITY

STATE

ZIP

HOME PHONE

WORK PHONE

EMAIL

Please register me for the following workshops:

- The Transformational Journey of Life Transitions (April 19, 2009)
 Shattered Dreams (June 7, 2009)

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

BILLING ADDRESS AND ZIP OF CARDHOLDER

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*)