68th Annual Conference

November 3-5, 2016
Wyndham Springfield City Centre - Springfield, IL

Up to 18 CEs for Counselors, Social Workers, Psychologists & MFTs

Illinois Counseling Association
Conscious and Creative Counseling

The ICA 68th Annual Conference

2016 Conference Schedule of Events

Thursday, November 3
7:30am Pre-Conference Registration
8:00am Pre-Conference All Day with Dr. Sherene McHenry
9:00am Pre-Conference Workshops
12:00pm Lunch (on own)
1:00pm Pre-Conference Workshops
4:45pm ICA Governing Council Meeting
7:30pm Welcome Reception
9:30pm Activities Conclude

Friday, November 4
7:00am Main Conference Registration
7:30am Continental Breakfast
8:45am General Session Announcements
9:00am Keynote-Ross Rosenberg
10:00am Morning Content Sessions
12:00pm Networking Lunch, Exhibitors and Poster Sessions
1:30pm Afternoon Content Sessions
4:45pm Division Meetings
8:00pm ICA Awards Reception
9:30pm Activities Conclude

Saturday, November 5
7:30am Main Conference Registration
7:30am Continental Breakfast
8:45am General Session Announcements
9:00am Morning Content Sessions
12:00pm Lunch, General Membership Meeting, Exhibitors and Poster Sessions
1:30pm Afternoon Content Sessions
4:30pm Conference Closes

The Hotel:
Wyndham Springfield City Centre
700 East Adams St.
Springfield, IL 62701.
(217) 789-1530.

Conference Rate: $99 + taxes per night. Reserve your room by Oct 15. Reserve rooms using special link on ICA website or call hotel and use group identification, Illinois Counseling Association.

Conference Activities: A Total Conference Experience!
Keynote:
Workshops: 3 Pre-Conference, 72 Main Conference and 20 Poster Sessions
Division membership meetings on Friday afternoon after the breakout sessions.

Feast: Thursday Welcome Reception, Continental Breakasts, Friday Awards Reception and Lunch each day.

Fun: Many special activities! Have a professional photo taken and a digital copy made available to you at no charge! Also, a free book exchange, win gift baskets from our 14 Divisions, play exhibitor bingo, network, and get a career consultation from our ICDA division.
Pre-Conference:
Thursday,
November 3

**Dr. Sherene McHenry**

Relationship and Leadership IQ expert, Dr. Sherene McHenry is passionate about helping counselors avoid burnout and be more effective on a daily basis. As a Licensed Professional Counselor, Sherene has a Ph.D. in Counselor Education from the University of Wyoming, speaks internationally and is the author of Pick: Choose to Create a Life You Love and the Busy Student’s Guide to College and Career Success. Having invested nearly two decades training counselors at Central Michigan University before leaving to speak full time, she’s a former full professor and past president of the Michigan Association of Counselor Education and Supervision. She’s a member of the American Counseling Association, the National Speakers Association and President of the National Speakers Association, Michigan.

**Chris Rybak, PhD, LCPC**

Dr. Christopher Rybak is a Professor in the Department of Leadership in Education, Nonprofits & Counseling. Professor Rybak has served as Chair of the Department of Leadership in Education, Nonprofits & Counseling from 2004-2015 and teaches in the Counseling Graduate program.

Dr. Rybak received a Fulbright Award in 2002 to research indigenous healing methods in India.

**Lori Russell-Chapin, PhD, LCPC**

Dr. Lori A. Russell-Chapin is a Professor and Associate Dean of the College of Education and Health Sciences. She served as the chairperson of the Department of Educational Leadership and Human Development for 11 years. Dr. Russell-Chapin is currently a co-director for the Center for Collaborative Brain Research.

Participants will be able to identify and describe basic principles of mindfulness and neurocounseling through didactic instruction as a foundation.

Participants will apply and experience these principles through interactive exercises.

**Overall Goals**

Participants will understand the concepts of mindfulness, neurocounseling, and interpersonal neurobiology and their role in building compassionate relationships.

Participants will understand the difference between neurotherapy, neurofeedback, and neurocounseling.

**All Day Workshop**

Strengthen Families, Improve Relationships, Increase Resilience.

Sherene McHenry, PhD, LPC (Mi)

Do you want to strengthen families? Would you like an effective, often immediate way to improve relationships? What about helping couples on the brink of divorce fall in love all over again? Would you like to increase resiliency in children? Cut down acting out referrals in schools by up to 50%? Through stories, humor and concrete, easily implementable information, you will learn the various ways individuals are wired to give and receive love, respect and appreciation. Relationships can be rescued and restored. Clients can flourish. Counselors can quit beating their heads against the wall.

**PM Half Day Workshop**

Confidentiality and the Law

Jonathan Nye, JD Family, Mental Health & Social Service Law

The intent of the presentation will be to assist in malpractice avoidance, understanding the process of an IDFPR investigation and prosecution of a case by the Department, and understanding how to minimize your chances of financial, criminal, and professional liability.

**AM Half Day Workshop**

Mindfulness & Neurocounseling: Brain-Based Approaches to Building Compassionate Understanding of Self and Others

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FRIDAY WORKSHOP SESSIONS

News from the STATE: Legislative Update for Counselors in Illinois
LEAD PRESENTER: Toni R. Tollerud, PhD LCPC, NCC, NCSC, ACS
PROGRAM SYNOPSIS:
This workshop will cover the most recent legislation and pending legislation that impacts the work of mental health and school counselors in their roles. This includes details on the Youth Mental Health Protection Act, Title IX, The Bullying Act Update, 2014, and other legislation that Professional counselors in Illinois need to know to be current, legal, and ethical.

Counseling, Congruence, & the “Zen Master”: A Coach's Compassionate Canons
LEAD PRESENTER: Jim Klein, EdD, LPC
PROGRAM SYNOPSIS:
This program might be best summed up by attempting to answer the following question: Is the field of counseling moving in the “right” direction or are we moving further away from our core philosophy? For example, is narrowing the focus and limiting access (e.g., CACREP & NBCC) to certain aspects of counseling reflective of a compassionate stance toward trainees and ultimately consumers (i.e., clients)? One might argue that current trends in the field run contrary to the underpinnings of counseling. Essentially, we losing sight of, and moving further away from, the richness and value of diversity, autonomy, and flexibility that so often contributed to an inherently compassionate foundation upon which counseling was built. Is it possible that a simple set of principles as outlined by a former basketball coach offers us with a blueprint for reconnecting to what matters most?

After 40 years in Therapy What Have I learned?
LEAD PRESENTER: Norman C. Dasenbrook, LCPC
PROGRAM SYNOPSIS:
After spending 40 years learning and practicing the art of counseling, I would like to share with you concepts I have found to be highly effective in working with, teenagers, adults, couples, families and organizations and how to help clients truly understand cognitive behavior theory and its application in a common sense, simple approach. We will discuss analogies, use of humor, metaphors, treatment technique, and effective homework assignments for individuals and couples. Take what I have learned and apply it with your clients tomorrow.

Supporting our LGBTQ Students in the School Setting
LEAD PRESENTER: Allyson Adams, MA
PROGRAM SYNOPSIS:
This program will address the unique social-emotional needs of LGBTQ students in a high school setting. It will include strategies and activities that can be incorporated in the school day to support the students and create a more inclusive environment. The presentation will include discussion of the most recent trends and will help counselors and educators to understand and feel more competent when working with LGBTQ students. Although the presentation will focus on the high school setting, the presentation would also benefit counselors and educators in the middle school. Activities discussed and presented could be used in the private practice and individual counseling setting as well. Teachers, counselors, psychologists, and social workers would all benefit from the information presented in this session.

Enriching Student Motivation and Engagement
LEAD PRESENTER: Steve Murray, LPC, Type 73
PROGRAM SYNOPSIS:
Learning cannot occur unless students are motivated on a consistent basis. Counselors play an important role in student motivation by picking up where parents leave off or stepping in when parents are unable or reluctant to be actively engaged. Students lacking motivation and self-regulation are not prepared for the autonomy of studying for tests homework and research assignments. During this session, the presenters will review current student motivational theory and provide practical solutions for working with students.

Cooking Therapy: An Emerging Tool of Compassion in Counseling
LEAD PRESENTER: Michael M. Kocet, PhD, LMHC, NCC
PROGRAM SYNOPSIS:
For decades, counseling professionals have integrated a variety of expressive therapies as a compassionate intervention in the counseling process, such as art therapy, music therapy, dance therapy, etc. This presentation will introduce participants to a newly developed expressive modality - Cooking Therapy or Culinary Therapy, which is the therapeutic use of cooking and culinary arts in a variety of counseling settings. This interactive presentation will provide an overview of a graduate course developed by the lead presenter on Cooking Therapy and will utilize case scenarios, sample exercises, and pedagogical assignments used in the class that can help foster learning and how to utilize cooking therapy in a variety of clinical settings and with diverse client populations. The presentation will review the potential benefits to using cooking in counseling, such as treating a variety of emotional and psychological issues, such as depression, disordered eating (Albers, 2012; Koenig, 2007), self esteem, family dynamics (Carver, 2013), group cohesion, and healthy communication skills.
How to Use Narrative Therapy in Complicated Grief Counseling  
LEAD PRESENTER: Anna Themanson, MSEd  
PROGRAM SYNOPSIS:  
In this program, we will go beyond the basics of introductory grief counseling and discuss at a deeper level the benefits of using narrative therapy in complicated grief counseling. Complicated grief disorder (CGD) is identified by a significant impairment in functioning as a result of prolonged grief symptoms lasting longer than six months. Narrative therapy helps clients re-author their stories and regain control of their lives. Utilizing narrative therapy in complicated grief counseling provides clients with the opportunity to explore their concerns in a manner that allows them to make new meaning of their experiences and begin to integrate the loss into their lives. Audience members will learn several narrative therapy techniques to incorporate into counseling clients with complicated grief.

