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Illinois Counselor

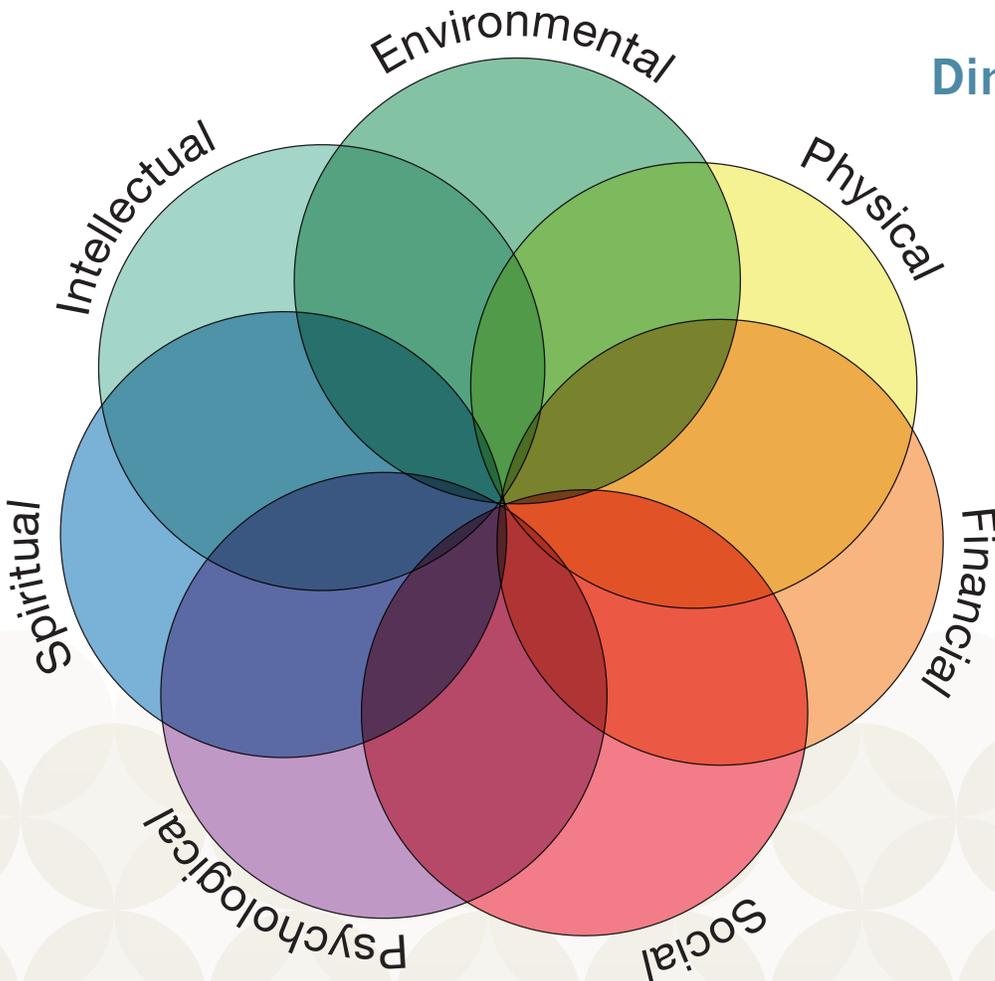
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Fall 2013/Vol 5

In This Issue:
Conference Pull-Out Section

**Balancing the
Dimensions of Wellness**

The 2013 Illinois
Counseling Association
Annual Conference
Nov. 7–9, Skokie, IL



Special Edition Annual Conference Issue



THE PRESIDENT'S MESSAGE



Dr. Michele Kerulis, LCPC, CC-AASP

Please join us on November 7-9th for the 65th annual Illinois Counseling Association conference in Skokie, IL. This year's theme is *Balancing the Dimensions of Wellness* and we will be focused on creating balance within systems, communities, families, and individuals.

We are especially interested in developing work-life balance among Illinois counselors. The conference committee has been working hard over the last year to create a conference experience you will not forget. You will have opportunities to earn CEUs during educational content sessions, time to network with new colleagues, and plenty of time to catch up with ICA friends.

I would like to offer a personal invitation to each counselor in Illinois to attend this year's conference and examine how wellness can be a part of your personal and professional lives. Taking time to examine

The 65th Annual Illinois Counseling Association Conference *Balancing the Dimensions of Wellness*

your own commitment to wellness can benefit you as an individual and can also benefit those around you. After all, if our own worlds are unbalanced, how can we facilitate balance in the lives of others? By attending the conference you will have the opportunity to take time for self-care and further your knowledge about wellness throughout systems. Conference attendees can begin with morning yoga and will have the chance to experience a walking meditation by engaging in a silent labyrinth walk.

In addition to the physical activities, we are offering an all day pre-conference entitled "Secrets of Living Long and Living Well: Practical Strategies for Counselors" presented by Drs. Jane Myers and Thomas Sweeney, two very well-known and respected authors on wellness. In addition, Dr. Myers will offer the keynote "Living Long and Living Well: Balancing the Dimensions of Wellness" on Friday morning to open the conference. Book signing events will be held after the pre-conference and after the keynote. We will have books authored by our guest speakers available for purchase at the events.

The content of the Illinois Counselor has been a special part of ICA for the last five years. The 2013 edition has articles written by talented counselors who present their perspectives on issues that are important to explore. This edition also contains registration materials and information about workshops that will be presented during the November conference. The conference theme is a reflection of my own passion to share the idea of wellness with others. When I was given the honor of being elected as the 66th president of ICA I was determined to support the

health and wellness of counselors who serve the people of Illinois. Throughout the year I will continue to distribute information related to wellness and tips on how to apply factors of wellness.

I'd like to offer a special welcome to the attendees of the 3rd Bi-Annual Leadership Development Academy (LDA), which is held in conjunction to the annual conference. LDA attendees are ICA members who show an interest in becoming involved in the leadership of ICA. The LDA will take place on Nov. 6-7th and attendees will learn about the behind-the-scenes action of leadership roles within ICA.

The Illinois Counselor is distributed to 10,000 counselors across the state of Illinois. ICA has over 2650 members who continually receive information about updated legislation, new policies, and recommendations for practice success through ICA publications. I want to thank all of our members who continue to support ICA through their commitment to outstanding counseling. In fact, ICA is one of the largest counseling associations in the nation and other states often look to us for innovative ideas and practices. It is because of you, our members, that we remain such a successful organization. I hope to meet many of you at the conference and hope to also meet new counselors who have decided to become members of ICA. Please do not hesitate to contact me or other leaders within ICA if you are interested in becoming a member or if you are interested in learning about how to become a leader within the organization. Our members are our inspiration.

I look forward to seeing you in November. Be well, **Dr. Michele Kerulis**

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P.O. Box 367
DeKalb, IL 60115
877.284.1521
Fax: 815.787.8787
www.ilcounseling.org
ICAexecdir@aol.com

EXECUTIVE DIRECTOR
Ronna Heinig, MBA

PRESIDENT
Michele Kerulis, EdD, LCPC

PRESIDENT-ELECT
Kevin Stouffer, PhD, LCPC

PRESIDENT ELECT-ELECT
Robert Walsh, LCPC

PAST-PRESIDENT
Julia Yang, EdD

Published by
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Editors
Pat McGinn, LCPC
Jessica Dyrek, LCPC

Layout
Daniel Stasi, MS
Ronna Heinig, MBA

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The Importance of *Participation in Government*

Thomas Jefferson said “We in America don’t have a government of the majority. We have a government of the majority of those who participate.”

As I write this column, CICO Executive Director and our Lobbyist, Dan Stasi, our current ICA President, Dr. Michele Kerulis and I are preparing to fly to Washington D.C. and meet with our Illinois U.S. Senators and respective U.S. Congressmen.

What are we asking for? The big item on the list is inclusion in the upcoming Medicare legislation and support for Senate bill S.562 which would include Licensed Counselors to be eligible for reimbursement under Medicare. We will be asking our Congressmen to support a similar bill in the House.

Additionally Dan Stasi will be meeting with key players at the VA and with TriCare in an attempt to encourage the VA to hire Counselors to fill current vacant positions and for TriCare to

remove impediments to Counselors being service providers.

Below you will see the impact of your participation in this process.

When we ask you to visit, call or write your state or federal legislators we are asking for your support on specific issues that impact your profession. You don’t have to be an ICA member to have an impact, but without our members support we wouldn’t be able to identify the legislation that needs our attention.

