

# Illinois Mental Health Counselors Annual Conference

March 8-10, 2019 · Lisle, IL

6 CEs Each Day = Total of up to 18 CEs

	WORKSHOP	DATE/TIME
	Resolving Trauma Without Drama: New, Brief, Respectful and Effective Approaches to Treating Post-Traumatic Stress Disorder	Friday <b>March 8, 2019</b> 9am-4pm
<i>Bill O'Hanlon, MS, LMFT</i>		
	Tangible Interventions for Treating Clients with Bipolar Disorder	Saturday <b>March 9, 2019</b> 9am-12pm
<i>Catherine Ness, LCPC</i>		
	Practical Approaches to Eating Disorder Treatment	Saturday <b>March 9, 2019</b> 9am-12pm
<i>Jennifer Rogers, M.S.Ed, LPC, NCC</i>		
	Counseling Traumatized LGBTQ youth and teens for Non-LGBTQ Counselor	Saturday <b>March 9, 2019</b> 1pm-4pm
<i>Beryl J. Armstrong, LCPC</i>		
	Getting In Touch: The Importance of The Somatic Therapies	Saturday <b>March 9, 2019</b> 1pm-4pm
<i>Pamela D. Trice, MA, PsyD, LCPC, LMT</i>		
	What REALLY Makes a Difference? Promoting Lasting Changes	Sunday <b>March 10, 2019</b> 9am-4pm
<i>Dr. Jeffrey Kottler</i>		

## DETAILS

**MARCH 8-10, 2019** • Hyatt Regency Lisle • 1400 Corporetum Dr. • Lisle, IL 60532

**Accommodations:** Mention you are attending the Illinois Mental Health Counselors Annual Conference and receive a special room rate of \$89.00 (Standard King or Double Room). Special room rates are available until February 21, 2019. Call 888-421-1442 to make reservations.

### PRICING

- **A) Member Registration – \$79.00**  
Register before December 1st to take advantage of this Early Bird registration rate! (After Dec 1 – \$99)
- **B) Non-Member Registration – \$109.00**  
Register before December 1st to take advantage of this Early Bird registration rate! (After Dec 1 – \$129)
- **C) 3 Day Registration - IMHCA Member – \$217.00**  
Attend all three days of the IMHCA Annual Conference at a discounted rate for members! Register before December 1st! (After Dec 1 – \$277)
- **D) 3 Day Registration - Non Member – \$307.00**  
Attend all three days of the IMHCA Annual Conference at a discounted rate! Register before December 1st! (After Dec 1 – \$367)

*These workshops have limited enrollment and are likely to fill up. Register early to reserve your space.*

## IMHCA Member Special Presentation



**BILL O'HANLON, MS, LMFT**, has authored or co-authored 36 books, the latest being *Out of the Blue: Six Non-Medication Ways To Relieve Depression* (W.W. Norton, April 2014). His books have been translated into 17 languages. He has appeared on Oprah (with his book *Do One Thing Different*), *The Today Show*, and a variety of other television and radio programs. Since 1977, Bill has given over 3500 talks around the world. He has been a top-rated presenter at many national conferences and was awarded the Outstanding Mental Health Educator of the Year in 2001 by the New England Educational Institute. Bill is a Licensed Mental Health Professional, Certified Professional Counselor, and a Licensed Marriage and Family Therapist. Bill is clinical member of AAMFT (and winner of the 2003 New Mexico AMFT Distinguished Service Award), certified by the National Board of Certified Clinical Hypnotherapists and a Fellow and a Board Member of the American Psychotherapy Association. He is known for his storytelling, irreverent humor, clear and accessible style and his boundless enthusiasm for whatever he is doing. His seminars are as entertaining as they are educational. Bill is currently also pursuing a career as a professional songwriter in Nashville and has released his first album, *Being of Sound Mind*, on iTunes.