Five Days and Two Years: Conscious and Compassionate Counseling Through Mindful Cross-Cultural Practices  
LEAD PRESENTER: Kimberly A. Hart, LPC, NCC, PEL:SC  
PROGRAM SYNOPSIS:  
Conscious and compassionate counseling begins with conscious counselors. This program is presented to help seasoned and novice professionals embrace their multiculturally conscious self. Skills and practice of cultural connection will be facilitated to help participants make conscious and compassionate contact with self and others. Diversity dynamics inherent in all relationships, biases and group norms that can inhibit effective cultural curiosity, and counseling skills useful for creating empathetic communication with colleagues and clients will be explored through experiential dialog. This is a follow-up to the presenter's certification in Mindful Cross-Cultural Facilitation directed by Lee Mun Wah from the Quan Yin Training Center in Berkeley, CA after attending a five-day intensive in 2013 funded by ICAF and subsequent two-year certification funded by personal grit and dedication.

A Model for School-based Crisis Response: Design and Implementation  
LEAD PRESENTER: Denise Chaitkin, MED, ETHS  
PROGRAM SYNOPSIS:  
Responding quickly and efficiently in a crisis is critical to ensure the safety and well-being of our students and schools. This workshop will give participants an overview of how to design, implement, and continually improve a crisis plan; providing real life situations, responses, and practice.

Treating Trauma with Equine-Assisted Psychotherapy  
LEAD PRESENTER: Sandra Kakacek, EdD, LCPC  
PROGRAM SYNOPSIS:  
Equine-Assisted Psychotherapy (EAP) has begun to blossom and be utilized for a plethora of mental health issues. Treating trauma with equines is an innovative method that provides changes in an experiential environmental milieu. From abused children to Veterans, EAP provides an opportunity for changes in a short time period. This workshop will provide a literature review of current studies with EAP, videos to provide a glimpse into the treatment for trauma with adults, and a documentary with Vietnam Veterans that highlights the empowering emotional growth experienced with EAP. Additionally, participants will experience EAP using some of the tools/props for changes in an activity.

Dealing with Domestic Violence Through Orders of Protection: Types, Effects and Remedies  
LEAD PRESENTER: Gwendolyn J. Sterk, JD  
PROGRAM SYNOPSIS:  
Domestic violence is a serious societal issue and requires special training in the options available to the victim as well as the accused. This program will focus on the civil remedies and options available in the form of an Order of Protection. Special attention will be given to the role of counselors in this process. Orders of Protection are a viable tool to assist victims when dealing with incidents of domestic violence. The intention of an Order of Protection is to protect family or household members from domestic violence, intimidation, harassment or interference with another's personal liberties. This presentation will navigate through the entire Order of Protection process. The attendee will learn the various types of Orders of Protection available, including Emergency, Interim, and Plenary Orders. Further, the presentation will outline the requirements to obtain an Order, the rights of the person against whom the Order is entered, and the consequences of violating an Order of Protection. Tips will be provided to assist the counselor in understanding the steps of the process and the non-legal guidance that should be considered.

Spiritual Assessment: What Is It, How to Do It, and When and to Whom to Refer  
LEAD PRESENTER: Nathan Perron, PhD, LCPC, ACS, NCC  
PROGRAM SYNOPSIS:  
Professional counselors embrace multi-cultural competencies that include awareness and acknowledgement of religion and spirituality in the life of the client. With religion and spirituality no longer seen as simply a symptom of a pathology, counselors need to be equipped with evidence-based tools for spiritual assessment. The past twenty years saw a variety of new tools come out of evidence-based research in spirituality in clinical settings, and counselors can, and should, have basic competencies in spiritual assessment. During that time there were also a variety of professions working to assess the spiritual needs of clients including: nurses, physicians, social workers, psychologists, and chaplains. The multi-culturally competent counselor uses screening for spiritual struggle and taking a spiritual history as two methods of addressing and acknowledging a client's religion and/or spirituality. The spiritual screen and spiritual history can also serve as tools to help the multi-culturally competent counselor to properly discern when to refer the client to another specialist as part of a collaborative effort to best meet the needs of the client. The spiritual history is a tool that can be used by clinicians to better direct their own multi-cultural preparations prior to a session and to address any clinician.
Food, Mood and Cognition
LEAD PRESENTER: Carol A. D’Anca, MS Clinical Nutrition, CNS Board Certified Nutritionist, LDN Licensed Dietician Nutritionist
PROGRAM SYNOPSIS:
This program covers key factors for building and preserving a healthy brain, the link between junk food and depression/anxiety, and the latest information on the impact the standard American diet plays on gut and brain health. The presentation also provides solutions for improving brain health, appetite and weight control, mood, cognition and gut health. PowerPoint slides will be used and handouts will be provided.

“Moving Through It”
LEAD PRESENTER: Laurie Siegel, LCPC, CADC, MISAI
PROGRAM SYNOPSIS:
There is a great amount of research that demonstrates the effectiveness of exercise with clients experiencing anxiety and/ or depression. “Moving Through It” is a program developed by Laurie Siegel and Michael Guglielmo that incorporates the following elements into this very successful eight week program: support, education, exercise, and meditation.

How to get your LPC or LCPC and Keep It. Details of Illinois Counselor Licensure
LEAD PRESENTER: Daniel Stasi, MS, Lobbyist
PROGRAM SYNOPSIS:
I will cover the licensure application in detail. Reciprocity, licensure exemptions, endorsement, and supervision requirements will be discussed, as well as the differences between a LPC and LCPC, what you can do or not do. How the process at IDFPR work after you apply? Experience and supervision out of the state or out of the country will be reviewed. CE (NOT CEU) will be explained, what you need and what you don't need and what you may need. What counts as valid experience for the LCPC. Bring questions about your situation. What degree qualifies you for Illinois licensure. Several helpful handouts will be provided.

Conscious and Compassionate Counseling: Broadening our View of Military Culture
LEAD PRESENTER: Katherine M. Wix, PhD, LPC, NCC, ACS, PEL: School Counseling
PROGRAM SYNOPSIS:
Recently, the American Counseling Association announced a change in the National Defense Authorization Act for Fiscal Year 2016, allowing licensed counselors to be reimbursed by TRICARE (military insurance) (ACA, 2015). Prior to President Obama signing this amendment, the National Defense Authorization Act for Fiscal Year 2011 authorized the Department of Defense (DoD) to publish standards allowing Licensed Professional Counselors to practice and bill TRICARE, or The Triple Option Benefit Plan for military families. However, TRICARE required counselors providing services to military families to be graduates of CACREP accredited programs. As the counseling profession strives to meet standards, practitioners need to stay up to date on the newest legislative updates. Counselors deserve to be recognized as equals among other mental health professionals. Thus, professional counselors must recognize their ethical obligation to learn about military culture in order to provide conscious and compassionate services to military-connected clients. Furthermore, in order for counselors to practice ethically, they must be aware of the various tenets that encompass military culture. Public policy will continue to change, and most likely so will support for professional counselors to provide services to military and veteran populations. In order to effectively and efficiently help military populations to be successful in life, society, and education counselors must learn military culture and structure. This session will illuminate the gap between the standards of counselor preparation and the calling for more professional counselors to work with military families. As the need for more qualified providers increases, professional counselors must respond appropriately and participate in professional development opportunities to enhance cultural sensitivity.

Addressing Value-Based Ethical Conflicts Within the Counseling Relationship: A Decision-Making Model
LEAD PRESENTER: Michael M. Kocet, PhD, LMHC, NCC
PROGRAM SYNOPSIS:
In recent years Conscience Clause or Religious Freedom Legislation has appeared in court cases, such as the Ward v. Wilbanks (EMU) case, as well as passed through legislation as the recent example in Tennessee SB1556/HB1840, which permits counselors to refuse to work with a client due to personally held values. Conscience clause legislation has illuminated some complex questions regarding counselors' personal values and 'conscious.' It is normal for counseling professionals to hold personal and moral values. In fact, counselors' personal values are one of the core elements of their relationships with clients. Counselors must work to bracket their personal values when engaged in a compassionate therapeutic relationship, especially when their personal values conflict with those of clients. The presenter will share two new emerging ethics tools - Ethical Bracketing (EB) strategy and a Counselor Values-Based Conflict Model (CVCM) to utilize when facing ethical conflicts that arise between personal and professional values.

