



Presenters

The Survivor Therapist: Claiming Wisdom and Vulnerability

Sunday, December 7, 2008
10:00 a.m. – 2:00 p.m.

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 their 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 topics including boundaries, safety, effective uses of countertransference, and the importance of self-care.

This workshop will address:

- Identifying capacities and vulnerabilities of the survivor-therapist
- Discussing the wisdom and cautions of sharing personal history with clients
- Highlighting the importance of awareness and support for the survivor-therapist
- Discussing the management and utilization of affect and countertransference reactions

Laurie Kahn, MA, LCPC, is an internationally recognized speaker on trauma, posttraumatic stress disorder and issues of importance to women. 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.

Amy Derringer Chandler, MSW, LCSW, is a relational psychotherapist working with adults and couples struggling with the effects of trauma, grief and loss, depression, and anxiety. She specializes in helping individuals and couples navigate through the challenges that accompany love, intimacy, and relationship. Employing an empathic and nurturing approach, Amy engages individuals and couples throughout the healing process.

Beth E. Katz, MS, EdM, LCPC, CT, is a humanistic family systems therapist who specializes in the areas of grief, loss and life transitions. Beth has presented nationally on the topics of childhood grief and complicated mourning, and provides consultation, supervision and bereavement training to hospices, hospitals, schools, and agency professionals.

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.



Registration Form

There are five ways to register:

- Online at www.womencarecounseling.com.
- Call 847-491-0530, and provide us with your name, mailing address, phone number, and payment information.
- E-mail register@womencarecounseling.com and provide us with your name, mailing address, phone number and payment information.
- Mail a completed registration form with a check or credit card information to: Womenscare Counseling Center, 1740 Ridge Avenue, Suite 201, Evanston, IL 60201, Attn: Registration.
- Fax to 847-556-0644 and provide a completed registration form with your credit card information.

Confirmation

We will send a receipt and registration information by USPS mail within 5 business days of receiving payment. There will be no other confirmation of your registration sent. If you do not receive a receipt within 15 business days of mailing your registration, email us at register@womencarecounseling.com or call 847-491-0530.

Refund Policy

If you are not able to attend, you may send a substitute. Registrants who are unable to attend the workshop may request a refund if Womenscare 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.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____

WORK PHONE _____

EMAIL ADDRESS _____

PROFESSION _____

AGENCY/ORGANIZATION _____

Fee includes lunch, CEUs and program materials. Please select the workshop(s) you wish to attend and mark "LUNCH A" for Mediterranean Stuffed Chicken Breast or "LUNCH B" for Vegetarian Cheese Ravioli:

WORKSHOP	FEE	LUNCH A	LUNCH B
<input type="checkbox"/> The Pregnant Therapist	\$75	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> The Grieving Therapist	\$75	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> The Survivor Therapist	\$75	<input type="checkbox"/>	<input type="checkbox"/>

PAYMENT INFORMATION

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Sunday Lunch Series for Therapists

The interface of therapists' life challenges and the therapeutic relationship

The Pregnant Therapist
September 14, 2008

The Grieving Therapist
November 2, 2008

The Survivor Therapist:
December 7, 2008

Held at Hilton Garden Inn
Evanston

The Pregnant Therapist: Transference and Countertransference in the Therapeutic Relationship

Sunday, September 14, 2008
10:00 a.m. – 2:00 p.m.

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.

This workshop will address:

- Identifying the clinical complexities that accompany a therapist's pregnancy
- Discussing a therapist's pregnancy as both therapeutic challenge and opportunity
- Exploring the impact a therapist's pregnancy has on a client's sense of love and attachment
- Finding potential resources and supports for the pregnant therapist

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

Sunday, November 2, 2008
10:00 a.m. – 2:00 p.m.

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 a therapist can utilize her experience of grief to deepen an empathic connection with clients. Together we will explore strategies for the appropriate use of self-disclosure and learn effective tools in maintaining healthy, productive, therapeutic relationships while grieving. Participants will be offered a safe place to discuss the impact their own grief has on clinical work.

This workshop will address:

- Identifying the salient issues inherent in the work of grieving therapists
- Deepening grieving therapists' understanding of transference and countertransference issues
- Becoming aware of the increased risk for burn-out, compassion fatigue and therapeutic errors in grieving therapists
- Enhancing the therapist's ability to use her own and her clients grief as a means of transformation

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