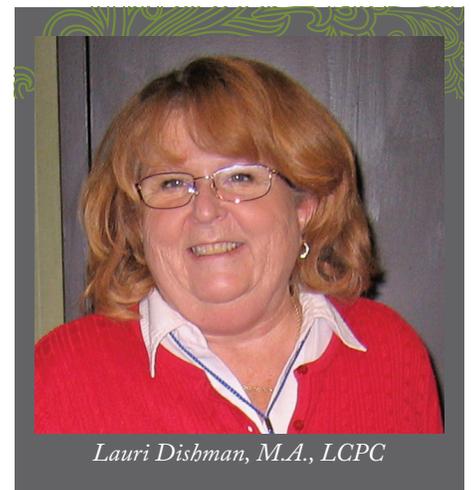
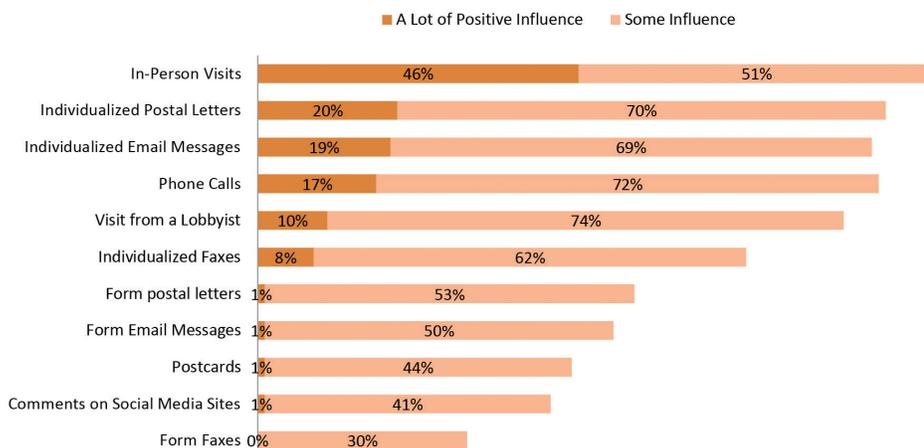
Thousands of bills are passed every year and membership in ICA assures that we are there to identify and support or oppose legislation that impacts counselors so as to keep our profession strong and jobs open.



Remember, you don’t have to go to Washington D.C. to visit your Senator or Representative. Local office visits have the same impact. You may get the opportunity to actually talk with your Representative, but even if you meet with a member of their staff, the impact is the same. Office staff are valued advisors and can have a great impact.

The next time we ask for your participation in advocating at the state or national level, remember Thomas Jefferson and be part of the majority who participates, we will be the better for it.

Congressional Contact Effectiveness



Lauri Dishman, M.A., LCPC

The Resumé

Here to Stay or Passé?

With the predominance of social media sites like LinkedIn, Pinterest and Twitter inundating the job search arena, the question often asked is, do we still need a resume? After all, can't supervisors and hiring managers just scour our on-line work profiles to determine our workplace appropriateness? And haven't the job search gurus out there drummed it into our heads to just get on LinkedIn and network, network, network?

Well despite the simplicity and convenience of social media, the resume is alive and well and plans to stick around for awhile. In fact, it has a very important role to play in the job search. According to

Martin Yate, a job development professional known for his Knock 'Em Dead series of books for job seekers, "A resume is probably the most important financial document you will ever own, when it works, the doors of opportunity open for you, but when it doesn't work, you don't either."

The resume, along with a well-targeted cover letter, is your prime opportunity to send a direct appeal to an intentionally targeted agency or practice. It is an incredibly flexible document – a major job search tool you have complete control over. It can be customized to reflect the specific skills, talents and accomplishments you have that apply directly to the position you are vying for. Your resume is a snapshot of the past that proves your worth to that organization's future.

With a good resume comes a well thought-out cover letter. Just like the resume, it too is highly customizable even more so, as here is where you speak directly to the prospective employer telling them exactly how the values stated by the accomplishments in your resume directly



reflect the ways you can help the agency or organization solve their problems, make their programs better or demonstrate the qualities you have that make you the ideal candidate. It is in the cover letter

where you answer the question, "Why should we hire you?"

Another benefit to the resume is that it can be uploaded to occupationally targeted websites where recruiters and hiring managers are scouting for candidates. In our profession, this could be sites such as PscCareers, SocialService.com, npo.net, Indeed.com, HigherEdJobs, etc. When uploaded, you want to assure your resume is search-engine optimized, chock full of key words and phrases that a recruiter or hiring manager would use to seek out candidates. For counselors, words like "case management," "client service," "individual service plans," "LCPC," "intake," and "cognitive behavioral therapy," are examples.

So then where does the LinkedIn profile fit into the picture? LinkedIn is used to back up the information you include on your resume...the place where you put your money where your mouth is. Your profile on LinkedIn chronicles your job history over your entire working life. To maximize its effectiveness, it's best to utilize it as a career portfolio; linking each

position to projects, websites, audio or video links that back up your work. Be sure too to beef up the recommendations and endorsements area so those who are checking you out recognize your value to others. To keep your job search marketing efforts well integrated, be sure to also include a link to your LinkedIn profile on your resume.

Well, there you have it. No matter how tech savvy our world has become, or how easy social media makes it to reach out and link with someone, the old-fashioned resume is not a thing of the past. It's actually a highly powerful marketing tool that could make or break your future. If resume writing is a challenge, don't hesitate to seek the help of a career counselor or professional resume writer. Visit the Illinois Career Development Association at www.illinoiscareercounseling.com to find career counselors in your area.



Lauri Dishman, M.A., LCPC

Lauri Dishman, M.A., LCPC has been a career counselor for over ten years. She manages the counseling center at Second Sense and teaches at the Chicago School of Professional Psychology. Lauri is also a past president of the Illinois Career Development Association. View her profile at www.linkedin.com/in/lauridishman

ICA's 4th Annual Southern Conference

March 14, 2014 • A Community of Counselors

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, 2013
- See ICA website, www.ilcounseling.org for proposal form and registration information

FEATURE

Dr. Carlee E. Doggan

Born: March 26, 1949

Husband: Guy Doggan, Sr.

Three Sons; a daughter in-law; two grandsons

Resides in Chicago, IL

Education

- 04/30/2002
Nova Southeastern University
EdD-Educational Leadership
- 09/1996 Adler School of Professional Psychology
(36 hours)
- 08/1992 Northeastern Illinois University
MA-Career Counseling
- 01/1982 Chicago State University
MA-Administration/Supervision of Schools
- 06/1972 Chicago State University
BA-Education

Professional Organizations

- Chicago Counseling Association
- Illinois Counseling Association
- Phi Delta Kappa Northeastern Illinois University Chapter
- Nova Southeastern Alumnae Chapter
- Chicago State University Alumnae Chapter
- NAACP-Education
- Congressional District 7, Education Task Force
Past-Communication Secretary
- Church of Christ
SED Communication/Administrative Assistant Director
- JCB Publications-Sole Proprietor

Publications

- *Old Friends & Quiet Moments* (1993)
- *Old Friends & Quiet Moments, Two* (2009)
- *Principles* (2006)

Can Childhood Obesity be linked to Obesigenic Genes or Environmental Forces?

By Dr. Carlee E. Doggan

On the heels of a second term, presidential election, President Barak Obama's wife, Mrs. Michelle Obama wants the nation to take a second look at our physical status. Although we are doing better, we are still feeling the pinch in our waistlines (death/disease). She recently visited Chicago, Illinois to promote and continue her quest for healthier lifestyles for children.

Mrs. Obama's "Let's Move!" Campaign engages parents, education leaders, medical professionals, and others to promote and provide environments that support healthy, nurturing foods and physical activity for kids.

Ironically, while searching the literature in 2010, I found that little data was available to show the rising obesity trend of our Chicago children. The earliest data available had been compiled in the year of 2009. It is good to note that new information collected for the state of Illinois by the Consortium to Lower Obesity in Chicago Children (CLOCC) over the years, prior to the White House acknowledgement of the fight against childhood obesity, had been documented in the year of 2012, just in time for our President's wife's visitation. They have shed a little light on this vital entity into the mind of the obese child/adult.

My interest in this topic stems from a lifelong, personal struggle with obesity, beginning at the age of two and developing in a greater, life threatening way, by the age of eight.