Trauma's Trouble; Children's Changes; Families Functions & Interesting Interventions
LEAD PRESENTER: Benton Johnson II, PhD, LCPC, LMHC, NCC
PROGRAM SYNOPSIS:
This exciting interactive presentation will walk participants through the challenges of trauma and its many faces (i.e. sexual abuse, DV, natural disasters, etc.) and the unique trials it presents to children & families. Participants will explore the dynamics of interrupted family functioning, including its impact on children, in the wake of trauma, and hear stories from the presenter and child survivors (video) of trauma. Participants will learn about therapeutic interventions (in-home and in-office) that have been successfully used to treat nightmares, sleep problems, behavior challenges, and developmental regressions from the consequences of trauma. Finally, the participants will have the opportunity to engage in interactive intervention activities designed to reflect real life scenarios as presented in this presentation. Participants will also receive resources on trauma from the American Counseling Association that assist in preparing counselors to meet the needs of children and families experiencing trauma. This presentation should be considered especially timely due to the current nature of world trauma from various facets including terrorism, bullying, natural disasters, DV, war, community violence, etc... (Bicknell-Hentges & Lynch, 2009).
Selfies: Empowerment or Narcissistic?
LEAD PRESENTER: Michele Kerulis, EdD, LCPC, CC-AASP
PROGRAM SYNOPSIS:
People are exposed to a range of experiences that are digitally documented. Self-portraits were once praised in classical art, but today, selfies (digital self-portraits shared on social media) are met with mixed reviews. This session will examine the sociocultural issues behind selfies, including gender differences, narcissistic motives, supportive intentions, and empowerment movements. Clear gender differences appear when sites like Rant Sports (2014) create lists such as “20 Hottest Female Athlete Selfies from Twitter & Instagram” and do not create a men’s list. People assume others have narcissistic motives for posting selfies (Sorokowski, et al., 2015; Warfield, 2014; Weiser, 2014), yet some post to help people gain motivation to maintain healthy lifestyles (Jackson, 2012; Patel, 2016). There are also empowerment movements, like #365feministselfies (Arreola, 2014), intended to provide support to men and women with issues like self-esteem, domestic violence, and life’s ups and downs. Attendees will learn about the history of selfies and the positive and negative sociological and psychological impacts that are present due to the rise of the selfie-culture and how this plays a role within our field.

Developing Compassion Between Police and the Community
LEAD PRESENTER: Nathaniel Gilham, EdD, NCC, LCPC
PROGRAM SYNOPSIS: The Counselor Education and Supervision department at Argosy University-Chicago has committed to client advocacy and social justice. A year ago, faculty and students began their journey to identify ways for counselors to consult with police and community residents to reduce the conflicts that led to the shooting of unarmed black men. The goal was to understand how counselors could play a role in reducing the conflict between residents and police. Eventually, a crisis model was adopted that could help counselors to develop their own cultural competence in these areas of concern. Our focus has been to hear directly from stakeholders the concerns and contributing factors that widen or reduce the gap between some communities and police. The efforts of faculty and students led to a series of police interviews and a panel discussion with police and a police consultant that helped develop an awareness of police culture and competency of our students and faculty. These efforts helped to identify the psychological and social impact of programs that have been successful and those that failed to enhance community/police relationship. These efforts developed a greater cultural awareness of police and residents that live and work in communities with high rates of conflict. A strategy to developed and promote unity between community residents and local police continues to inform our practice as counselors. This presentation will discuss initiatives by Argosy’s faculty and students took promote social justice by engaging community stakeholders in problem solving strategies. The goal of this presentation is to demonstrate how counselors can utilize their skills to promote unity between social institutions and community residents.

Healthy Minds, Healthy Schools: A New Approach to Mental Health in Public Schools
LEAD PRESENTER: Rosa Julia Garcia Rivera, LCPC
PROGRAM SYNOPSIS: This workshop demonstrates effective clinical services provided in urban school settings. We will discuss the program model of Healthy Minds, Healthy Schools (HMHS), a comprehensive mental health program at Gads Hill Center targeting the needs of children, families, and school staff, as well as the community as a whole in urban settings. HMHS is founded on the belief that empowering individuals through establishing collaborative relationships will enable them to transform their lives. The objective is to enhance student academic success by creating opportunities for them, their families, and school staff to develop their social emotional wellbeing through individualized support, access to resources, and community engagement. We will focus on the importance of supporting and developing the emotional intelligence and social emotional internal capacity of the schools, so that the macro level surrounding the individual student can support and model the work we hope to see on a micro level from our clients. Methods of engaging with school staff include the same comprehensive mental health services we provide to students and are critical to enhancing the school culture and climate to support the needs of our students. We will also discuss clinical interventions specific to the tier 3 students and their families.

Implementation of Data-Driven School Counseling Interventions
LEAD PRESENTER: Katherine M. Wix, PhD, LPC, NCC, ACS, PEL: School Counseling
PROGRAM SYNOPSIS: Graduates of the masters program at Governors State University created a comprehensive, developmentally focused project as part of their internship requirements. Projects are meant to be representative of content and knowledge learned throughout school counselor preparation. Thus, during the first semester of internship, students created a needs assessment to determine the area of focus for their project. Then, approximately half way through the internship experience students conducted the needs assessment, analyzed the responses, and designed a developmentally appropriate data-driven intervention to address the needs identified in the survey. Students tracked, analyzed data (pre and post-test assessments), and wrote up the results. Though many school counseling programs claim to be working within comprehensive, developmental programs, there appears to be a dearth of research when it comes to school counselor accountability of data-driven interventions. Without gathering and tracking data, school counseling programs cannot be sure that what they are doing meets the needs of their students. School counselor accountability is measured by student success via delivery of appropriate programming. Furthermore, many school counselors report feeling uneasy analyzing data and implementing data-driven interventions.

Conscious Grieving: It Takes a “Village” of Personality Parts
LEAD PRESENTER: Janis Clark Johnston, EdD
PROGRAM SYNOPSIS: This experiential workshop builds upon Richard Schwartz’s Interna Family Systems evidenced-based psychotherapy and the Pinwheel Model of Bereavement, based upon the clinical work of Ann Solari-Tweedell and her nursing colleagues at Loyola University, Chicago. Sometimes called subpersonalities, various personality parts or roles assist clients in daily living. However, personality parts can hijack a sense of personal balance in grieving. Drawing a Personality Map can highlight a path forward in understanding the pain of loss. A hand-drawn map offers concrete directions for change by providing a simple mirror of “who am I?” at crucial turning points in life. Adults, as well as children/adolescents, may feel as if they are back at the original scene of calamity over and over. As loss survivors, initially they may disconnect from their emotions. By naming personality roles, grieving family members learn to calm emotional circuitry in their brains. As psychiatrist Daniel Siegel recommends, “Name it to tame it!” A conscious grieving process helps clients discover new thoughts when they train their brain to be aware of present moments in their lives. In addition to the mapping technique, participants will learn about the importance of dream journals and mindful meditation in creating a conscious grieving process.
The Indivisible Self: Exploring Coping Strategies of Self-Identified Black Gay Christian Men who Attend Non-Affirming Churches
LEAD PRESENTER: Fredrick A. Kendricks Jr., MA
PROGRAM SYNOPSIS:
The presenter is a Melanie E. Rawlins Research Grant recipient who seeks to share findings of a qualitative phenomenological study conducted with self-identified Black Gay Christian Men. The data obtained from the participants of the study will detail the lived experience of the identified population. Additionally, attendees will engage in an experiential activity, discuss the issue of religious abuse, and its impact on clients’ mental health.

An Affirmative, Cognitive-Behavioral Model Utilizing Age Regressed Dynamics
LEAD PRESENTER: Jonathan Simon, MS, LCPC
PROGRAM SYNOPSIS:
This 80-minute workshop explores success factors in both psychotherapy and counseling using a cognitive-behavioral model that ties together elements from various approaches. Applications will be explored as they apply to working with adults, teens, children, couples, and families. The following will be covered: (1) An effective affirmative approach that secures a client relationship in the first session and sets the stage for addressing the client’s biggest challenges. (2) Powerful cognitive-behavioral tools that can be practiced and serve as a framework for subsequent sessions. (3) Introducing regressed selves in the client to normalize the client’s experience, help depersonalize their struggle, and give clarity to internal tensions that can foster self-awareness. (4) Opportunity for participants to share their own challenges in working with clients, and how to apply the tools in this workshop. (5) A spiritual connection in the work that enhances awareness of problems as opportunities necessary for client growth.

Resilience Can Be Taught! 10 Tools to Motivate ANY Student
LEAD PRESENTER: Christian Moore, LCSW
PROGRAM SYNOPSIS:
What if you could give ALL of your students, even the most unmotivated, the skills they need to be resilient in the face of life’s challenges? The breakthrough idea of this presentation is that resilience can be TAUGHT! In fact, there are 10 specific tools you can use TODAY to bring its life-changing power to students of any background or learning style. Whether you work with youth in one-on-one, small group, or classroom settings, once you’ve been given these tools, you won’t want to go another day without using them! Studies have shown that students who learn resilience have improved social skills, higher grades, a greater love of learning, and better decision-making skills. Teachers and counselors who apply these skills see fewer behavioral problems and an increase in student motivation and engagement. This fun and informative presentation will completely change the way you approach your job; don’t miss it!

