



IMHCA 23rd Annual Conference

March 2 & 3, 2012 - Skokie, IL

IMHCA Member Appreciation Program

Friday March 2, 2012

8:30 am - 4 pm

Featured Speaker

Robert Wubbolding, EdD



Dealing with Avoidance,
Resistant Individuals
and Difficult Behaviors

Members: \$35

Non-Members: \$120



March 3, 2012

8:30 am - 11:30 am

Jean Tschampa, PharmD

***Psychopharmacology
for Counselors***

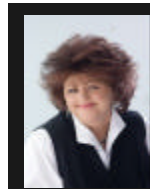


March 3, 2012

8:30 am - 11:30 am

David Carbonell, PhD

***The Anxiety Trick:
New Understanding,
Powerful Methods***

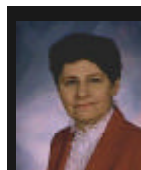


March 3, 2012

1 pm - 4 pm

Marta J. Papa, JD

***Guiding Divorcing
Families through Crisis as
a Divorce Mediator***



March 3, 2012

1 pm - 4 pm

Susan Goodale, MA, LCPC

***Merging Neuroscience
and Counseling Effectiveness:
What Great Counselors
Can Do***

Friday: IMHCA Members \$35. Non-Members \$120.

Saturday: IMHCA Members \$100. Non-Members \$120.

Dealing with Avoidance, Resistant Individuals and Difficult Behaviors

What to Say When You Don't Know What to Say

Robert Wubbolding, EdD



Robert E. Wubbolding, EdD, professor emeritus at Xavier University, Director of Training for the William Glasser Institute (1987-2011), and Director of the Center for Reality Therapy in Cincinnati, Ohio, has taught Reality Therapy from Korea to Kuwait and from Singapore to Slovenia. A counselor and psychologist, he has been a high school counselor, elementary school counselor, a half-way house counselor for ex-offenders, and a consultant to the drug and alcohol abuse programs of the U.S. Army and Air Force. He has authored over 140 articles and essays, 20 chapters in textbooks and 11 books including the most comprehensive book on the topic Reality Therapy for the 21st Century, as well as a book published in 2011 by the American Psychological Association. He is a member of many professional organizations. In October 2005, he received the award of Outstanding Graduate for the 1970s decade from the University of Cincinnati Counseling Department. In 2009, he was awarded the Certificate of Reality Therapy Psychotherapist by the European Association for Psychotherapy.

Rationale:

Reality therapy is based on the principle that human beings need not be victims of external forces. Rather, they are responsible for their own behavior and can be empowered and motivated to choose effective behaviors thereby replacing ineffective (resistant, hostile) behaviors to fulfill their own internal needs. The **WDEP** system is a practical method for dealing with avoidance, hostility, resistance, and other difficult behaviors. Workshop participants will derive concrete and specific, direct but humane strategies for communicating and working with difficult and hard to reach people.

Goals:

- * Learn overview of choice theory, the basis of reality therapy.
- * Increase skill in using the **WDEP** system of reality therapy.
- * Derive strategies to deal with denial, avoidance, and resistance.

- * Enhance ability to cut through excuses and avoidance by asking relevant questions as well as exploratory/listening skills.

- * Develop skills for assisting clients to conduct inner self-evaluations thereby accepting responsibility for their behavior and making more effective choices.

- * Gain knowledge and skills that can be integrated into other theories and methods.

Methodology:

- * Lecture/large group discussion.
- * Role-play demonstrations by leader.
- * Small group discussions.
- * One-to-one reactions.
- * Use of observer sheets.
- * View DVD segments.
- * Small group practice if time permits.
- * Formulation of plans for implementation.

"He is one of my closest and most trusted associates. I couldn't recommend anyone more highly."