Between the ages of two and eight, activities such as jumping rope, running bases, playing tag, etc., I managed to maintain my weight; But, I believe I had the potency to be overweight from birth.

I was born on a table, which hours before had been loaded with food and drinks. My mother, who was a slim one hundred and seventeen pounds when she conceived me, was now over two hundred pounds (200 lbs), nine months later.

When a family crisis occurred at age eight, I comforted myself with food. It is at this point, I began my ascent to obesity. I reached the epitome of 600 lbs. before realizing that I had missed out on so much fun in my younger years. Riding a bicycle, roller skating, racing with peers down the street and playing hopscotch had been lost to me.

I began my journey of losing weight at the age of 45; But, stopped when trials and tribulations appeared again (environmental forces). This article is written to appeal to fellow counselors, psychologists, psychiatrists, social workers, medical personnel, ministers, educators and like-minded individuals to research the concept that obesity may not be just a physical attribute, but might have many components that contribute to this challenge, i.e. mental, emotional, social, and spiritual.

Although there are many diet plans on the market today, only a few have included a coaching/counseling entity. Weight Watchers (WW) has from its inception included the group therapy technique. It enjoyed the highest loss and maintenance status for many years.

Atkins, Jenny Craig, Nutri-System, and Take Shape for Life-Medifast, WW and a physical fitness group, Curves, have incorporated an individualized coaching system into their weight-loss systems, thus improving their users chances of taking off excess weight and keeping it off. All the programs mentioned have been and continue to be quick weight-loss solutions, but what happens to those individuals in the still of the night, when the cares of this world or the seed(s) of their eating disorder surfaces (obesigenic or environmental forces)?

Should not the important question be "What causes the obese person to eat?" What helps him/her to keep the weight off (maintenance)? Most people can lose weight, but have a hard time keeping it off.

As a former Chicago Public School teacher/counselor in elementary schools, I learned that many of my overweight children had similar issues of life: once a month over indulgences (fast foods, excessive

exposure to candy chips, pop, etc., insecurities (place to sleep, inappropriate sexual advances, etc.) and fears (being inducted into gangs, bullying, etc.). Food had become their comforter, and they had become a non-person.

In my upcoming book "Freely Eat, a Gift, from God" I reveal my journey from approximately 600 lbs to a loss of over 400 lbs and the maintenance of it for the past year. It also includes a thirty day journal to assist the reader in coming to terms with his/her fears, doubts, and insecurities surrounding weight.

Losing weight and maintaining the loss, along with exercising are very important ingredients to a lifestyle change from obesity to a right size body. Yet, a look at the emotional, mental, and spiritual elements cannot be left out of the equation.

I found this additional source of comfort in a support group of like-minded individuals, who have gone through many of the same anguishes I have in this arena. Additional research will assist in this challenge.

To those still fighting the battle of the bulge, know that it will not end when you have lost the desired poundage or become the textbook right size. It is an everyday work, but a joyful one when you submit your will to a power greater than yourself and begin to LOVE you.



1989-600lbs



2013-167lbs

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Self-Care *for Caring Professionals*

“In dealing with those who are undergoing great suffering, if you feel ‘burnout’ setting in, if you feel demoralized and exhausted, it is best, for the sake of everyone, to withdraw and restore yourself. The point is to have a long-term perspective.” ~ *Dalai Lama*

Considering all of the time, energy, and resources exhausted by professional counselors attempting to promote the welfare of their clients; counselors are faced with the ultimate paradox of self-care. When a client comes to the office with a particular issue, counselors are quick to think of any one or a number of means to help improve that individual’s well-being. We spend countless hours conducting research, allow ourselves to sometimes act as emotional punching bags for our clients, and even go to great lengths to advocate on behalf of marginalized populations; but why do so many of us not put forth the same level of effort when it comes to caring for ourselves? When it comes to the old adage “practice what you preach” why do counselors feel as though they are the exception? The truth is, we aren’t.

Like everyone else we are human beings. Though we may have superhero-like qualities in the way we impact the world, we are susceptible to the same life stressors, mental illnesses, and everything else in between. Recent statistics have shown that only about 6.7% of the world population holds any type of degree. Further, less than 3% possess a graduate degree. As most of us know, getting that degree came at nothing short of having to make plenty of sacrifices-- family, friends, relationships, time, money, hobbies, and the list continues. After school comes starting one’s career... Instead of staying up all night conducting research and writing papers, it’s time to start searching for jobs, polishing up CVs, and networking as fast and far as possible.

The new job or promotion might require moving or learning an entirely new role. Once settled in it is time to fully engage at the job site and promote the welfare of clients, groups, and entire communities in every reasonable way possible. As we take it upon ourselves to help everyone else it is important to ask the question, “Who is helping us?”

Counselor burnout is a serious problem with serious implications. As counselors are exposed to excessive and prolonged periods of stress, they begin to break down. Warning signs leading up to burnout may include but are not nearly limited to:



feeling overwhelmed, loss of productivity, an inability to keep up, helplessness, hopelessness, apathy, irrational emotions, resentment, cynicism, and disengagement. When any one or a combination of these phenomena occurs everyone loses. The client loses because the counselor is not providing an optimal level of therapy. In fact, the counselor may even conduct oneself in a manner that is ultimately

harmful. Society loses because there is one less advocate pushing the mission of the greatest good. And the counselor loses: not only professionally but personally. One’s personal, family, and social lives might become impaired. Physically, increased stress could lead toward hypertension, heart attacks, and strokes (among other health concerns). Case and point--counselor burnout is something we all want to avoid. So, how do we avoid it?

If “out of sight” means “out of mind” then counselors must keep the warning signs of burnout on their radar at all times. Recognizing these warning signs early is a great way to prevent burnout before it happens. Therefore, it is vital that counselors know who they are as people. This may require introspection. This may require counseling. Whatever it requires, though, it is important to figure out. Next, it is important to act on the warning signs before they have a negative impact. How one reacts depends on the individual and the situation. What works for me might not for you and vice versa. There is no point doing something that increases your stress, so it is important to dig deep and figure out what it is that you really need. Ride a bike, drive a car, read a book, name a star; sing a song, write a note, hum along, float a boat. Whatever it is you love to do, go out and do it!

Those old sayings, “an apple a day keeps the doctor away,” or, “you are what you eat,” certainly apply here. Food gives us the energy we need to function. It fuels the mind, body, and ultimately our spirit-- as one generally becomes cranky without adequate nourishment. Proper nutrition goes beyond counting calories; it entails close attention to what is actually inside the food. Are there vitamins and minerals inside, or are there a ton of empty calories? All-natural ingredients are healthier than additives and fillers while fresh foods are better than canned or frozen. Eating plenty of fruits and vegetables is great,

but do not forget about protein or some of the nutrients found in healthy grains. In a society that thrives off fast food and frozen dinners, eating healthy takes some planning. Healthier restaurants are always a great option, but they can be expensive. This is why planning home-cooked meals and bringing a lunch to work is a great practice. Also be sure to take the time out for a healthy breakfast and snack throughout the day as this is a great way to boost your metabolism and keep energized.

With eating healthy comes exercise (or at least it should!). Because physical activity releases endorphins, it helps people stay fit, feel young, look great, and energize. For those who have never worked out before or feel that they are way too out of shape to ever get into a rhythm, start slowly. Something as simple as taking three 20-minute walks per week is a great start. As time goes on the body adjusts and what was at one time difficult becomes simple. As such, three 20-minute walks may turn into five 60-minute walks in no time. For you weightlifters out there the same applies. It may be discouraging at first to learn that you cannot even bench a fraction of what you did in high school, but with time and effort you can get there again. Then there are those who say they do not have time to workout. The truth is that if you want something badly enough you will make time for it. Sit down and really think about your schedule and where you can make adjustments. If you really are that busy then make an effort to do little things that add up. These include: parking at the far end of the parking lot, taking the stairs instead of the elevator, standing up and stretching every once in awhile, just walking around wherever you are, and so on. Though none of these activities alone will equate to a full workout, doing a combination of the above will certainly make a difference.

Secretary to Counselor: "Doctor, there is a patient here who thinks he is invisible."

Counselor: "Tell him I can't see him right now."