Providing Balanced Therapeutic Alliances in Couples Counseling When One Partner Violates The Trust
LEAD PRESENTER: William (Tony) Victor, DMin, LCPC
PROGRAM SYNOPSIS:
This breakout session will help therapists to be conscious and compassionate with both partners when couples present for couples counseling following a violation of trust in the relationship due to an affair. This workshop will help the therapist with his/her own counter-transference and use of self. The end-point is to provide the therapist with skills for helping couples move from the despair of rupture to repair and connection. This workshop will examine how “Exits” are used as a balancing energy force in the relationship. (An exit is any behavior that is avoiding the relationship by acting out negative feelings about the relationship or partner. Rather than expressing feelings, they are discharged through actions including going outside the relationship). Exiting the relationship give both partners an illusion of a comfortable degree of closeness. Exits are unconsciously used as a “safe” way to get needs met when expressing them is experienced as “unsafe.” This workshop will examine the psychosocial dynamics that create a fertile environment for affairs to happen. While the person who chooses to have the affair is solely responsible for his or her actions, both partners have played a role in creating the environment. Both partners will also play key roles in healing the relationship or ending the relationship. The conscious and compassionate therapist will provide a warm empathic presence for both partners to work through the tragic pain and distress that results from an affair; and facilitate a healthy exploration for both partners to make healthy conscious decisions about their relationship. This workshop will give therapists proven techniques to help both partners heal and regain the capacity to trust moving.

Beyond the Clinical to the Macro: Using Strengths and Positive Affirmations for Greater Change in Relational Systems
LEAD PRESENTER: Vince Walsh-Rock, LCPC
PROGRAM SYNOPSIS:
Capturing lightning in a bottle illuminates the personal space of the holder but does little for those around. This workshop will challenge participants to uncork their bottle so their captured lightening is able to serve as an impetus to empower others to share personal strengths and achieve synergistic results. This isomorphic effect will be explored through the process of Affirmative Inquiry (AI) (Cooperrider & Whitney, 2000). AI is a vehicle that enlightens how strength-based approaches positively impact not just clinical settings but in organizational paradigms equally. Affirmative Inquiry is a co-evolutionary search for the best in people, their organizations, and the relevant world around them. In its broadest focus, it involves systematic discovery of what gives life to a living system when it is most alive (Cooperrider and Whitney, 2000). The 4-D Affirmative Inquiry model for moving an organization to new heights will be presented as participants will be encouraged to engage in this interactive and inspiring process.

Taking the Focus OFF the Identified Patient: A Comprehensive New Approach for Thinking about Symptoms
LEAD PRESENTER: Cecilia Guzman, LCPC
PROGRAM SYNOPSIS:
More often than not, clinicians view and develop treatment plans focused on the identified patient. In this presentation, a paradigm shift will be discussed using Bowen Family Systems Theory (BFST) in which the entire family is viewed as an “emotional unit.” Each member is seen as an integral component of symptom development in the identified patient. With this paradigm shift, participants will begin to understand the role of chronic anxiety & differentiation of self in the context of symptom development. As a result, a more compassionate, accurate, and effective conceptualization of “the problem” will emerge resulting in more effective and long-term improvement in functioning of all members of the emotional unit.
Voicing Pain and Loss with SoulCollage
LEAD PRESENTER: Lindsey Halpern-Givens, DMin, LCPC, BCC, RYT
PROGRAM SYNOPSIS:
Grief is love that has lost its destination. Grief can leave us bereft in a society that allows little time or space in which to process losses of all kinds. A grieving person is often expected to just move on while living a life of unspeakable pain. SoulCollage provides a visual voice for grief to be expressed. It offers a creative tool to help us journey through overwhelming emotions, and create meaningful art allowing us to give voice to feelings we cannot express. Using SoulCollage empowers grieving clients to share their experience with others. Additionally, it aids in a search for meaning providing opportunities to transform amidst profoundly changed circumstances. In this workshop, participants will be invited to join in sacred space and experience the process of giving voice to their grief through the creation and sharing of SoulCollage cards. No experience or artistic skills are needed. Lindsey Halpern-Givens, is a trained SoulCollage facilitator, LCPC, board certified chaplain and distance credentialed counselor. Lindsey's doctoral work focused on SoulCollage, ritual, and community. Seena Frost, who was a Marriage and Family Therapist, developed SoulCollage by combining her interests in spirituality, psychotherapy and creativity. Learn more at www.soulcollage.com.

The End of Life: Facilitating Compassionate Conversations Around Death and Dying
LEAD PRESENTER: Donna Kirkpatrick Pinson, EdD, LCPC, NCC, NCSC
PROGRAM SYNOPSIS:
The inclusion of Section B.2.b in the American Counseling Association 2014 Code of Ethics allows counselors the option to not report clients who are considering hastening their own death in the face of terminal illness; by the year 2060, one in five US residents will be over the age of sixty-five, and death following extended lifestyle illness continues to rise. Counselors who want to remain current with these trends must learn to facilitate ethical dialogues around illness, end of life decisions, and death. Yet many counselor programs do not cover these topics in their training, and counselors often shy away from the subjects due to issues of competence and personal comfort. In this workshop, participants will learn best practices for facilitating compassionate and ethical dialogues with clients and their caregivers about dying, including systemic approaches that take into account family concerns and resources that can be utilized in the medical, pastoral, and social service community. Specific attention will be paid to the new ACA Section B.2.b and its implications, both ethically and legally. Participants will have an opportunity to openly dialogue about their concerns and offer each other feedback and support.

The Fatigued Soul: When Compassion Runs Out and What you Can do About It.
LEAD PRESENTER: Serena Wadhwa, PsyD, LCPC, CADC, RYT
PROGRAM SYNOPSIS:
Regardless of how we end up in service to others, our experience teaches us that in our humanness, we have limits to our compassion. Self-care is an important component to maintain compassion and empathy with clients. Participants will leave this interactive, skill-building workshop with knowledge and tools that will enable them to identify and work through compassion fatigue to be more effective in their professional lives. Ways to develop effective practices and maintain and sustain personal practices will be explored. Activities, case studies and discussions complement this workshop, as well as experiential exercises. Disclosure of experiences is voluntary.
Asexuality 101: Becoming “Ace” Affirming and Conscious Counseling Professionals
LEAD PRESENTER: Elisa M Woodruff, MSEd, LPC, NCC
PROGRAM SYNOPSIS:
According to a 2004 study, 1% of the population identifies as asexual: a term describing someone who does not experience sexual attraction (AVEN, 2014). Twelve years later, asexuality is still an under-researched sexual identity, often referred to as the “invisible identity.” Asexuals are misunderstood and are the subject of frequent discrimination, even in other Queer communities, and many in “straight America” have not even heard of the term. This workshop will serve as an opportunity for counseling professionals with any level of exposure to explore the rich and diverse attributes of this community on a deeper level, as well as its implications and challenges to our ideas surrounding sexuality, love, and human interaction. The presenter will familiarize workshop participants with the basic attributes of asexuality as an orientation, acquaint them with important aspects of asexual culture, discuss common and unique presenting concerns statistically found among asexual clients, and give participants a counselor’s toolbox to assist in the inclusion of asexuals in their LGBTQ+ affirming practices, Pride events, and other Queer spaces.

Workplace Bullying: Compassionate Counseling for Aging Targets
LEAD PRESENTER: Judy Skorek, EdD
PROGRAM SYNOPSIS:
This session will address the process of identifying and defining workplace bullying, understanding its impact, and developing ways to address and prevent it. The work of a counselor can be very isolating. It seems that we have few opportunities to share our experiences and knowledge with other helping professionals. Enhance your current counseling toolbox by joining your colleagues to share ideas and interventions through case studies.

What were you thinking?? Neuroscience of the Teen Brain
LEAD PRESENTER: Stef Standefer, LCPC
PROGRAM SYNOPSIS:
Teenagers are prone to engaging in risky behaviors, and the risk level increases when teenagers are around their peers. New neuroscience research suggests that this behavior is actually quite adaptive and helps teens not only leave the nest, but also seek out novel experiences and create new things on their own. This interactive presentation explores various ways for clinicians to work with teenagers and their families to understand the teenager’s developmental needs and to help parents keep their sanity.

Treating Insomnia: Why We Should be Approaching it as More Than Just a Symptom
LEAD PRESENTER: Celso Teixeira, MA
PROGRAM SYNOPSIS:
This year the American College of Physicians started recommending that behavioral interventions for insomnia should be used as first line treatment for insomnia. The CDC estimates 9 million Americans are currently on sleeping medication and countless more cases go unreported. Insurance coverage will follow soon. With less than 1,000 trained behavioral sleep specialists in the country, more specialists are desperately needed by the public. Counselors are well positioned to help fill this need but training and supervision is needed for competent practice.

The Language of Change
LEAD PRESENTER: Kevin Stouffer, PhD, LCPC, NCC, CCMHC, CFT
PROGRAM SYNOPSIS:
This workshop examines and demonstrates the practical application of therapeutic language strategies to facilitate the change process occurring through: A) conscious and unconscious channels, involving a combination of one’s own language patterns; B) Ericksonian notions of awareness and suggestion; and C) the possibility for personal action and effect implied in the language of the clinician. This program will appeal to counselors and therapists working with clients of most any age or circumstance, whether the clinician primarily identifies with either a psychodynamic or systemic approach to case conceptualization and intervention.