### WORKSHOP DESCRIPTION

#### Resolving Trauma Without Drama: New, Brief, Respectful and Effective Approaches to Treating Post-Traumatic Stress Disorder

People with post-traumatic stress often suffer for years and develop a variety of troubling and often crippling problems. This workshop will detail a philosophy and methods of working briefly and effectively with people who have been traumatized. An array of new methods have shown that previous conceptions and methods of working with trauma are unnecessarily long-term and re-traumatizing. These new approaches, rather than being based on the past and deterministic models, are oriented towards the present and future and a sense of possibilities. You will leave equipped with a different understanding of how to treat trauma and four specific methods you can use right away in your work. Through lecture, videotaped examples and handouts, participants will be equipped with new tools and ideas to work briefly, effectively and respectfully with even severe and long-standing traumas. Learn how some people turn post-traumatic stress into post-traumatic stress and the research that shows how they accomplish that. In addition to learn-

ing new models and methods, come prepared to be entertained. Bill is a lively speaker whose humor and engagement with the audience makes his presentations fun and enlivening.

#### FOUR NEW APPROACHES TO RESOLVING TRAUMA BRIEF AND RESPECTFULLY

##### Morning

1. Inclusive therapy: Reclaiming devalued experience
  - The Inclusive Self as a means to melting the frozen, repetitive trauma
  - Permission, validation and inclusion
2. Future Pull: Did you know that the future can cause the present?
  - The Viktor Frankl Strategy
  - Future pull methods

##### Afternoon

3. In the shape of a bottle: Changing patterns that were shaped by the trauma
  - Neurology: The fast track out of trauma
  - Neurological and perceptual methods for rapidly and painlessly resolving trauma

- Pattern intervention: Patterns vs. set realities
- The doing of traumatic patterns
- De-patterning: Challenging repetitive patterns
- Solution-oriented methods
- 4. Re-connection: Challenging dissociation and disconnection in the wake of trauma
  - Seven pathways to connection
  - Connective and stability rituals
  - The writing cure
  - Transition and dis-connective rituals

#### SUMMARY: Thriving Through Crisis: Turning Post-traumatic Stress Into Post-Traumatic Success

- The three crucial elements for turning tragedy and trauma into positive growth

#### Resolving Trauma without Drama-Objectives

- Learn four rapid methods for resolving trauma.
- Learn three methods of creating hopeful futures for trauma survivors.
- Learn to design therapeutic rituals

**CEs:** Workshop will be 6 CEs

#### Date/Hours:

Friday, March 8, 2019  
9 am - 4 pm  
(Lunch is on your own)



### CATHERINE NESS, LPC

Catherine Ness is a psychotherapist and the owner of Affective Counseling. Catherine has been practicing individual and group counseling for 13 years in a variety of settings, including hospitals, community mental health centers and private practice. Catherine has developed a passion for working with those who have Bipolar Disorder and educating therapists about tangible techniques, outside of medication management, that improve the lives of those struggling with this disorder. Over the past 7 years, 75% of Catherine's caseload have a diagnosis of Bipolar Disorder. Recognizing the lack of specific interventions for this population, Catherine has

rigorously researched the most current and effective techniques available in addition to combining her extensive experience to develop a method of treatment that allows her clients to achieve mood stabilization and meet personal goals.

### WORKSHOP DESCRIPTION

#### Tangible Interventions for Treating Clients with Bipolar Disorder

For years, the preferred treatment of Bipolar Disorder has primarily been medication management, with psychotherapy frequently being viewed simply as an adjunctive support. Over the past decade, however, more and more research has demonstrated the significant positive effects targeted psychotherapy can have on diminishing mood swings and allowing individuals who struggle with Bipolar Disorder to increase overall productivity and life satisfaction. The purpose of this presentation is to discuss the most effective therapeutic interventions in working with this population, in addition to gaining a deeper understanding of Bipolar Disorder and differential diagnosis.

**Date/Hours:** Saturday, March 9, 2019 • 9 am - 12 pm



### JENNIFER ROGERS, M.S.ED, LPC, NCC

Jennifer Rogers, M.S.Ed, LPC, NCC graduated from Northern Illinois University with a Master's degree in Clinical Mental Health Counseling as well as a certificate of graduate study in eating disorders and obesity. She has worked with individuals with eating disorders in inpatient, outpatient, and residential settings. Despite the high mortality rate associated with eating disorders, many graduate programs do not adequately address

these pernicious and often chronic mental illnesses. Jennifer's training and work experience in the field of eating disorders has positioned her to help other clinicians understand these complex illnesses and develop their toolbox to more effectively treat individuals and avoid common mistakes that inadvertently cause harm to individuals in this special population.