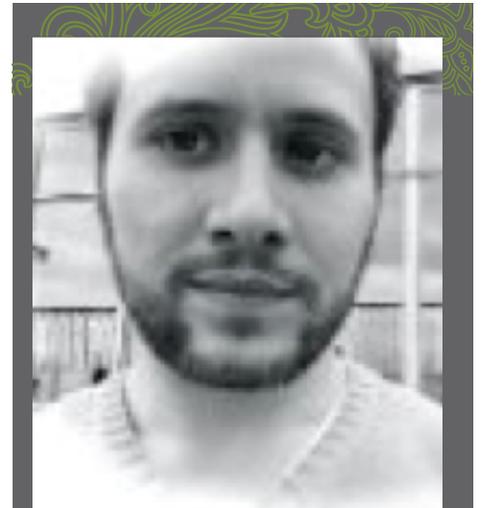
Hopefully you got a little chuckle out of that cheesy counselor joke. If you did, your mood slightly elevated in that moment. If you did not, then I most certainly apologize. Like exercise, humor releases endorphins in the brain. The more we laugh, the better we feel. Taking it further, just 15 minutes of laughter a day burns somewhere in the area of 10-40 calories depending on how hearty the laugh. Combine that with the diet and exercise discussed above and BAM! you are in great shape! In all seriousness, it is important not to take oneself too seriously as a professional. Constantly being on guard will eventually wear you down. Further, it may prevent you from giving off that warm, genuine vibe.

Relaxation and time management go hand-in-hand. If one manages time properly, it becomes easier to fit in time for relaxation. Relaxation is key to alertness and the ability to make good judgment calls. A lack of it may lead to poor judgment and irritability. Aside from sleep, relaxation is something that varies from person-to-person. While some people relax through yoga, meditation, or prayer; others relax by reading a book, watching a movie, or going out for dinner. You know yourself best, so be sure to partake in whatever you find relaxing in whatever frequency necessary (within reason) so that your life is still enjoyable. The energy saved and replenished through relaxation will help you adhere to a realistic, manageable schedule. When people feel good, they perform at their best. When it comes to time management this means that time will be maximized through efficient work. It also makes it easier to multi-task, a skill that any good counselor needs to master. Remember, however, that none of us have superhuman abilities. We can only do so much at a time, so be sure not to bite off more than you can chew or else it may come around to bite you back. Learn to just say "no" sometimes and be comfortable with it.

In the end what it really comes down to is being aware of and practicing the little

things that we already know are healthy. The ability to help others starts by helping oneself. If everything becomes too much to handle, be sure to lean on others. Supervisors, mentors, loved ones, peers, colleagues, and others are an excellent support system. If that is not enough, seeking personal counseling might be the answer. Whatever the case may be, remain cognizant of burnout. After all, it would be a shame to lose sight of and direction over that dream that got you here in the first place.

By: Matt Glowiak, MS, NCC, LPC



Matt Glowiak, MS, NCC, LPC

Matthew V. Glowiak, MS, NCC, LPC, is an addictions counselor at Stonybrook Center methadone clinic in Winfield, IL. Additionally, he is in the dissertation phase of his doctorate in the philosophy of Counselor Education & Supervision at Walden University. Over the past several years Matthew has co-authored a qualitative study in *ACA Vistas* (2011), has contributed in multiple textbooks, is a graduate student committee member of the ACA, is a community engagement committee member for CSI International, and is advocating on behalf of addictions populations. Significant goals as a professional include: running a private practice specialized in addictions and counseling children/adolescents, publishing, achieving tenure at a major university, and serving on various state and national organizational committees.

Chipping away *the concrete shell*

Last year, while putting my oldest daughter, Bella, to bed, she asked me a strange question: “Mom, you know that famous quote that you always say about your life? Who is the author?” She explained that in her sixth grade language art class they were discussing different life philosophies and her teacher inquired whether they had a certain moral code or a principle that they want to live by. Bella raised her hand and said that her mom “wants to be of maximum service to her fellow human beings” and that she wants to be like that too when she grows up. Mrs. Lipshutz, her teacher, liked the motto and wondered where it came from, so Bella was now asking me. I’ve explained that the quote was from the book of Alcoholics Anonymous, and that I often hear it at my meetings, and that she has my permission to share it with the teacher.

As I kissed her “good night” and turned off the light in her room, I was overwhelmed with the feeling of gratitude for this moment. I had been recovering in a 12 step fellowship for the past nine years and had been sober for the majority of Bella’s life, but I never realized that she had remembered and even accepted some of the principles that had become so important for me in my recovery, my journey to an authentic self and, most importantly, my role as a mother. While my attendance at meetings had been a normal part of her growing up, until this moment in her bedroom I didn’t think that my oldest daughter showed any interest in that part of my life—in fact, I remember quite a few raised eyebrows, rolled eyes and theatrical sighs while I engaged in “recovery speak” to her and her younger sisters.

Bella is my greatest critic; she not only notices but immediately and happily points out my faults, my lapses, mistakes and oversights. She is also my most transparent “mirror”—any transgression, misjudgment or falsehood is immediately reflected upon, examined and swiftly addressed to me with vengeance in a form of her

own, often far more elaborate, acting out. Whereas my two younger daughters are easily forthcoming in outward expressions of their love for me and often bestow lavish compliments on my mothering skills, Bella’s most generous sign of approval is lack of criticism and an occasional half-grin. She makes me try harder not only to be a better mother to her and her sisters, but to be a person that she would one day hopefully want to be like, something that I have to keep in mind and consciously work on every day of my life.

Over the years in the program I’ve heard many different reasons why people come to twelve step support meetings. Some do so to lose weight, some are suffering from an eating disorder, others cannot stop eating compulsively and are addicted to certain foods. There is a saying in the program: “Came for the vanity and stayed for the sanity.” In my case, however, it was the opposite: although at my first meeting I was sixty pounds overweight, barely squeezing into size 18 clothes, I did not come to lose weight. I came because it was my last resort to become a sane parent.

Bella still remembers the time when I was using food as a drug and what she called “a mommy monster” came out. I was so consumed with my losing battle with bulimia and the compulsive overeating that

had taken away over a decade of my life, that I was constantly angry, even rageful, lashing out at my three year old baby for a minor misbehavior and often completely without provocation. I hated myself at those moments and often had autoscopic experiences where a part of me would calmly watch my raging self from above and wonder: why am I screaming? Why am I so angry? How can I be hurting my little girl so much? After the “episode” was over, I’d curl into a ball in the corner of the room, cry the tears of helplessness and shame and hear her whispering quietly: “Mama is the monster gone now?”

It was those moments and the picture of her scared face etched forever in my brain that propelled me to seek a different solution. Although I’ve tried numerous popular weight loss techniques and programs before and was successful, at times, in achieving outward victory in dieting, my “insides” were still the same—insecure, angry, resentful and miserable. A support meeting was my last resort. I was looking for a miracle: to stop obsessing about the food and my body and become a loving, sane and caring parent to my daughter. From the first meeting I worked the program as if my life depended on it and, slowly, I started seeing results. I began following a food plan, attending meetings regularly and started “working the steps” by completing writing and action assignments and discussing them with my sponsor. As my body - both inside and outside - started releasing the pounds and slowly recovering from years of physical overexertion and abuse, my emotions needed healing as well. Working with the sponsor helped, but I felt it wasn’t enough, so I decided to seek outside help.

Since my first session with a therapist almost nine years ago and six different therapists later, my understanding of the counseling profession has evolved to include many different aspects, but the most basic, a soul doctor, has remained steady. Every client has different goals for therapy and it’s the job of a counselor to help them understand what these goals are and get on a path of achieving them. Whether it’s realizing one’s potential, seeking tranquility, achieving job satisfaction, seeking work/life balance, obtaining stronger boundaries with significant people in one’s life or, in my case, becoming a more loving, caring and effective parent, professional coun-

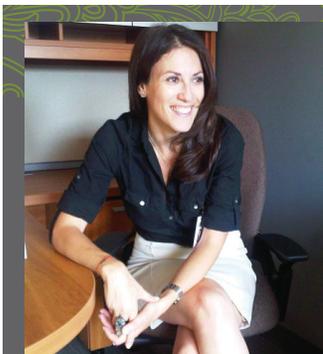


selors have the privilege and ultimate responsibility of guiding their clients towards the path of their individual fulfillment.