The Use Metaphor: An Easy Tool For Complicated Problems
LEAD PRESENTER: Annette McLean, LCPC, CEDS
PROGRAM SYNOPSIS:
Psyche means soul. Psychotherapy is care of soul. Metaphor helps us get into the right side of the brain to do the deep soulful work needed for change. Too often in therapy we focus on the left side of the brain. Unfortunately this is where all of our neurally indented negative patterns and defenses occur. Metaphor works on mental, emotional, physical and spiritual levels. It opens us up for connections that have likely never occurred before. It can take something that appears negative and make it positive. Metaphor paves the way to understanding our patterns and revealing deeper truths. Metaphor makes the unconscious, conscious. This is key to real change.
Community Wellness Fairs as a Tool to Promote Integrated Service Delivery in Rural Areas
LEAD PRESENTER: Ken Oliver, PhD
PROGRAM SYNOPSIS: Rural areas often struggle with a shortage of resources related to mental health and wellness, both in terms of the number of providers and types of services available. This program will introduce a framework for designing, implementing, and evaluating the utilization of community wellness fairs as a means to promote integrated service delivery in rural areas. The need for integrated mental health and wellness services, potential community-level benefits, challenges and barriers of rural service delivery, and personal perspectives from community wellness advocates will all be discussed during this interactive program. Handouts will be provided.

The Effect of Schizophrenia on Family Dynamics: A Rehabilitation Counselor’s Professional and Personal Experience
LEAD PRESENTER: Lynda L. Boyd, EdD, LCPC, CRC
PROGRAM SYNOPSIS: This presentation will describe the experience of Schizophrenia through the perspective of a rehabilitation counselor and her son. It will include a sample of data collected over a 15 year period in the form of music, lyrics and art forms produced over the progression of the disorder. The audience will have the opportunity to observe the interaction between a son with a diagnosis of Paranoid Schizophrenia and the response of his mother as both use the arts to navigate their perceived experience. The goal of this presentation is to provide a window into the minds of a mother and son as they confront their experiences with Schizophrenia. Concrete data related to the experience provides information for professionals dealing with the complexities of a serious mental disorder. Techniques that both help and hinder treatment are presented. The role of the arts in family trauma treatment is discussed.

Integrating Neurocounseling into Counseling
LEAD PRESENTER: Lori A. Russell-Chapin, PhD, LCPC, ACS, BCN
PROGRAM SYNOPSIS: Neurocounseling bridges brain and behavior and teaches that many of our brain health and brain illnesses are physiological based. Integrating neurocounseling skills and knowledge into traditional counseling has many benefits. This workshop will discuss recent research on neurocounseling from exercise, diet, and sleep hygiene to other self-regulation strategies such as neurofeedback and neurotherapy. Several skills will be demonstrated.

Online Dating and Empathy, Objectification of Others, and Quality of Romantic Relationships
LEAD PRESENTER: Zachary Bloom, PhD
PROGRAM SYNOPSIS: Individuals are using digital mediums (i.e., online dating) to form relationships with greater frequency than ever before (Smith & Duggan, 2013). However, researchers have identified risks and dangers associated with online dating (Couch, Liamputtong, & Pitts, 2012) and criticized online dating as an impracticable format to form romantic relationships due to its bypassing of nonverbal communication (Riva, 2002) and promotion of other-objectification (Hitsch, Hortacsu, & Ariely, 2006). Furthermore, the evaluative nature of online dating (Sritharan, Heilpern, Wilbur, & Gawronski, 2010) theoretically opposes empathic connection, a prerequisite for healthy romantic relationships (Szalavatz & Perry, 2010; Siegel, 2010). The presenter delineates the findings of a recently conducted study investigating the influence of online dating on emerging adults’ levels of empathy, objectification of others, and quality of romantic relationships with a sample of emerging adult college students (N = 494). The presenter offers recommendations for counselors, counselor educators, and researchers.

The Association for Child and Adolescent Counseling in Illinois Announces a New Initiative
LEAD PRESENTER: Maria McCabe, LCPC
PROGRAM SYNOPSIS: A state-wide, cross-discipline collaboration between the Association for Child and Adolescent Counseling in Illinois (ACACI), Prevention Partnership, Mental Health America of the North Shore (MHANS), and Counselor Educators from Northern Illinois University has resulted in an initiative that will empower mental health professionals and youth across the state of Illinois to advocate for mental health. Learn how two programs, LTY (Listening to Youth) and the MHANS Youth Advisory Board, have been revised and combined to bring new vitality to communities through youth voice. Participants will learn about previous LTY results, the power and message of the MHANS Youth Advisory Board, and how the two have come together to form an initiative that will bring youth voice to communities in a way that adults will listen, while at the same time providing a means through which to reduce the impact of Adverse Childhood Experiences (ACEs) in the lives of youth. This initiative strives to create networks of LTY facilitators and Youth Advisory Boards. Examples of the new handbook and presentations by the MHANS Youth Advisory Board and other mental health professionals will be a part of this workshop that is a dynamic collaboration across multiple mental health disciplines.

Confidentiality: Overview, HIPAA tips, and practical technology tools
LEAD PRESENTER: J Scott Nelson, EdD NCC LCPC CRADC SAP
PROGRAM SYNOPSIS: Confidentiality is a bedrock of the counseling relationship. Nevertheless, breaches of confidentiality, often unintentional, are one of the most common reasons for litigation. Minimal HIPAA compliance violations start with $100 fines and can go all the way up to $250,000 and 10 years in prison (HIPPA, 1996). This session will review issues related to confidentiality, HIPAA compliance, and explore some practical technology tools that are HIPAA compliant including email and online video software.
Helping Parents and Children Build Better Relationships through Theraplay
LEAD PRESENTER: Joseph Campbell, PhD, LCPC, LMHC (IN), ACS, CCMHC, NCC
PROGRAM SYNOPSIS:
Theraplay is based on attachment theory, uses play to promote emotional connection between child and parent, is proactive, relationship focused, and in the here-and-now. This approach can be helpful with attachment insecurity (e.g., adoption, foster care), mental health issues, and developmental or behavioral concerns. In this interactive approach, interventions and activities are focused around four main dimensions: structure, nurture, engagement, and challenge. This presentation will discuss attachment theory, the four main dimensions of interventions and associated activities, and demonstrate and describe techniques and activities that can help parents and children build better relationships.

Consciously Counseling Clients with Adult ADHD
LEAD PRESENTER: A. Maren Tolley, LPC, CCMHC
PROGRAM SYNOPSIS:
Evidence is increasing that Attention-Deficit/Hyperactivity Disorder (ADHD) persists throughout the lifespan and into adulthood. Whether ADHD is the condition of focus for treatment, or whether it is simply a complicating factor in treating another condition, it is important to be conscious of the impact that ADHD is having on client lives and the counseling process and to respond intentionally. Symptoms of ADHD can impact adults by limiting their activity and impulsiveness may decrease as clients enter adulthood, however, problems with focus and attention tend to persist. Although medication can be effective in treating adults as well as children, adults with ADHD often still lack the skills for planning and organization that they need to effectively manage the tasks required of adulthood. For these clients, psychotherapy aimed at developing those skills can be helpful (Safren, et al., 2010). This session will discuss the impact that ADHD can have on the lives of adults with ADHD and on the counseling process. It will also present specific skills that can be helpful for adults with ADHD.

Sensorimotor Psychotherapy Techniques: Ways to Show Compassion to Clients While Raising Body Consciousness
LEAD PRESENTER: Christina Matthews, LPC
PROGRAM SYNOPSIS:
Several examples from the work of Dr. Janina Fisher and Dr. Judith Hermann will be demonstrated and practiced to gain awareness of the techniques of sensorimotor psychotherapy that can be applied in a compassionate way to help traumatized clients become conscious and safe in their own bodies. This is an interactive workshop. Please be prepared to move about the room.

Justice-Oriented Supervision: Supervisee Advocacy and Empowerment
LEAD PRESENTER: Justin D. Lauka, PhD, LCPC, CCMHC, NCC, ACS
PROGRAM SYNOPSIS:
Social justice has steadily merged into the forefront of the counseling profession. Evidence of this can be observed in the recent endorsement of the Multicultural and Social Justice Counseling Competencies by ACA and the revision of the ACA Code of Ethics (2014) with its inclusion of “promoting social justice” (p. 3) amongst its core professional values. Additionally, the ACA Advocacy Competencies (Lewis, Arnold, House & Toporek, 2003) have served as a foundational tool in integrating social justice principles into counseling practice. Key to the development of these competencies is the role that counseling supervisors play in this process. Best practice calls supervisors to assist supervisees to help them develop the knowledge and skills necessary for advocating with and, as appropriate, on behalf of their clients (ACES, 2011, p. 9). Fundamental to a social justice paradigm is the willingness to consider interventions that extend beyond the individual level (Ratts, 2011). We contend that clinical supervisors must be willing to extend this paradigm to supervisees when necessary. Notably absent in the literature is the role and corresponding strategies for clinical supervisors to advocate and empower supervisees. Presenters will discuss supervisory interventions based upon the developmental needs of supervisees from a justice-oriented approach.