### WORKSHOP DESCRIPTION

#### Practical Approaches to Eating Disorder Treatment

Many clinicians feel unprepared to work with individuals with eating disorders. Common myths and misconceptions about these illnesses, in addition to clinicians' unrecognized weight bias can result in unintentional harm to clients. With additional information and resources, clinicians can improve their competence in treating people with eating disorders. In this workshop, participants will be able to identify various ways eating disorders may present in individuals, the components of an effective treatment team, the importance of using a Health at Every Size approach to treatment, how implicit size and weight bias may negatively affect clinicians' ability to recognize and effectively treat individuals with eating disorders, specific interventions to use in individual and group settings, and resources available for clinicians and clients to use in or between sessions.

**Date/Hours:** Saturday, March 9, 2019 • 9 am - 12 pm



### **BERYL J. ARMSTRONG, LCPC**

Beryl J. Armstrong lives in Homewood, Illinois with her husband and twin daughters. Beryl has over 20 years of counseling experience. She has worked in various settings including religious, community, hospital, nursing homes, and medical clinics. Beryl currently serves as a Behavioral Health Provider at Family Christian Health Center located in Harvey, IL. Beryl is a counselor trainer and supervisor. She is a featured presenter on the Mental Health Academy; an online training platform for counselor, social workers and psychologist. Beryl believes that the nature of a person can be shaped by immutable things such

as upbringing and traumatic experiences. Beryl is known as the transformational specialist.

### **WORKSHOP DESCRIPTION**

#### **Counseling Traumatized LGBTQ youth and teens for Non-LGBTQ Counselor**

More and more today youth and teens are identifying themselves as lesbian gay, bisexual, transgender or queer or openly questioning their sexual and gender identity (LGBTQ). As a result this vulnerable population is experiencing various forms of trauma and stressors including family rejection, bullying, school harassment, physical and sexual abuse, emotional abuse and intimate partner abuse. These negative experiences increase the risk of homelessness, suicide, substance abuse, HIV/STD, exposure to hate crimes, and sexual exploitation. The aim of this workshop to facilitate a greater understanding of best practices for non-LGBTQ counselor and to work through fears and challenges associated serving this population.

**Date/Hours:** Saturday, March 9, 2019 • 1 pm - 4 pm



### **PAMELA D. TRICE, MA, PSYD, LCPC, LMT**

After being a counselor for 10 years, Dr. Trice began exploring the importance of the body in healing and personal growth. After experiencing the transformational impact of the somatic therapies, she returned to school to become a Licensed Massage Therapist. She now works collaboratively with other psychotherapists to provide adjunctive somatic therapy/bodywork for their clients. Dr. Trice has presented workshops at several group practices and clinics.

### **WORKSHOP DESCRIPTION**

#### **Getting In Touch: The Importance of The Somatic Therapies**

Have you heard the saying "we hold our issues in our tissues?" It's true! Our bodies hold and express our stories, attachment styles, self-image, trauma, shame, psychological defenses, and more! This presentation will outline the basic principles on which the somatic therapies are based, and how the interventions provided by various modalities contribute to the healing process for clients. Attendees will learn how to anticipate the somatic needs of their clients, and how to collaborate with professional bodyworkers to address them.