Perfection was a virtue that both my parents, but especially my mother, taught me to value higher than honesty, character, wisdom or self-respect. Born and raised in a socialist society by two devoted atheists, I grew up worshipping a peculiar mix of intellectual materialism: the importance of being smart, well-read, and politically aware, but also well-connected, good-looking and fashionably dressed. Appearing put together on the outside was considered more important than feeling content on the inside, and the question, “how are you feeling?” when translated into Russian has only one meaning: one’s physical condition, never an emotional state. Seeking counseling for someone without a severe mental disorder is frowned upon in my community of origin, looked on as a weakness, a sign of being spoiled and is even ridiculed as something that “those crazy Americans” do out of sheer boredom and lack of ingenuity. I believe that part of my decision to become a counselor was influenced by my desire to continue breaking such stereotypes, both among Russian-speaking Americans and other communities with a similar outlook on therapy. My significant weight loss and physical changes have brought about numerous inquiries from both strangers and acquaintances, and I attempt to use the opportunity to talk about not just my new way of eating but a new way of looking at life and my recovery.

After many years of putting up appearances and trying and failing at the impossible task of looking perfect on the outside, I felt as though I had grown a layer of thick invisible concrete over my skin that did not allow anything real or vulnerable to come out or be let in. Since starting on my quest for emotional wholeness, I’ve been slowly and shyly chipping away the concrete shell by attempting to relate to people in my life in a different way, by being vulnerable. Recognizing my own imperfect self has freed me not to expect perfection from others and, instead, to treat people with kindness, compassion and acceptance. I used to think of authenticity as a quality, much like a sense of humor, that one was either lucky to be born with or didn’t have. I now believe that authenticity is a collection of choices that I have to practice daily and consciously—like kindness and integrity—to show up and be real and honest, to continue letting go of self-doubt and shame.

Ten years ago, when asked, as a new mother, what I’d wish for my daughter to have and become when she grows up, my answer would include a standard combination of outward success: “happy family, interesting career, financial stability,” things that my parents had always expected of me, and any typical Russian parent wishes for their child. After starting on this journey to self-discovery, my answer to this question has changed and evolved to include kindness, integrity, compassion, a sense of justice, intellectual curiosity, the quest for authenticity and the ability to love. My wish for my daughters to have these qualities reminds me to practice them daily in my own life.



Nadia Greenspan

Nadia is a graduate student in counseling at National Louis University and works as a clinical outreach manager at Hazelden Foundation. Her dream is to work with groups in helping people find recovery from addictions, and her most challenging and rewarding job in life is being a mother to three beautiful and strong young women.

Chicago Counseling Center, Inc. 1/8

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Kendra Crowell-Hurd, MA

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FEATURE

Emotional *Hoarding*

In the 22 years I have been in practice, people have come to me with laundry lists of problems, hurts, concerns, etc. "I just can't let go of this, I don't know how!" How many times in all our practices do we hear this or something similar from our clients? I know I have heard it many times and yet, I was not always able to respond in a very helpful way.

Recently, I was meeting with a client who made that same statement and I asked that person if they might be an "emotional hoarder"? At first, they laughed, and then, with wide-eyes, replied, "Yes, I am." This client then almost began to cry because the idea resonated so strongly within her. I cannot tell you why that particular phrase came to mind, but it was so appropriate for the situation and it was something this client could relate to on an intellectual and emotional level.

So what is "hoarding"? It is defined as a pathological or compulsive behavior characterized by: acquiring and failing to dispose of items that have little or no value; significant cluttering of one's living space so that it is no longer able to function as workable living space; and causes significant distress or impairment of work or social life. Many people have a fundamental idea of hoarding because of the television program focusing on this issue and clearly there is an emotional issue surrounding this behavior.

I am defining “emotional hoarding” in a similar way. People tend to hang on to old hurts, slights, anger, and other negative feelings. Those feelings begin to pile up in the person’s psyche and clutter the emotional space in such a way that those feelings cause distress to the individual and interfere with relationships with others. Even when people become aware that they are hanging on to old “stuff” that is not useful, they have some difficulty in allowing it to go.

I am always looking for ways to help clients transform things that are bothering them into ways they can improve and I am sure that is true for all of us in this profession. As I have discussed the idea of “emotional hoarding” with several of my clients, we have worked together to come up with some basic ideas about this concept. Do we “hoard” negativity for some reason? Is this intentional or subconscious? As clients began to dialogue about what they have



been hanging on to for a period of time, they have also been more open to exploring why they hang on or what purpose these old thoughts and feelings may serve or what could happen if they let go of this old stuff.

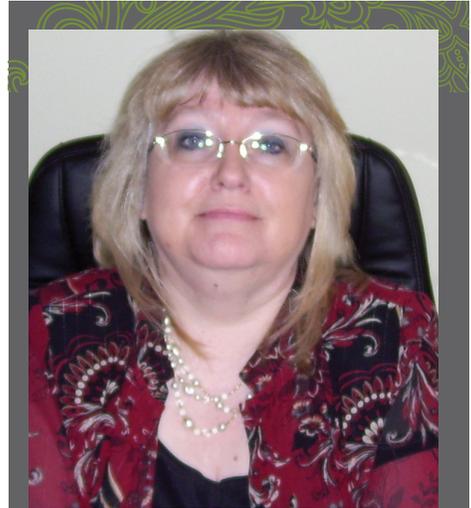
One client, in particular, embraced this approach. It just so happens that she watches the television show “Hoarders” regularly and so she began researching hoarding in general. This client has come in to several sessions with increasing insight regarding what she has been hanging on to in her own situation and how she believes that these old thoughts and emotions may have “worked” for her at some level over the years. She has also begun to let go of some of the old “hoarded” emotions and thoughts and is showing excellent progress. As

she feels better, she is encouraged to keep moving forward and as her therapist, this is wonderful to see.

As counselors, we are aware that the old thoughts and emotional hurts that people carry around, don’t hurt anyone but the person carrying them, and we are often looking for some way to help the client be able to “let go” and move forward. I have found that if my clients are able to engage the term “emotional hoarding” and it allows them a different perspective and it may also open up new ways for them to relate to the old “stuff” and find creative ways to let it go once and for all.

I am cognizant that as we are moving old negative thoughts and feelings out, we need to replace them with something more positive and useful to the client. As they are developing more positive thoughts and behaviors to use, they are less likely to return to the old thoughts/behaviors that were causing them strife. Perhaps at this point, clients can begin to forgive and be kinder to themselves and others which also moves negative or destructive thoughts/behaviors out by replacing them with the more proactive useful thoughts/behaviors.

If you have clients who are struggling with letting go of things, try this approach. By using different language, we may be able to strike a chord within our clients that we had not been able to hit before. When you see a spark in your client, and they are willing to examine and dialogue this way, that is when real change begins to happen.



Karen V

Karen Vathauer, LCPC, BCPC has been a counselor for over 20 years. She has worked in mental health centers and private agencies and has experience in a variety of personal and family issues. Karen has been in private practice since 1998 and has specialized in working with family issues including divorce issues, marriage enrichment, anger management and mediation. Karen recently presented a session on “Thriving to 100” at the Illinois Counseling Association’s annual conference.

Karen can be heard once a month on WTIM-FM, 97.3, the Taylorville radio station as part of a live broadcast where listeners are encouraged to call in and participate in the program. This is on the 3rd Thursday of every month at 9:00 AM. You can get more information at taylorvilleailynews.com.

Karen is a Board Certified Professional Counselor as well as a Licensed Clinical Professional Counselor and uses a variety of tools and techniques to help people cope with the issues that life sends our way in a positive manner.

Karen is a member of the American Counseling Association, American Psychotherapy Association, American Psychological Association, Illinois Counseling Association and the Illinois Mental Health Counseling Association.

“Karen is also an adjunct faculty member at Richland Community College and teaches psychology and sociology.

