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Listening to the Voices of Trauma: Conquering the Challenges of Empathic Strain and Compassion Fatigue

Presented by:
Laurie Kahn
Beth E. Katz
Myra Dorf

Thursday, March 12, 2009,
9:00 a.m. – 4:00 p.m.
Hilton Garden Inn, Evanston

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A therapist's capacity to listen to the voices of trauma is crucial for the healing of those who have encountered unbearable losses and betrayals. In the course of treating trauma and grief, empathy is critical for our clients' healing, yet often more difficult to sustain.

In this workshop we will explore the crucial task of bearing witness and outline the factors that can create empathic strain in the therapeutic relationship including traumatic transference, countertransference, reenactments, empathic breaks, and errors of compassion.

In addition, we will examine the impact of bearing witness on the therapist's worldview, which can invite even the best therapist into moments of despair, helplessness, and self-doubt. Participants will have an opportunity to discover what is required of us as therapists to hold hope for our clients and maintain a therapeutic relationship that promotes healing. Together, we will explore the impact of compassion fatigue, the importance of community support to combat its impact and strategies for self-care.

This workshop will address:

- Identifying the challenges in creating and sustaining a therapeutic alliance with survivors of trauma
- Understanding the parallel process for clients and therapists in the face of trauma and grief
- Identifying the symptoms and causes of compassion fatigue
- Learning skills of debriefing, self-soothing and using community support to combat compassion fatigue

6 CEUs available

Program Fee

\$135.00 through February 27, 2009

\$155.00 after February 27, 2009

\$110.00 per person for groups of 2 or more registering at the same time through February 27, 2009

A limited number of partial scholarships are available.

Confirmations

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



1740 Ridge Avenue, Suite 201
Evanston, IL 60201

Presenters

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. 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. Laurie's essays and articles address a wide variety of subjects spanning the serious and the light hearted. With a lively, authentic voice, her writing illuminates important aspects of love, feminism, betrayal trauma and healing.

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.

Myra Dorf, MS, LCPC, NBCCH, is a humanistic psychotherapist who embraces the connection between mind, body and spirit. Myra's work with women addresses trauma, depression, relationship difficulties and young adult life transitions. She has presented numerous workshops and lectures on mind/body integration, stress management and interpersonal skill building. Myra is a Reiki Master/Teacher and Certified Hypnotherapist who uses hypnosis and energy work to facilitate healing.

Payment

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

Cancellation Policy

All cancellations and requests for refunds must be received at least one week prior to the event and are subject to an administrative charge of \$30.00. No refunds will be made less than one week prior to an event.

Location and Parking

The Hilton Garden Inn is located at 1818 Maple Street in Evanston, between Clark Street and University Place. For further directions please visit the hotel website at www.hiltongardeninn.com.

If you are traveling north on CTA, the hotel is less than two blocks north of the Davis Street Purple Line and Metra Stations.

There is a public lot next to the hotel at Maple Avenue & Clark Street. Parking in the public lot is free on Sundays.

Accessibility

The workshop and all activities will be held in fully accessible rooms.

Continuing Education Units

Womencare 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).

Partial Scholarships

A limited number of partial scholarships are available. Scholarships are given on a first come, first-served basis. To request a partial scholarship, please contact Emily Rose at 847-491-0530.

*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

Listening to the Voices of Trauma March 12, 2009 Workshop Registration

NAME

HOME ADDRESS

CITY

STATE

ZIP

HOME PHONE

WORK PHONE

EMAIL

PROFESSION

AGENCY/ORGANIZATION

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)