**Date/Hours:** Saturday, March 9, 2019 • 1 pm - 4 pm

# IMHCA Member Special Presentation



**JEFFREY KOTTLER** Jeffrey A. Kottler is one of the most prominent authors and presenters in the fields of counseling, psychotherapy, health, education, and advocacy. He has written over 100 books about a wide range of subjects, including *On Being a Therapist*, *Creative Breakthroughs in Therapy*, *Bad Therapy*, *The Client Who Changed Me*, *Divine Madness*, *Stories We've Heard*, *Stories We've Told: Life-Changing Narratives in Therapy and Everyday Life*, *Relationships in Counseling and the Counselor's Life*, *On Being a Master Therapist*, *Secrets of Exceptional Counselors*, and most recently, *Living and Being a Therapist: Selected Writings of Jeffrey Kottler*. Jeffrey has also written several successful trade books about a variety of psychological themes: *Private Moments*, *Secret Selves*, *Divine Madness: Ten Stories of Creative Struggle*, *Change: What Leads to Personal Transformation*, *What You Don't Know About Leadership But Probably Should*, and the best-selling true crime book, *The Last Victim: Inside the Minds of Serial Killers* that was produced as a feature film (*Dear Mr. Gacy*). Jeffrey has been a counselor, therapist, supervisor, and educator for 45 years, having worked a preschool, middle school, mental health center, crisis center, hospital, medical school, refugee resettlement agency, nongovernmental organization (NGO), university, community college, private practice, and disaster relief settings. He is also the founder of *Empower Nepali Girls*, a foundation that supports and mentors at-risk children. He has served as a Fulbright scholar and senior lecturer in Peru and Iceland, as well as worked as a visiting professor in New Zealand, Australia, Hong Kong, Singapore, and Nepal. Jeffrey is Professor Emeritus of Counseling at California State University, Fullerton and is Clinical Professor in the Menninger Department of Psychiatry and Behavioral Science at the Baylor College of Medicine. He currently lives in Houston where he works on projects related to refugee trauma with the Alliance for Multicultural Services.

## WORKSHOP DESCRIPTION

### What REALLY Makes a Difference? Promoting Lasting Changes

There are discrepancies between what counselors and therapists believe is most helpful in their sessions versus reports by their clients. Whereas practitioners believe most passionately that it is their approach, techniques, and interventions that matter most, clients report something quite different. Even after decades of empirical research we still don't have a handle on what really leads to lasting changes in people's lives, both within counseling and in everyday experiences. This workshop explores the nature of

quantum change and what factors are most instrumental and most likely to maintain continued progress long after sessions end.

#### OBJECTIVES

1. Review the research and anecdotal reports on the factors that are most associated with lasting change, both within therapeutic relationships, as well as everyday life.
2. Learn to conduct more meaningful collaborative assessments with clients to determine what is most impactful, making adjustments as needed.
3. Focus more on variables such as modeling, therapeutic alliance, narratives, and the experiences of personal transformation that are most associated with enduring changes.
4. Apply principles of quantum change to a variety of clinical and personal experiences, both within the context of helping relationships and in daily life.

**CEs:** Workshop will be 6 CEs

**Date/Hours:**

Sunday, March 10, 2019  
9 am - 4 pm  
(Lunch is on your own)

**Jeffrey's books will be for sale at the workshop!**

# TWO-PART WEBINAR (6 CEs)



PRESENTER

**Dr. Marty Klein**  
LMFT, Certified Sex Therapist

## PRICING

Member \$59

Non-member \$99

Order Online at [www.imhca.org](http://www.imhca.org)



For more information go to [www.IMHCA.org](http://www.IMHCA.org)

## Working With Infidelity: After An Affair, Who Owns The Relationship?

## His Porn, Her Pain: Confronting America's Porn Panic With Honest Talk About Sex

### WEBINAR DESCRIPTION PART I

#### Working With Infidelity: After An Affair, Who Owns The Relationship?

Every therapist deals with affairs—sexual, emotional, internet. And although most therapists say they use a “systems approach,” it’s hard to maintain that perspective when cases are presented as involving a selfish Betrayer and a heartbroken Betrayed. Or a deprived, desperate partner and an indifferent, withholding mate.

Supporting the dignity and humanity of both parties gives a couple the best chance to reconcile. The idea that the Betrayer has to beg for forgiveness and accept whatever relationship the Betrayed demands is a disservice to both parties, and it typically leads to client dropouts or treatment failure.

In cases involving infidelity, challenging patients’ stereotypes about both power and sexuality is vital—which requires insight, creativity, and self-discipline from the therapist.