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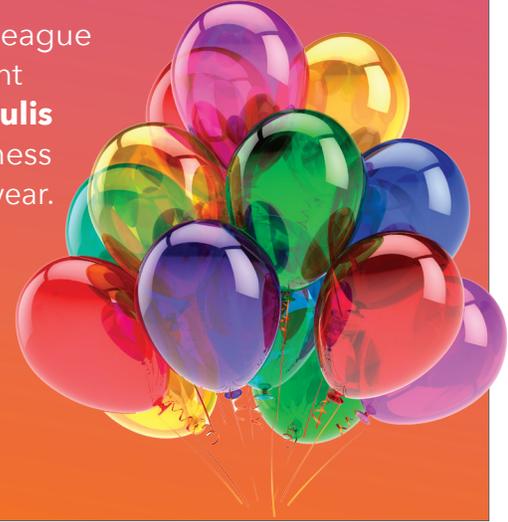
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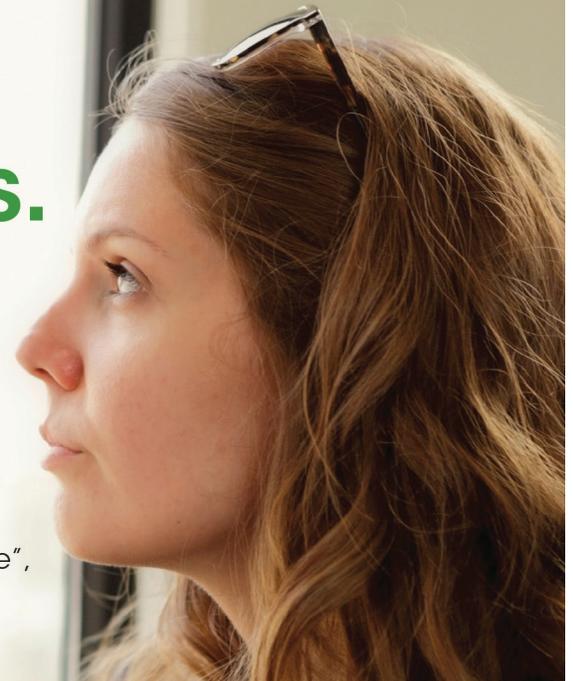
We wish our colleague and ICA President **Dr. Michele Kerulis** a wealth of wellness and success this year.



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The Couple:

Spirituality and Wellness

Spirituality is at the core of the wellness model and has received some attention in terms of how couples function and their quality of life together in the course of their relationship.

As therapist in private practice for almost 20 years we have seen couples experience many hardships however we've also witnessed how their spirituality has developed their resilience. Most counselors are aware of the role of spirituality as being essential when treating life's challenges. For instance, the Big Book used in AA support groups states, "The Twelve Traditions, number 2: For our group purposes there is but one ultimate authority – a loving God as He may express Himself in our group conscience" (Alcoholics Anonymous, p. 595). Spirituality is also used in grief counseling to comfort those at each stage of their loss. Spirituality can also be effective when treating couples.



In our experience, the couples counseling process is most effective when it develops insight, empathy, and knowledge about why we do the things we do. Genograms and relational assessments are used in this process. A spiritual inventory is also used to identify what changes would improve the quality of life for individuals. Fear is often at the heart of the defenses and strategies one uses to cope with the stressors of life. A couples' spiritual beliefs helps them to overcome the fear associated with internal struggles manifested by their

relationship, and helps to develop a greater sense of hope and wellness. Integrating the client's spirituality into treatment planning, individually and as a couple, develops insight and empathy by revealing each partner's motivations, drives, and sources of angst that emerge out of the interactive process in the relationship. These underlying motivations become sources of conflict in the couple's relationship. Spirituality emphasizes faith, forgiveness, self-awareness and helps to develop emotional awareness that challenge internal peace. The belief that there is a power external to one's self that can help to protect and guide you through life offers hope.

Forgiveness and other spiritual qualities help couples to cope with many of the modern day challenges. Today many couples face difficulties in blended families where resentment, guilt and loss is often present. As a couples therapist infidelity is another of the most common reasons why couples seek counseling. Spirituality often helps couples to forgive and change or terminate an abusive relationship. Greater esteem and optimal emotional well-being helps couple to develop the power to change their lives using their own spirituality.



Cathy Gilham

Dr. Gilham is a Licensed Clinical Professional Counselor in Illinois and a Nationally Certified Counselor. He specializes in marriage and couples counseling. He conducts workshops in Blended Families, Infidelity, Marital Communication, Oppositional Defiant Disorder, among many others. Dr. Gilham holds a doctorate in Counselor Education. His is the Director of Training in the Masters of Arts in Community Counseling Program at Argosy University-Chicago. He teaches courses in community counseling, counselor supervision, consultation, couples and family counseling, and practicum and internship. He is a member of the Illinois Counseling Association.

Cathy Gilham is a graduate of the University of Chicago's School of Social Services Administration masters program. She is a Licensed Clinical Social Worker (LCSW) for the states of Illinois and Indiana. Mrs. Gilham is a Certified Alcohol and Other Drug Counselor (CADC). Cathy Gilham has supervised the work of graduate level clinicians since 1998. She also provides field instruction for clinicians in graduate level programs. Since 1996, she has provided psychotherapy for individuals, children, adolescents, families and couples. She conducts trainings and workshops on parenting, substance abuse, mental health assessment, diagnosis and treatment planning for adolescent and adult clientele. Cathy Gilham has provided Effective Parenting instruction for women in Kankakee Minimum Security Prison and counseling for pastoral referrals. Ms. Gilham is a certified mediator for Lake County Indiana.

PRE-CONFERENCE



Dr. Myers has been a faculty member at UNCG since 1990. Her professional interests include wellness for persons of all ages and cultural backgrounds, mid-life and aging issues, assessment, and counselor education. With her husband, Dr. Tom Sweeney, she co-authored and edited *Counseling for Wellness: Theory, Research, and Practice* (2005) published by the American Counseling Association. This book describes

two counseling-based wellness models, assessment instruments, and over two decades of wellness research by multiple authors. The book also provides tangible suggestions for applying the wellness models in education, community services, and business and industry settings.



Dr. Sweeney has authored numerous publications including books, monographs, book chapters, research reports, and articles. Besides the fifth edition of his book, *Adlerian Counseling and Psychotherapy* (2009), he is co-author of Ivey, Ivey, Myers, & Sweeney, *Developmental Counseling and Therapy; Promoting Wellness Over the Life Span* (2005), co-author and editor, Myers & Sweeney, *Wellness Counseling: Theory, Research, &*

Practice (2005) and co-author and editor of the ACES award winning book (2013) with Chang, Barrio-Minton, C., Dixon, A., Myers, J.E., and Sweeney, T.J. (Eds.) (2011) *Professional Counseling Excellence through Leadership and Advocacy*.

Secrets of Living Long and Living Well: *Practical Strategies for Counselors*

November 7, 2013

Illinois Counseling Association

Jane E. Myers, Ph.D., LPC
Professor

University of North Carolina at Greensboro

Thomas J. Sweeney, Ph.D., LCC
Professor Emeritus

Ohio University

Wellness is a way of life oriented towards optimal health and well being in which body, mind, and spirit are integrated with a goal of living life more fully. The presenters will provide an overview of their findings from over 30 years of research as a foundation for helping counselors identify our strengths, as well as our growing edges for greater wellness. Participants will have the opportunity to assess their wellness, reflect on lifestyle habits that promote or detract from wellness, and develop strategies for increasing wellness. Recent findings on heart-based biofeedback and neuroscience will be introduced to help counselors expand awareness of the holistic nature of functioning and the practices that will enhance our goal of achieving high level wellness for ourselves and our clients.

WELL-come! Before we Begin: Reflections and Self-Assessments

The Secrets of Living Long and Living Well
The Wheel of Wellness

Wellness Research, Wellness Findings: The Indivisible Self

Meaning, Purpose, Spirituality: Finding our Core

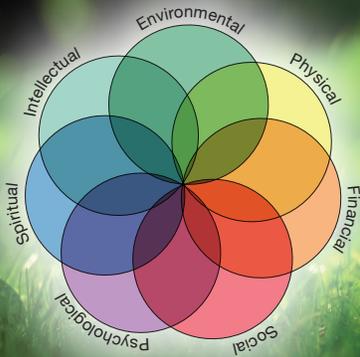
Destressing on Demand: Heart-Based Responses to Life

A Letter to Me

CONFERENCE

Balancing the Dimensions of
WELLNESS

The ICA 66th Annual Conference



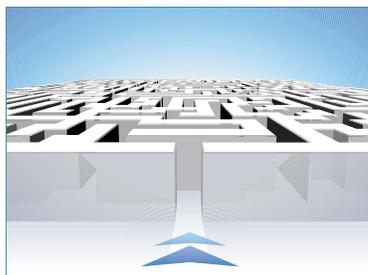
The Hotel:

The Holiday Inn North Shore is located at 5300 W Touhy Ave, Skokie, IL 60077. (847)679-8900.

Conference Rate through October 22nd : \$95 + taxes per night. Reserve rooms by calling the hotel and using the ICA2013 group identifier. The hotel has an indoor pool and spa, and an exercise room.