Youngest Survivors: Identifying Concepts for Combating Child and Adolescent Trauma Experienced by Refugees during International Crisis Events
LEAD PRESENTER: Nathan Perron, PhD, LCPC
PROGRAM SYNOPSIS:
The world increasingly looks to the mental health community to provide answers and responses to local and international crisis events that occur every day. Whenever events of this nature occur, children and adolescents experience the greatest likelihood of suffering trauma reactions (Centers for Disease Control, 2012; World Health Organization, 2012). The 2015 refugee crisis presented an unprecedented international event with political, moral, and psychological ramifications. No group is likely affected greater than the young people that endured the scars of war, perilous travel, and social stigmatism that occurred (Betancourt et al., 2015). Understanding factors influencing the treatment and recovery of young refugees may offer insight regarding how to approach similar crisis events (Akouri-Dirani et al., 2015) such as school shootings, mass genocide, and abducted child soldiers. This presentation identifies concepts for treating child and adolescent trauma, and further information targets issues, concerns, and treatments for supporting refugee populations. Understanding both trauma counseling and refugee concerns offers professional counselors necessary information for supporting children, adolescents, and their families through the challenges experienced by many international refugees.
Compassion in the Classroom: Lessons Learned from the Relationship between Novice Educators and Counselors

LEAD PRESENTER: Mandy Kellums, LCPC

PROGRAM SYNOPSIS:
Before counselor educators became instructors, they were counseling students. Counseling student experiences provide invaluable personal and professional foundations upon which counselor educators can build a solid base for teaching. Skills necessary to the counseling profession; such as managing power dynamics, ownership of the counseling process, and integration span across both professions. Fledgling counselors experience heightened levels of anxiety during classroom interactions and clinical practice (Miller, 2016). Excessive worry about counseling performance inhibits professional growth and development. Anxiety and fears about competency are reduced when they are validated and addressed. Educators and supervisors provide spaces for counselors to explore and recognize strengths and areas of needed growth. Similar to counseling students, beginning counselor educators benefit from validation and attention to anxiety and doubts about teaching skills and abilities. This presentation discusses these parallels and presenters will reflect on personal experiences. As effective education involves teacher and students in a continuous active relationship that engages both parties, it is important for novice counselor educators to navigate this new terrain (Carnell, 2007). This presentation addresses how more seasoned and experienced counselor educators can assist novice counselor educator growth through mentoring and modeling during the early stages of instruction.

Introduction to Theraplay: Helping Parents and Children Build Better Relationships Through Attachment-Based Play

LEAD PRESENTER: Dafna Lender, LCSW

PROGRAM SYNOPSIS: This presentation is an overview for professionals who work with children and families. Theraplay is a short-term, therapist-guided play therapy that focuses on parent-child relationships. Theraplay is based on the natural patterns of healthy interaction between parent and child. It focuses on four essential qualities found in parent-child relationships: structure, nurture, engagement, and challenge. Over the course of the treatment, the parent is actively shown how to carry out these relationship-enhancing activities through direct experience, modeling, and the use of videotaping and reviewing the sessions. This model creates an active and empathic connection between child and parents, resulting in a changed view of the self as worthy and lovable, and of relationships as positive. In this presentation, participants will learn about the history and basic assumptions of Theraplay, as well as the rationale for using nurturing touch and interactive play to foster an intimate bond between child and caretaker. The four dimensions of Theraplay and how they can be used to address the characteristic behavior problems of children with attachment problems will also be discussed. Participants will also learn about adapting Theraplay for children and adolescents who have been traumatized and case examples will be given. The leader will also discuss involving caretakers as co-therapists. Finally, participants will learn how to determine when Theraplay should be used. Participants will be able to experience several Theraplay techniques as part of role-plays demonstrated in the workshop.

Counseling Young Adult Cancer Survivors

LEAD PRESENTER: Julie McGonigal, LCPC

PROGRAM SYNOPSIS: Though cancer is often viewed as a single, undifferentiated entity, the experience of cancer varies greatly based upon a number of factors, including age at time of diagnosis. This presentation will explore common issues faced by young adult cancer survivors (aged 18-39 years). Using a developmental framework, we will explore various factors that differentiate cancer treatment in young adulthood—such as sex and fertility preservation, isolation, and delayed diagnosis. Participants will also learn strategies for working with this population.

Compassion Beyond the Crisis

LEAD PRESENTER: Ashley Cosentino, EdD, LPC, NCC

PROGRAM SYNOPSIS: People are good at being compassionate during a crisis—when someone dies, when someone loses a job, when someone is diagnosed with cancer, but where does that compassion go? Often times counselors hear their clients say “no one cares” after the initial crisis is over. Many people chose not to say anything because they don’t know what to say or they become busy in their own lives or crises that they forget to be compassionate. So, what can we do as counselors? We can help our clients articulate what kind of compassion they need to continue to receive.

Gambling Addiction: Evidence Informed Practice

LEAD PRESENTER: J Scott Nelson, EdD, LCPC, CRADC, SAP, NCC

PROGRAM SYNOPSIS: Problem gambling affects an estimated 1-3% of the population and research suggests the issue is spreading with the increase of legalized gambling in the US and worldwide. Pathological gambling is associated with significant financial consequences, psychological and social impairment, and poor health. Despite the prevalence and devastating consequence of this disorder, research is limited about efficacious treatments for pathological gamblers. This seminar will explore what the research literature suggests is most helpful with treating pathological gambling effectively.

Counselors’ Propensity to Assess and Treat Clients for Issues Related to Pornography Use

LEAD PRESENTER: Zachary Bloom, PhD

PROGRAM SYNOPSIS: There is a call for counselors to address client issues related to pornography use (Bloom & Hagedorn, 2015; Ford, Durstschi, & Franklin, 2012). However, many counselors are uncomfortable addressing the topic of sexuality with clients (Harris & Hays, 2008), and this inhibits the effective treatment of presenting concerns related to sexuality (Kazuakauskas & Lam, 2009; 2010; Miller & Byers, 2010; 2012), including issues related to client pornography use (Ayres & Haddock, 2009). The lead presenter investigated counselors’ comfort with discussing issues of sexuality and their attitudes towards pornography with a sample of mental health counselors and marriage and family therapists (N = 739). The presenter will delineate the findings of the study, indicating that counselors’ comfort with sexuality and attitudes towards pornography are indeed mitigating factors in the assessment of client issues related to pornography use. The presenter offers implications for counselors, counselor educators, and areas for future research.
**Providing Constructive Feedback to Supervisees: How to Deliver Effective Feedback while Preserving the Supervisory Relationship.**

**LEAD PRESENTER:** Kimberly Duris, EdD, LCPC, CADC

**PROGRAM SYNOPSIS:**
This workshop will address the issue of providing constructive feedback to clinical supervisees. Research points to the need for further evaluation of supervisees performance while in supervision. Numerous studies conducted on this issue address the lack of critical feedback by supervisors and the desire of supervisees to be given more feedback. One of the most important ways for supervisees to improve their level of competency is to receive ongoing, objective feedback regarding their performance. When supervision is not used in this manner than it is not meeting its intended training purposes. Participants will receive information on specific areas of performance based upon supervision models in the field and how to effectively deliver feedback in those areas.

**Messages revealed: What Counselors Must Know about Single African American Women and the Self Help Books that Target Them**

**LEAD PRESENTER:** Kashunda McGriff, EdD, LPC, NCC

**PROGRAM SYNOPSIS:**
African American women are the least likely demographic to ever marry (Banks, 2011; Clarke, 2011). At 55%, there are more never-married African American women than married (Copen, Daniels, Vespa, & Mosher, 2012; Dixon, 2009; Jayson, 2010). Despite low rates of marriage, research indicates this population is interested in matrimony (Banks, 2011; Bethea, 1995; Emery & White, 2006). Consequently, relationship self-help books targeting this population are on the rise. However, messages found in advice books are often exploitive, harmful, and unsubstantiated (Ellis, 1993; Koeing et al., 2010; Rosen, 1987; Starker, 1988a, 1988b, 1989). As a result, a qualitative content analysis was conducted on three best-selling self-help books marketed to single heterosexual African American women. Messages about the women as well as how they should attract African American men were coded. The coding frame was examined for relational-cultural theory (RCT) concepts of connection and disconnection. This workshop will educate counseling professionals about the messages in self-help books directed to single heterosexual African American women and how these clients might be psychologically impacted after reading them.

**Psychodynamic Psychotherapy Consultation: Fundamentals and Demonstration**

**LEAD PRESENTER:** Jay Einhorn, PhD, LCPC

**PROGRAM SYNOPSIS:**
Dr. Einhorn will discuss the fundamentals of psychodynamic psychotherapy consultation with therapist consultees and provide live demonstrations with therapists among the participants who volunteer for case consultation. Dr. Einhorn provides consultation with therapists in his private practice, supervises Masters level counselors at the Family Institute of Northwestern University, and is Past President of the Chicago Association for Psychoanalytic Psychology.