### WEBINAR DESCRIPTION PART II

#### His Porn, Her Pain: Confronting America's Porn Panic With Honest Talk About Sex

With the dramatic new availability of pornography, we now see a huge increase in the number of patients involved in it; the number of couples in conflict about it; and the number of parents concerned about it. Are we prepared to provide them quality therapy?

This talk discusses the simultaneous phenomena of increased porn availability and society’s increased anti-porn activism—while most professionals struggle with their lack of training about porn.



## When Sex Gets Complicated: Pornography, Infidelity, & Cybersex



P R E S E N T E R

**Dr. Marty Klein**  
LMFT, Certified Sex Therapist

### WEBINAR DESCRIPTION

#### When Sex Gets Complicated: Pornography, Infidelity, & Cybersex

The number of patients involved in pornography, non-monogamy, sadomasochism, online eroticism, and sex toys has dramatically increased.

With everyone's old-fashioned brain and body attempting to function sexually in a post-modern world, new challenges have emerged for therapists, including:

- ✓ How can we help partners with contrasting sexual values talk with each other productively?
- ✓ After infidelity (online or offline), how do we hold both partners while they struggle to define their behavior, contract, and emotions? What if they don't agree on the definition of "infidelity"? What if one partner wants to change their sexual arrangement?

These sexual problems people now bring us seem more complicated than they used to. People with diverse sexual practices are talking about them more.

- ✓ How far is "too far" when sadomasochism is concerned?
- ✓ What is most pornography actually like?
- ✓ Is there such a thing as healthy use of pornography? If so, what does that look like?
- ✓ Is there such a thing as healthy non-monogamy? If so, how can we distinguish it from fear of intimacy or commitment?
- ✓ How do we respond when a patient says "that's just internet play," and their partner says, "no, that's cyber-infidelity?"
- ✓ Is there such a thing as sex addiction? Porn addiction? Internet addiction? Why does it matter what we call it?
- ✓ What should we do if we disapprove of a patient's sexual practices?

Sex is getting more complicated for everyone. This seminar will help clinicians navigate this increasingly complex world.

### P R I C I N G

Member \$59

Non-member \$99

Order Online at [www.imhca.org](http://www.imhca.org)



For more information go to [www.IMHCA.org](http://www.IMHCA.org)



## REGISTRATION FORM

### Please check the appropriate box:

- A) Member Registration – \$79.00**  
Register before December 1st to take advantage of this Early Bird registration rate! (After Dec 1 – \$99)
- B) Non-Member Registration – \$109.00**  
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Workshops have limited enrollment and fill up fast. Register early to reserve your space.

**TOTAL** \_\_\_\_\_

### Registration Options:

Online: [www.IMHCA.org](http://www.IMHCA.org) By Phone: (815) 787-0515  
 By Mail: P.O. Box 706 By Fax: (815) 787-0505  
 DeKalb, IL 60115

Continuing Education Hours: This program is recognized as providing up to 18.0 CEs for: This program is recognized as providing CE Clock Hours by the Illinois Department of Financial and Professional Regulation (IDFPR) for LCPCs/LPCs, LCSWs/ LSWs, (IDFPR License #159-000650); LMFTs (IDFPR License # 168-000148); Lic Psychologists (IDFPR License #268.000009). IMHCA has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6274. Programs that do not qualify for NBCC credit are clearly identified. IMHCA is solely responsible for all aspects of the program. IL State Board of Education Provider Code 16019027P000000.

Confirmation / Directions: Upon receipt of the registration form we will email confirmation letters and a location map. Maps are also available on our website. [www.imhca.org](http://www.imhca.org).

Cancellation Policy: Registrations, cancelled before seven days prior to the workshop, can be refunded minus a \$20 administration fee. No refunds can be made seven days prior to the workshop. Workshops may be cancelled or rescheduled due to inadequate registration or other circumstances

### Payment Options:

- Check enclosed payable to: Illinois Mental Health Counselors
- Credit Card (Master Card, VISA, AMEX, Discover)

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

License # \_\_\_\_\_

Email \_\_\_\_\_

Phone Number (     ) \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_

V-Code \_\_\_\_\_

Signature \_\_\_\_\_

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.