Conference Activities:

Learn: Thursday Pre-Conference full day workshop and Friday Keynote featuring well known wellness authors, Jane Myers and Thomas Sweeney, with book signing following presentations. 63 fantastic workshop presentations and 20+ poster sessions. You can earn up to 19 CEs for the 3 days!



Feast: Thursday and Friday Receptions, and Friday and Saturday Continental Breakfasts and Lunches.

Fun: Walk the Labyrinth, enjoy a Yoga session, get a Chair Massage or a Career Consultation. Exchange Books, win Gift Baskets, play Exhibitor Bingo and Network with your fellow counselors.

2013 Conference Schedule of Events

19 CEs for

LPC's, LCPC's, LSW's, LCSW's & LMFT's

Wednesday, November 6

Leadership Development Academy

5:30 pm Dinner & Welcome

7:00 pm LDA Activities

Thursday, November 7

7:30 am LDA Activities all Day

8:00 am Pre-Conference Registration

9:00 am Pre-Conference Workshop

12:00 pm Lunch (on own)

1:00 pm Pre-Conference resumes

4:00 pm Workshop Concludes

4:15 pm Myers & Sweeney Book Signing

5:00 pm ICA Governing Council Meeting

7:30 pm Welcome Reception

9:30 pm Activities Conclude

Friday, November 8

7:00 am Main Conference Registration

7:30 am Continental Breakfast

8:00 am General Session

9:30 am Keynote Book Signing

9:45 am Morning Content Sessions Begin

11:45 am Lunch

1:30 pm Afternoon Content Sessions Begin

4:45 pm Division Meetings

8:00 pm Evening Reception

Saturday, November 9

7:00 am Yoga

7:30 am Main Conference Registration

7:30 am Continental Breakfast

8:30 am Morning Content Sessions Begin

11:30 am Lunch

1:00 pm Afternoon Content Sessions Begin

4:00 pm Conference Concludes

Register online at www.ilcounseling.org

KEYNOTE

Living Long and Living Well: *Balancing the Dimensions of Wellness*



Jane E. Myers, Ph.D., LPC

University of North Carolina
at Greensboro

Wellness, a strength-based, holistic approach that defines the uniqueness of the counseling profession, is a philosophy of life that is equally as important for counselors as for our clients. In fact, it takes a well counselor to help a client be well! With so many components of wellness to master, we are challenged to achieve and maintain balance while learning and practicing the various dimensions. This session will provide an overview of the dimensions of wellness and consider the importance of balance for living life fully and well.

POSTER SESSIONS

Title Lead Presenter Credentials

Friday:

The impact of microaggressions on wellness: Preliminary qualitative findings	Theresa Segura-Herrera	PhD
Examining the Impact of Personality D Traits of College Students with and without Disabilities	Jenna Reid	BS
The Impact of Social Media on Couple Fidelity	Robin Shannon	BS
Test Anxiety Interventions for Adolescents Preparing for the ACT: Gum Chewing and Relaxation Strategies	Heidi Larson	PhD
Integrating Social Wellness and Encouraging Student Cohesion in a Non-Cohort, Master's Level Counselor Education Program	Lauren Brandt	BA
Emotional Wellness	Kermita Washington	EdD Candidate
Discouragement, Disorder, and Development: Social Interest as Criterion for Mental Health	Rieko Miyakuni	MA
Cultural Awareness Group For Students	Alen Ibrahimovic, Kelly Phelan, Paige Hochstatter	BS
Counselors in Training on a "Cultural Awareness Group For Students Cultural Plunge": The Impact on Self and Other Awareness	Danielle King	BA
Children's Experiences while Receiving Services from a Homeless Agency: Contextual Factors and Advocacy	Sonya Lorelle	PhD
An integrative "well approach" to an "un-well" body	Rebecca Tadlock-Marlo	PhD

Saturday:

Acupuncture in the Treatment of Depression and Anxiety	Susan Arnold L.Ac	BA
Creative Approaches to Counselor Supervision Groups	Dr. Ryan Hancock	LCPC NCC PhD
Balancing Dimensions of Wellness: Strategies for Counseling Interns and their Supervisors	Amber Randolph	NCC PhD
Using Mindfulness Techniques in Treating Children and Adolescents with Trauma	Adrienne Martino	CADC
Poster Presentation: Internet Gaming and Adolescent Identity Development	Leslie Contos	BA
Opiates: From "Harmless" Pills to Lethal Injections	Matthew V. Glowiak	LPC
Games in Play Therapy	Amanda Rice, Aaron Hale, Angela Yoder	BA BS HSPP PhD
Cognitive Behavior Therapy & Its Applications with Children in Medical Settings	Allison Schieferle Uhlenbrock	BA
Art Therapy with Children and Adolescents	Regina Maj	BA
Passing the Baton: Providing Training, Guidance, and Mentorship to New Counselors	Danessa Carter	LPC MS

Title	Lead Presenter	Credentials
Friday:		
10 Strategies to Teach Social & Emotional Skills to Even the Most Struggling Youth	Christian Moore	LCSW
50 Shades of Stress: Stress and the Veteran Population	Serena Wadhwa	CADC LCPC
Attending the Beck Institute for Cognitive Behavior Therapy: Personal Reflections and Professional Implications	Justin D. Lauka	ACS LCPC NCC PhD
Beyond Success and Failure: Life Tasks and Wellness	Julia Yang	NCC PhD
Child-Senior Relationship Training: An innovative approach for school counselors	Angela Yoder	PhD
Create Wellness, Lower Anxiety: Pairing Music & Mindfulness to Emphasize Client Strengths	Louise Dimiceli-Mitran	LCPC
Creative Growth for Change: Wellness Using Equines	Sandra Kakacek	EdD
Cross-Cultural Facilitation: Unique Skills to Enhance Rapport Building, Group Process, Social Justice, and Breaking Down the Isms	Kimberly A. Hart	MSEd
Depression, Social Support, and Older Men	Robert F. Bracki	PhD
Designing Prescriptive Action for Change	Bob Musikantow	PhD
Developmental Counseling and Wellness	Denis Ferguson	LCPC
DSM5	Fran Giordano	PhD LCPC
Expanding Your Private Practice with Contracted Therapists	Robert Walsh	LCPC
Exploring & Experiencing Labyrinths	Neal Harris	LCPC
Helping Couples Be More Intentional In Their Marriages	Kara Zimmerman	LCPC
Helping the Lonely Client Regain Balance	Deb Majewski	LCPC
Incorporating the Dimension of the Body: A Structured Approach to Body-Inclusive Interventions	Francine Kelley	LPC SEP E-RYT
Indigenous Wisdom Traditions: Wellness Foundations for Group Member Development	Christopher Rybak	PhD
Latino/a Gangs from an Ecological Perspective: Fighting for Wellness	Hector Torres	PhD
Mind, Body and Spiritual Needs: A Mindful Art Making Approach to Wellness	Melissa Hedlund	MCAT, ATR-BC, LCPC
RAMP Your Way to Leadership and Credibility: The Collateral Benefits of the ASCA Model	Mary K. Pinski	EdD
Relax-Mindfulness, Meditation and Reiki	Karen Vathauer	LCPC LPCC MA
Shifting Paradigms: Moving From Academic Silos To An Integrated College Counseling System	Therese Chavaux Turnbull	PhD
Social justice and counselor training	Teresa A. Fisher	PhD
Spiritual Wellness	Yonah Klem	EdD LCPC
Strengths-Based Counseling 2.0: Continuing the Discussion.	Jeffrey Edwards	EdD
Suicide and Helping Students find their Essence	Ray Piagentini	TYPE 73
The ABC's of Eating Disorders: Understanding the Core of ED's	Amy Grabowski	LCPC
The Use of Wellness Interventions in Overcoming the Brain Disease of Addiction	Mark T. Blagen	PhD
Therapy and Beyond: Apply Counseling Skills to Corporate America	Norm Dasenbrook	LCPC
Understanding the Special Needs of the Elderly	Diane Cinnick	CADC LCPC MA
Update on Legislation for School Counselors In Illinois	Toni R. Tollerud	ACS LCPC NCC NCSC PhD TYPE 73
Wisdom to Know the Difference: Accentuating the Positive When it Comes to Career	Lauri Dishman	LCPC