**-William Glasser, MD,
Founder of Reality Therapy**



The Anxiety Trick: New Understanding, Powerful Methods

Saturday, March 3, 2012

8:30 am -11:30 am Skokie DoubleTree

3 CEs and/or 3 CPDUs

This workshop presents a model, and accompanying techniques, for treating anxiety disorders with acceptance based methods. It brings clients to see themselves as good, capable people who have been “tricked” by anxiety, rather than vulnerable, defective people who need protection, and naturally leads them to choices that promote recovery.

ABOUT THE PRESENTER: David Carbonell, PhD

David Carbonell, PhD, is a Clinical Psychologist who specializes in the treatment of anxiety disorders. Dr. Carbonell received his doctorate in Clinical Psychology from DePaul University in 1985, and has been in private practice since 1990, with offices in Chicago and the northwest suburbs.

Dr. Carbonell is a recognized expert in this field. He has conducted training and seminars for a variety of professional groups, including: Anxiety Disorders Association of America; International Association of Cognitive Psychotherapy; Rockland County and Suffolk County Psychological Associations in New York; Illinois Alcohol and Other Drug Abuse Professional Certification Association; Illinois Counseling Association; Illinois Employee Assistance Professionals Association; Illinois Psychological Association, Long Island Employee Assistance Professionals Association; New York Psychological Association; and Northwestern University Medical School. He regularly offers a day-long workshop on the treatment of anxiety disorders at locations around the country, sponsored by CMI Education Institute.



ICA 2nd Annual Southern Conference March 30, 2012

DoubleTree by Hilton- Collinsville, IL

- Breakout Sessions, Lunch and Networking
More info @ www.ilcounseling.org

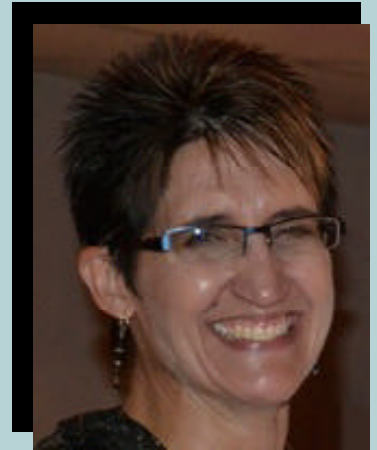


Psychopharmacology for Counselors

Saturday, March 3, 2012

8:30 am -11:30 am Skokie DoubleTree

3 CEs and/or 3 CPDUs



This workshop is designed to help mental health counselors become more informed of psychotropic medications used in the treatment of mood, anxiety, and sleep disorders. The workshop will overview neurochemistry, pharmacology, adverse effects, indications, and drug interactions associated with commonly used antidepressants, anti-anxiety, and sleep disorder medications.

ABOUT THE PRESENTERS: Jean Tschampa, PharmD

“Using a holistic approach, I aim to assist the client who desires a healthy, balanced lifestyle. As a licensed professional counselor, clinical pharmacist, and certified addiction counselor, I offer an unique blend of services, specializing in wellness, life transition, anxiety, and addiction. Additionally, as a pharmacotherapist, I provide medication therapy management (MTM) for those who request this service. These skills coupled with 29 years of corporate-related healthcare and research experience enhance my counseling skill sets. Together, counseling sessions will help the individual gain hope and understanding in resolving their life issue(s) and move toward finding purpose and meaning in life.”



ISCA Annual Conferences

April 13, 2012
Northfield Inn Suites &
Conference Center
Springfield, IL

April 20, 2012
DoubleTree
Skokie, IL



To register visit our website ilschoolcounselor.org

Merging Neuroscience and Counseling Effectiveness: What Great Counselors Can Do

Saturday, March 3, 2012

1 pm - 4 pm Skokie DoubleTree

3 CEs and/or 3 CPDUs

What we now know about how the brain works, learns, remembers, and adapts can help good counselors become great counselors. Explore hands-on, cutting edge knowledge and easily used tools from neuroscience and education to work effectively with clients on issues including problem-solving, stress, emotional intelligence, ADD, grief, anxiety, and more.