**The Six Stage Self-Love Deficit Disorder Recovery Model**

**LEAD PRESENTER:** Ross Rosenberg, LCPC, CADC, CSAT

**PROGRAM SYNOPSIS:**
The 6 Stage Self-Love Deficit Disorder Recovery Model represents the latest thinking and theoretical formulation on codependency, attachment trauma, and addiction treatment. This model is the backbone for Ross Rosenberg's internationally recognized work on “The Codependency Cure: and “Self-Love Deficit Disorder.” Therapists will come to understand the inner workings of a treatment strategy and techniques that were specially developed for the treatment of Self-Love Deficit Disorder (SLDD) - Rosenberg's replacement term for codependency. Each stage represents the sequential challenges and requirements for successful long-term SLDD recovery. The stages are linearly connected to Rosenberg's recovery theories while also being intertwined with other trauma, addictions, CBT, Family Systems, Psychodynamic, theoretical, and treatment frameworks. The six stages informs a treatment approach that resolves attachment trauma, core shame, and pathological loneliness, which are the primary causes of the Self-Love Deficit Disorder: Stage 1: Hitting Bottom: The Complete Absence of Self-Love Stage 2: Setting Boundaries in Hostile Environment: A Commitment to Change Stage 3: Maintaining Safe & Secure Boundaries: Protection, Security and Self-Care Stage 4: Building an Internal Self-Love Foundation: Discovering Self-Love Stage 5: Building an External Self-love Foundation: Self-Love in Healthy Relationship Stage 6: Shedding Self-Love Deficit Disorder / Becoming Self-Love Abundant

**Understanding Addictions: A Key Step in Coping with Addictive Behaviors of Close Others**

**LEAD PRESENTER:** Mary McClure, EdD, LPC

**PROGRAM SYNOPSIS:**
Addiction-related issues are frequently a part of client presenting concerns. Though we often give focus to addressing client addictive behaviors, many clients instead experience challenges arising from the addictive behaviors of others in their circle of family and friends. Unfortunately, most people can personally relate to this situation. Too often, well-intentioned but poorly informed efforts to cope with impacts of another person's addictive behavior seem to backfire, resulting in increased dysfunction, emotional distress and relational distance. An important step in helping clients more effectively address these challenges involves providing them with some foundational knowledge and understanding of addictions. With these insights, clients can develop a more useful framework for conceptualizing their issues, establishing goals, and developing and executing plans to address them. This session will provide practical information for providing clients with some basic addiction knowledge. This will include review of issues often arising from addictive behaviors of close others. We will discuss dimensions of addiction that provide clients a useful foundational background, including the nature of addictions etiology, symptoms, relational impacts, and motivations for change. We will also discuss some common misconceptions regarding addictions.
Saturday Workshop Sessions

The Compassionate Counselor and Compassion Fatigue: Risk and Resilience
LEAD PRESENTER: Corey Worden, LCPC
PROGRAM SYNOPSIS:
Even the most dedicated, committed, and astute counselors can experience discouragement, fatigue, and disengagement. In addition to symptoms of burnout, research demonstrates that working with others who are in distress and suffering can produce potentially debilitating impacts for the helping professional. Compassion Fatigue is a unique, preventable, and treatable phenomenon that requires an increased awareness and understanding of what it is and how it develops in the helper. It is much more than "being exhausted by caring so much," as it is often defined, and it requires a significantly focused approach for developing effective preventative strategies that support self-care and foster hope and resilience.

Compassionate and Caring Counselors' Unrecognized Ableist Biases!
LEAD PRESENTER: Kimberly K. Asner-Self, EdD, LCPC, NCC
PROGRAM SYNOPSIS:
Counselors-in-training (CITs) develop multicultural competencies through knowledge, self-awareness, and skill acquisition. Over time, multicultural competence has expanded to include competences related to sexual orientation, gender, class, religion/spirituality, national origin, and ability (among others). My experience as a Counselor Educator since 1999 is that many CITs and beginning counseling practitioners are terrified of working with people with disabilities (PWD). Windmills was developed by the California Governor's Committee for Employment of Disabled Persons and updated in 2003. In this experiential program, participants engage in a modified version of the Windmills attitudinal training program in a psychoeducational group setting to increase awareness of unrecognized and/or unacknowledged fears, prejudices, and biases toward people with disabilities. This program will begin with a brief introduction regarding the counseling needs of this population. The second part of the program will be the actual exercise in which participants will experience the modified module including a processing component. The program will end with a discussion about how participants might adapt this training module for Counselor Educators working with CITs, School Counselors working in K-12 settings, and Counselors working in university and industry settings.

Understanding Cross-cultural Conflict, Resolution Strategies, and Mediation
LEAD PRESENTER: Tsui-yee Chow, EdD, LCPC
PROGRAM SYNOPSIS:
Cross-cultural interpersonal conflict has become an unavoidable phenomenon in the increasingly diverse contemporary American society. Cross-cultural conflicts often generate strong emotions in the involving parties as they are inseparable from one's identity and values. It is important for counselors to identify and understand this type of conflict and how it may affect the well-being of their clients. Learning about strategies in analyzing cross-cultural conflict is beneficial for counselors in providing clients in these situations a perspective for understanding and potentially resolving the underlying issues involved. This presentation will discuss the nature of cross-cultural interpersonal conflict and the potential causes of this kind of conflict. Participants will also learn about their own preferred conflict styles, and how it may affect their way of handling conflict in general, and cross-cultural contexts in particular. Through case studies, participants will learn strategies in analyzing and resolving cross-cultural conflict. As counselors are often called in to mediate conflict, this presentation will also introduce some basic principles and practices in mediating this kind of conflict.

Integrated Behavioral Care
LEAD PRESENTER: Keith A. Baird, PhD, ABPP
PROGRAM SYNOPSIS:
We will be looking at new models of integrated behavioral care especially under the Affordable Care Act. The Affordable Care Act incentivizes insurance companies, healthcare organizations and providers to develop effective models for wellness and prevention. The presenters are board members of behavioral care management (BCM) a consortium of behavioral healthcare providers were working in creative ways with the marketplace. This includes virtual integrated care, working with large employer groups and insurance companies as well as ACO's to reduce healthcare costs through wellness and prevention programs. For these innovations to be effective, it relies on the coordinated efforts of behavioral care providers of every discipline.

Wake Up: Conscious Counseling Interventions for Today's African-American Client
LEAD PRESENTER: Antoinette M. Schrader, LPC, NCC
PROGRAM SYNOPSIS:
Attitudes of oppression and feelings of injustice have permeated the African American culture for generations. In today's society it has become even more pressing for clinicians to consider culturally appropriate adaptations of traditional counseling. Multiculturalism has been called the fourth force in helping (Skovholt & Rivers, 2007). Recent national events have led to initiatives such as Black Lives Matter and the Black Consciousness Movement. In light of the state of our nation, the needs of African-American clients are also evolving. African-American clients are more likely to prematurely terminate counseling and the reality is that for many clients of color the first session may very well be the last. Training culturally competent mental health counselors is critical to bridging the gaps in service utilization amongst African-Americans. The students and professionals of the Black Counselors Association have dedicated themselves to promoting social justice, multicultural competency, and professional networks and have established themselves not only at their university but in the professional sector as well. This workshop, presented by the organization, will focus on current research in counseling African-American clients, current societal factors influencing the mental health of African-American clients, and appropriate interventions.
Managing Resistance: Understanding and Using Resistance to Inform and Enjoy
LEAD PRESENTER: Lindsay Bicknell-Hentges, PhD, PsyD
PROGRAM SYNOPSIS:
Most counselors dread dealing with resistance. Clients often demonstrate resistance by withholding information, failing to cooperate with the treatment process, coming to sessions late, attending sessions inconsistently, or demonstrating any number of other creative resistant responses. Counselors are left to navigate the rocky and frustrating waters as they try to help those who do not seem to want to be helped. Resistance often feels personal when clients question our credentials or simply fail to show up without a call. In this session, two seasoned professionals will explain the dynamics underlying resistance and demonstrate how the very process of resistance can expose the most effective strategies for change. They will also introduce techniques that will help the counselors deal with their own feelings for clients that understandably get stirred up by resistance and yet are certain to derail the counseling process. Using clinical examples and encouraging audience participation, the presenters will show how resistance can lead to growth and a truly enjoyable counseling experience.

They Aren't Bad Kids, Just Mean Drunks: Interventions for Disruptive Behavioral Disorders
LEAD PRESENTER: James Kling, MA
PROGRAM SYNOPSIS:
Clients with disruptive behavior disorders are frequently brought to therapy by parents who are desperate for relief from their child's rude and disrespectful responses, however, typically children are not motivated to make changes to their own behavior or thinking. This creates less than ideal circumstances for traditional therapeutic approaches. Research supports that disruptive behavioral disorders are responsive to behavioral parent training that focuses on teaching parents skills to effectively address their children's behaviors and builds positive parent-child relationships (Kaminski et al., 2008). Using this type of approach allows for effective behavioral change as parents are motivated for change even if their child is not. Attendees will learn applications of techniques that can be used to create environments of mutual respect and cooperation with effective rules, responsibilities, and consequences. Come learn what you can do to help parents establish healthy, respectful, and cooperative relationships with their children.

