



Womencare
counseling center

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

September 2008 – June 2009

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

A limited number of partial scholarships are available

Space is limited to facilitate discussion

Sunday, October 5, 2008

10:00 a.m. – 4:00 p.m.

Sexuality Interrupted for Couples: Sexual Healing After Abuse

Presented by Amy Steinhauer

This new workshop grows out of the *Sexuality Interrupted* workshops for women, and the *Sharing the Journey* workshops for their partners.

Abuse-related trauma takes a tremendous toll on people and on relationships, and the journey to healing is often long and arduous. Healing creates challenges in couple relationships, and also the potential for a greater and more rewarding depth of connection and intimacy.

This workshop is intended for abuse survivors and their partners. It will guide couples in developing a shared understanding of trauma and its impacts, identifying relational and sexual strengths and challenges, and developing plans for approaching sexual concerns and managing distress. Couples of all genders and sexual orientations are welcome. While the topic of touch will be explored, no physical touch will be involved in this workshop.

\$125 per couple

Pre-registration required. A limited number of partial scholarships are available

Space is limited to facilitate discussion

Sunday, February 8, 2009

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 with the manifestations and reactions to traumatic events, providing concrete tools to reduce disruptions in everyday life, with the belief that awareness, understanding and education can equal transformation.

\$45 per person

A limited number of partial scholarships are available

Space is limited to facilitate discussion

Sunday, January 11, 2009

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

A limited number of partial scholarships are available

Space is limited to facilitate discussion

Sunday, February 22, 2009

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

A Mother's Survival Guide: A Workshop for Survivors Navigating Parenting

Presented by Amy Derringer Chandler and Amy Steinhauer

Our own childhood experiences have a profound impact on who we become as parents and how we parent our children. For people who were abused or neglected in childhood, parenting can elicit a wide range of reactions, from being terrified of repeating parents' mistakes to a fierce determination to parent with integrity and protectiveness.

This workshop will provide an opportunity for abuse survivors to reflect on their own experiences of being a child, emotions that get evoked in the process of parenting, and their philosophy and hopes for the parents they want to be. The workshop will include presentation, exercises, and time for discussion.

\$45 per person

Pre-registration required. A limited number of partial scholarships are available

Space is limited to facilitate discussion

Sunday, March 22, 2009

10:00 a.m. – 1:00 p.m.

Reclaiming Our Internal Resources: Stress Management for Survivors

Presented by Myra Dorf

Our ability to withstand stress has less to do with strength of mind than how much and what kind of stress we have encountered in the past. Trauma occurring early in life can rewire the brain's circuitry to respond to everyday stress as if it were life-threatening. Trauma survivors have sensitive signaling mechanisms that over time can be reprogrammed to interpret stress more accurately.

Using visualization, self-hypnosis and observation, participants will learn self-soothing techniques to calm the body and mind.

\$45 per person

Pre-registration required. A limited number of partial scholarships are available

Space is limited to facilitate discussion

Sunday, May 17, 2009

10:00 a.m. – 1:00 p.m.

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.

Women 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

For more information call: 847-475-7003

visit www.womencarecounseling.com

or email info@womencarecounseling.com

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.

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.

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 health care 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.

Workshop Registration

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 with your payment to:
Womencare Counseling Center,
1740 Ridge Avenue, Suite 201, Evanston, IL 60201
4. Fax this form to 847-556-0644

Name _____

Home address _____

Home phone _____

Work phone _____

Email _____

Please register me for the following workshops:

- Sexuality Interrupted (October 5, 2008)
- Sexuality Interrupted for Couples (February 8, 2009)
- Tools for Moving from Surviving to Thriving (January 11, 2009)
- Out of Bounds (February 22, 2009)
- A Mother's Survival Guide (March 22, 2009)
- Reclaiming Our Internal Resources (May 17, 2009)

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.

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.



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