ABOUT THE PRESENTER: Susan Goodale, MA, LCPC



Susan Goodale is a dynamic and versatile educator and trainer with more than 30 years of experience in education and human behavior. With masters degrees in both Educational Administration and Mental Health Counseling, she has been a teacher of high school, community college, and university graduate students, a school administrator, feature writer, marriage and family therapist, and a business and educational consultant who presents to audiences across the nation. She is a highly requested and often featured speaker at state and national conferences and holds membership in a National Speakers' Bureau and the International Platform Association.

In addition, Susan is a certified school counselor and a Licensed Clinical Professional Counselor who has received state and national recognition for her work with families and young people. She is also approved to do both Administrator Academies and Counselor Academies, and is an approved Professional Development Provider for teacher recertification in the State of Illinois.

Guiding Divorcing Families through Crisis as a Divorce Mediator

Saturday, March 3, 2012

1 pm -4 pm Skokie DoubleTree

3 CEs and/or 3 CPDUs

How can we, as counselors, break into the field of divorce mediation? We have the unique opportunity to promote each other as resources for divorcing families. Learn how to utilize your relationships with other counselors to build a mediation practice.

ABOUT THE PRESENTER: Marta J. Papa, JD



Marta divides her time between mediating and litigating family law matters. Recently, through a Missouri Lawyer's Weekly poll, she was voted by her peers as one of the "Best Divorce Attorneys in Missouri." She was also elected by both her peers and Martindale-Hubbell to "The Bar Register of Preeminent Lawyers."

Marta received her Juris Doctorate from the University of Houston and obtained a post-graduate certificate in Marriage and Family Therapy Training from the prestigious Menninger Psychiatric Institute. She has extensive training in negotiation and divorce mediation, and is a member of the Association for Conflict Resolution, the Association of Missouri Mediators, the International Association of Collaborative Professionals, and the Collaborative Family Law Association. Marta has taught Mediation, Dissolution of Marriage and Civil Litigation at Webster University and St. Louis Community College and is currently adjunct faculty at St. Louis University in the Graduate School of Social Work. She also conducts family law mediation training seminars for lawyers, judges, and mental health professionals, as well as seminars for individuals considering divorce. Marta has published numerous articles on family law and mediation, and as a regular guest speaker at conferences, on television and on radio programs. Marta has helped establish mediation and collaborative law as an alternative to divorce litigation in the St. Louis area. Marta was recently elected to "The Bar Register of Preeminent Lawyers" by Martindale-Hubbell and her peers. The Martindale-Hubbell Bar Register is limited to only the most distinguished law practices; those that have achieved the AV rating in the Martindale-Hubbell Law Directory. The "A" signifies the highest level of legal ability, while the "V" denotes "very high" adherence to the professional standards of conduct, ethics, reliability and diligence.

Schedule

Friday, March 2, 2012

Sign-in: 8:00 am
Workshop: 8:30 am - 11:30 am
Lunch Break: 11:30 am - 1:00 pm
Workshop: 1:00 am - 4:00 pm

Saturday, March 3, 2012

Sign-in: 8:00 am
Workshop: 8:30 am - 11:30 am
Lunch Break: 11:30 am - 1:00 pm
Workshop: 1:00 pm - 4:00 pm

Information

To Register:

Online: <http://www.imhca.org>
Call: (815) 787-0515
Fax: (815) 787-0505
Mail: P.O. Box 706
DeKalb, IL 60115

Questions:

Phone: (815) 787-0515
Fax: (815) 787-0505
Email: myimhca@gmail.com
Website: <http://www.imhca.org>

Continuing Education Hours: This program is recognized as providing 6 CE's for: LPC/LCPC and LSW/LCSW (IDFPR license # 159-000650) LMFT (IDFPR license # 168-000148) and by the National Board for Certified Counselors for National Certified Counselors (Provider No. 2014). IL State Board of Education Provider Code: 102295, CPDUs