Mind, Mat, Couch: Varied Routes to Conscious and Compassionate Counseling
LEAD PRESENTER: Nona L. Wilson, PhD, LCPC
PROGRAM SYNOPSIS:
Popular and contemporary mindfulness-based therapies advocate “stepping outside” the thought-stream. That is, we can teach our clients to notice, but not become entangled with, thoughts. Additionally, mindfulness-based therapies cultivate a present-moment focus and favor learning to let go of painful attachments. As an avenue to a richer, more accepting, and more gratifying life, this approach seems, on the surface, antagonistic to the oldest and most widely influential approach to therapy: psychodynamic. Though often considered “out of vogue,” psychodynamic principles are not, in fact, relics; rather, they have been so widely and deeply integrated into therapeutic thinking and practice that they frequently go unnoticed as dynamic concepts. Central to psychodynamic therapy is immersion in subjective experience, stepping into the thought-stream, and a meticulous attention to the past. Are release from suffering and an increased sense of aliveness to be found then through sustained examination of our experience and recognition of how the past repeats itself in the present? Or are they achieved through detachment and present-moment experiencing? How does each perspective influence experience? Are meditation and free-association variants of one another? What are the common factors shared by these approaches? Guided by a shared appreciation of depth oriented, psychodynamic therapies and mindfulness-based practices, including yoga, the presenters will engage participants in a lively discussion about mindfulness and its place in the history of therapy. Using lecture, experiential activities, case examples, and small and large group discussions, the presenters will invite participants to reflect on several compelling questions, including: How are counselors incorporating these perspectives into their work with clients? What tensions do they encounter? What do they find effective and what do they find confusing? How do counselors integrate these traditions? The presenters will also share their experiences with mindfulness, yoga, and psychodynamic therapy, with a focus on the clinical implications of these ideas.

When News is Too Easy to Get - Media Vicarious Trauma & Cultural Conflict
LEAD PRESENTER: Christy Wang, MA, LPC, NCC
PROGRAM SYNOPSIS:
With fast developing technology, now individuals are more vulnerable to be exposed under media influence. This presentation would like to invite counselors to look into the impact of media vicarious trauma and discussing addressing social justice through helping the public to process grief, anger, and relationships with their children.

Tales from the Front-Lines: Supervising Students During Practicum/Internship
LEAD PRESENTER: Bob Zima, LCPC
PROGRAM SYNOPSIS:
Students are a vital element of any behavioral health facility. Students bring fresh perspectives, energy, new thinking and at times present challenges to the site supervisor and other team clinicians. An internship interview can be a two hour meet and greet leading to a nine month mistake for all involved: agency/practice, clinicians, supervisor, and the student. Hear a “Site Supervisor of the Year” in Illinois discuss how to choose the best candidate for your agency/practice, program and team, and pick up a few new tricks for helping the student acclimate to your agency/practice environment, learn the ropes, get their sea legs and finally how supervision is a powerful time of development for the student, clients, agency, clinical team and supervisor.
Squirrels, Butterflies, and Man: An Existential Approach to Counseling

LEAD PRESENTER: Alan Owens, DSc, LCPC

PROGRAM SYNOPSIS:
This session will explore the therapeutic possibilities of embracing, owning, and controlling our emotions as an extension of our free will. Anxiety and depression, left untreated, can become debilitating. As clinicians we must strive to support our clients in accepting the unique qualities of what it is to be human. Teaching strategies and techniques to manage our emotions while accepting the fact that these emotions cannot and should not be eliminated altogether. This presentation will discuss the notion of change and how we can support the growth of our clients by embracing the existential givens of existence. We must encourage and support our clients in acknowledging and embracing a search for meaning and companionship, free will and the inherent counterpart, responsibility, as well as our mortality. This is the foundation for therapy and the key to personal growth and self-satisfaction.

Managing Stress Through Mindfulness and Meditation

LEAD PRESENTER: Angela Miller, MS., LPC, Certified Personal Trainer

PROGRAM SYNOPSIS:
Mindfulness is the ability to be present, to let go of guilt from the past and worry about the future so we can live fully in the moment. Mindfulness is key to managing stress. It allows us to free ourselves from negative thought patterns and destructive behaviors that interfere with our ability to meet our goals and live a productive life. Come to this workshop to learn mindfulness skills and meditation practices that promote long term health.

ICA’s 7th Annual Southern Conference

Friday, March 24, 2017

DoubleTree by Hilton Hotel, Collinsville
1000 Eastport Plaza Drive, Collinsville, IL 62234
Tel: 618.345.2800

- 24 Breakout Sessions
- Workshop proposals should be submitted electronically by October 31, 2016
- See ICA website, www.ilcounseling.org for proposal form and registration information
Make your own hotel reservations by October 12, 2016 directly with the Wyndham Hotel using the link on the ICA website www.ilcounseling.org. The group code is ICA and the rate is $99/night plus tax.

Pre-Conference & Conference Registration

Thursday, Pre-Conference Workshop
Attendees may earn 6 Continuing Education hours at the Pre-Conference.

Conference Friday and Saturday
Attendees may earn up to 12 Continuing Education hours for participation in conference sessions.

Conference Package includes: Welcome Reception; Breakfasts; Friday and Saturday Luncheons; Friday Reception; Keynote Session; All Content Sessions

Circle Pre-Conference Payment Choice

ALL DAY (circle choice & amount)
Pre-Conference:
Dr. Sherene McHenry: Strengthen Families.
Member: ................................................ $75 .................  $95
Non-member ........................................$125 .................$145

HALF DAY/FULL DAY REGISTRATION OPTION
Half Day AM: Mindfulness & Neurocounseling
Half Day PM: Confidentiality and the Law
Member: Half Day/Full Day............... $50/$75 ...... $60/$95
Non-member: Half Day/Full Day..... $70/$125........$80/$145

ICA Members
Full Conference Package (Fri & Sat) $225 $250
Friday only (includes breakfast & lunch) $135 $155
Saturday only (includes breakfast & lunch) $135 $155

ICA Member Retirees &
ICA Member Students
Full Conference Package (Fri & Sat) $180 $205
Friday (includes breakfast & lunch) $110 $130
Saturday (includes breakfast & lunch) $110 $130

Non-Members
Full Conference Package (Fri & Sat) $270 $295
Friday (includes breakfast & lunch) $155 $175
Saturday (includes breakfast & lunch) $155 $175

Non-Member Students
Full Conference Package (Fri & Sat) $220 $245
Friday (includes breakfast & lunch) $130 $150
Saturday (includes breakfast & lunch) $130 $150

Presenters/Exhibitors
Must register online at www.ilcounseling.org

Additional Tickets (each)
Friday Luncheon $50 $50
Saturday Luncheon $50 $50

Contribution for Volunteers’ Lunchees $ ______________

TOTAL AMOUNT ENCLOSED: $ ______________

Pre-Registration must be received before October 15, 2016 to take advantage of the early registration discount.

Special Needs: Contact ICA, in advance of the conference 877.284.1521

Cancellation Policy: Refunds, minus a $25 processing fee, will be made upon written request to ICA received on or before October 20, 2016. No refunds will be given for late cancellations. ICA shall assume no liability whatsoever in the event that a workshop is cancelled, rescheduled, or postponed due to a fortuitous event, Act of God, unforeseen occurrences or any other event that renders performance of this conference impracticable, illegal or impossible. This shall include, but not limited to: war, fire, labor, strikes, extreme weather or other emergency. Speakers and topics were confirmed at the time of publishing, circumstances beyond the control of the organizers may necessitate substitutions, alterations or cancellations of the speakers and/or topics. As such ICA reserves the right to alter or modify the advertised speakers and/or topics if necessary without any liability to you whatsoever. Any substitutions or alterations will be updated on our web page as soon as possible.

Continuing Education Hours: The Illinois Counseling Association is an NBCC-Approved Continuing Education Provider #2014 and may offer NBCC-approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. This program is co-sponsored by IMHCA and is recognized as providing CE Clock Hours for LPC/LCPC and LSW/LCSW (IDFPR license #159-000650, LMFT/IDFPR License #168-000148) and Psychologists (IDFPR license #268.000009) PDs are provided by ISCA through ISBE.
ICDA Career professionals will be available for consultations.

Bring your resume and questions. Schedule your appointment at the ICDA exhibit table during the ICA Conference.

Divisions will be raffling off Gift Baskets during the conference.

Tickets can be purchased at the conference registration desk.

Our annual book exchange for counselors and students. Donate books no longer used. Pick up books you want at the ICA Free Book Table.

Have a free head shot taken for your professional or personal use.

**Studio Photography** will be on hand on Friday 8 AM to 4 PM and on Saturday 8 AM to 4 PM to take your photo.

Digital copies of the photos will be available for download from the ICA website following the conference.
Free at the conference: Professional Digital Photo for your personal or professional use.

75 Workshop Presentations for up to 18 CEs or PDs for Counselors, Social Workers, Psychologists and Marriage and Family Therapists.


Two Special Half Day Workshops:
- Mindfulness & Neurocounseling: Brain-Based Approaches to Building Compassionate Understanding of Self and Others
- Confidentially and the Law