Confirmation / Directions: Upon receipt of the registration form we will email confirmation letters and directions. Directions and nearby accommodations are also available on our website.
<http://www.imhca.org>

Refund policy: Registrations, cancelled before seven days prior to the workshops, can be refunded minus a \$20 administration fee. No refunds can be made seven days prior to the workshops. Workshops may be cancelled or rescheduled due to inadequate registration or other circumstances beyond our control. If IMHCA cancels a workshop due to inadequate registration you will receive a full refund. IMHCA is not responsible for any loss or damage as a result of substitution, alteration or cancellation of an event, IMHCA shall assume no liability whatsoever in the event that a workshop is cancelled, rescheduled or postponed due to fortuitous event, Act of God, unforeseen occurrences or any other event that renders performance of this conference impracticable, illegal or impossible. For purposes of this clause, a fortuitous event shall include, but not be limited to: war, fire, labor strike, extreme weather or other emergency. IMHCA will make every effort to offer a substitution event in the case IMHCA cancels because of a fortuitous event or Act of God.

Proof of IMHCA Membership: To receive the member discount, you need to be a current member of ICA and the IMHCA division. If you are unsure, please call and we can verify your membership status.

Registration Deadlines: Registrations must be received by the IMHCA office one week prior to the workshop. Space is limited in each workshop.

Registration Form

2012 IMHCA 23rd Annual Conference
March 2-3, 2012
Skokie DoubleTree
9599 Skokie Blvd. Skokie, IL 60077

IMHCA
Members

Non-
Members

Friday, March 2, 2012 8:30 am - 4 pm
Dealing with Avoidance, Resistant Individuals and Difficult Behaviors (6.0 CE's/CPDUs)
Presenter: Robert Wubbolding, EdD

\$35 \$120

Saturday, March 3, 2012 8:30 am - 11:30 am

\$100 \$120

Psychopharmacology for Counselors (3.0 CE's/CPDUs)
Speaker: Jean Tschampa, PharmD

OR
The Anxiety Trick: New Understanding, Powerful Methods (3.0 CE's/CPDUs)

Speaker: David Carbonell, PhD

AND

Saturday, March 3, 2012 1:00 pm - 4:00 pm
Guiding Divorcing Families through Crisis as a Divorce Mediator (3.0 CE's/CPDUs)

Speaker: Marta J. Papa, JD

OR

Merging Neuroscience and Counseling Effectiveness: What Great Counselors Can Do (3.0CE's/CPDUs)

Speaker: Susan Goodale, MA, LCPC

Only **Full-Day** registration is available. No Half-Day registrations.
Choose the workshops you wish to attend upon arrival.

Name

Address

City

State

Zip

Email (please print clearly)

Phone

Payment Options:

Check enclosed payable to IMHCA

Credit Card (Master Card, VISA, American Express, Discover)

Card Number

Expiration

V-Code# *

Signature

(*MC/Visa/Discover: Last 3 Digit# on signature panel on back of card)

(*American Express: 4-digit# above account # on face of card.)

LODGING

Skokie DoubleTree

9599 Skokie Blvd. Skokie, IL 60077

Special room rates \$99/night

Just mention the Illinois Mental Health Counselors Association

For Reservations Call: (847) 679-7000



Illinois Mental Health Counselors Association
P.O. Box 706
DeKalb, IL 60115

Non-Profit Organization
U.S. Postage Paid
Illinois Mental Health
Counselors Association

IMHCA 23rd Annual Conference

\$35 for workshop

Special Member Pricing!

Dr. Robert Wubbolding

**Dealing with Avoidance,
Resistant Individuals and
Difficult Behaviors**

6 CEs/CPDUs

*Not a member? Call Today and Join!
You can receive the membership rate
for all our workshops!*