Title	Lead Presenter	Credentials
Saturday:		
A Social Justice Approach to Strategic Planning: Creating Relationships for Wellness through Collaborative Engagement	Justin Lauka	PhD
Acceptance Based Treatment of Generalized Anxiety Disorder	David Carbonell	PhD
ACT for Improved Supervision: Enhancing Counselor Trainees' Psychological Flexibility	Nona Wilson	PhD
Balancing the Dimensions of Wellness	Michele Kerulis	EdD LCPC
Benefits of Peer Study Groups for Therapists	Jay Einhorn	PhD
Cleats to Combat Boots: Post-injury Psychological Interventions for Today's Veterans	Michelle Abruzzo	BS
Counseling Lesbian, Gay, and Bisexual Clients: Knowledge, Attitudes, and Skills	Joseph A Campbell	LCPC NCC PhD Candidate
Cultural Perspectives on Grief and Healing	Eric Dutt	LPC
Cutting, Suicide, and Music, Oh My: Teens Share their Inner Worlds through their Music	Charles E. Myers	ACS LCPC NCC NCSC PhD
Developing Strength and Resiliency from Trauma: Integrating an Innovative Emotional-Based Model into Counseling Practices	Kent B Provost	PhD
Developing Wellness in the Blended Family	Nathaniel Gilham	NCC EdD
DSM5	Dave Castro-Blanco	PhD
Embedding Counselor Wellness in a Threat Assessment Model	Vince Walsh-Rock	LCPC MS TYPE 73 TYPE 75
Exploring School Counseling Impact in Illinois	Ken Oliver	PhD
Focus Pocus	Karen Vaththauer	LCPC MA
Helping Our Clients Die Well	Julie M. Milne	PhD
Historical Trauma and the African American Family: Restoring Wellness Through Culturally Sensitive Counseling	Linda Robinson, Psy.D.	LCPC
Impact Counseling	Carl Olson	
Indigenous Healing: A Traditional Ghanaian Approach to Counseling	Papa Adams	BS
Integrating Psychodrama Principles and Techniques into Group Counseling	Michael Villarreal	BA
Meeting the Needs of Teens in Crisis: When School and Clinical Mental Health Counselors Collaborate	Charles E. Myers	ACS LCPC NCC NCSC PhD
Please Pass the Salt: Challenges and Opportunities for "Related Counseling Programs" seeking CACREP accreditation	Francesca Giordano	PhD LCPC
Providing Supervision for School Counselors: An Assessment of Need for Training in Illinois	Charlie Myers	PhD LCPC NCC NCSC ACS RPT-S
Put That Bass In Your Walk: Queer Clients and Internalized Heterosexism	Francesca Giordano	PhD LCPC
Self-Care: Why Is This Important as Counselors?	Christina Jackson-Bailey	PhD
Sharing What we Know: Professional Development Using Webinar Technology	Serena Wadhwa	CADC LCPC PhD
The Heroic Journey: Using Music, Art, Journaling, and Meditation in Self-Care	Stacey Patterson	LCPC MT-BC
The Human Magnet Syndrome	Ross Rosenberg	LCPC
The Impact of Trauma Work: Attending to symptoms of vicarious trauma	Ann Friesema	LCPC
The Mindful Otter: The Practice of Mindfulness with Children	Matthew Stanley	LPC
Understanding the Polyamorous Client	Stephen Dynako	MA
What We Eat and How We Think	Tina Musselman	LPC RD CCN
Why Love is Blind but Marriage is Eye-Opening: Understanding Attraction	Lindsay Bicknell-Hentges	PhD
Working from Home: Secret to Work/Life Balance or Intrusion?	Katie Miley	EdD
Working With Cancer Survivors/Psychosocial Oncology	Paul Vander Sande	LCPC
Working with Traumatized Children Using Play Therapy Interventions	Mary Alice Wentling	LCPC
Workplace Bullying: What is it? Why should we care? How can we help?	Judy Skorek	EdD

Pre-Conference & Conference Registration

Pre-Registration must be received before November 1, 2013 to take advantage of the early registration discount.

Make your own hotel reservations by October 22, 2013 directly with the Holiday Inn, Northshore. Use group code Illinois Counseling Association. ICA Room Rate: \$95.00 per night + tax. Phone hotel 847.679.8900.



Name _____

Street/Credit Card Billing Address _____

City _____ State _____ Zip _____

E-mail _____

Phone (H) _____ (W) _____

Card Number _____

Expiration Date _____ CVV Code _____

IDFPR License # _____

ICA Members Only: Mark only one. The division you mark will receive a portion of your registration fee.

- | | |
|--|--|
| <input type="checkbox"/> IAACE Assessment | <input type="checkbox"/> ICDA Career Development |
| <input type="checkbox"/> IAADA Adult Development | <input type="checkbox"/> ICES Counselor Educators |
| <input type="checkbox"/> IACF Couple & Family | <input type="checkbox"/> ICSJ Social Justice |
| <input type="checkbox"/> IALGBTIC LGBT Issues | <input type="checkbox"/> IMHCA Mental Health |
| <input type="checkbox"/> IAMC Multicultural | <input type="checkbox"/> ISCA School Counselors |
| <input type="checkbox"/> IASGW Group Specialists | <input type="checkbox"/> ISERVIC Spirituality & Religion |
| <input type="checkbox"/> IACAC Children & Adolescent | <input type="checkbox"/> IALGBTIC LGBT Issues |
| <input type="checkbox"/> ICCA College Counselors | |

Special Needs: I require all meals to be vegetarian
Contact ICA, in advance, for other needs 877.284.1521

Cancellation Policy: Refunds, minus a \$15 processing fee, will be made upon written request to ICA received on or before October 31, 2013. No refunds will be given for late cancellations. ICA shall assume no liability whatsoever in the event that a workshop(s) 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, strike, 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.

Thursday, Pre-Conference Workshop

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

Conference Friday and Saturday

Attendees may earn up to 13 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

Myers & Sweeny full pay workshop

Member \$75 • Non-member \$125

ICA Members

	Before Nov. 1	Nov. 1 & After
Conference Package	\$225	\$255
Friday only (includes breakfast & lunch)	\$135	\$150
Saturday only (includes breakfast & lunch)	\$135	\$150

ICA Member Retirees

Conference Package	\$195	\$230
Friday (includes breakfast & lunch)	\$130	\$145
Saturday (includes breakfast & lunch)	\$130	\$145

Students

Conference Package	\$195	\$230
Friday (includes breakfast & lunch)	\$130	\$145
Saturday (includes breakfast & lunch)	\$130	\$145

Non-Members

Conference Package	\$270	\$295
Friday (includes breakfast & lunch)	\$150	\$165
Saturday (includes breakfast & lunch)	\$150	\$165

Presenters/Exhibitors

Must register online at www.ilcounseling.org

Additional Tickets (each)

Friday Luncheon	\$30	\$30
Saturday Luncheon	\$30	\$30

Contribution for Volunteers' Lunches \$ _____

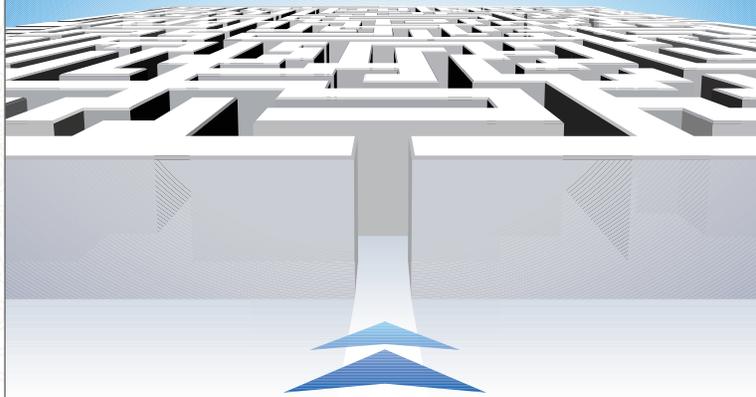
TOTAL AMOUNT ENCLOSED: \$ _____

Continuing Education Hours: This program is cosponsored by IMHCA and is recognized as providing CE Clock Hours for: LPC/LCPC and LSW/LGSW (IDFPR license # 159-000650). LMFT (IDFPR license # 168-000148). The ICA is an NBCC-Approved Continuing Education Provider (ACEP) and may offer NBCC-Approved Clock Hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program. Provider #2014. CPDUs from ISBE -ICA Provider # 102999.



Walk the Labyrinth

AT THE ICA CONFERENCE



ICDA Career professionals will be available for consultations.



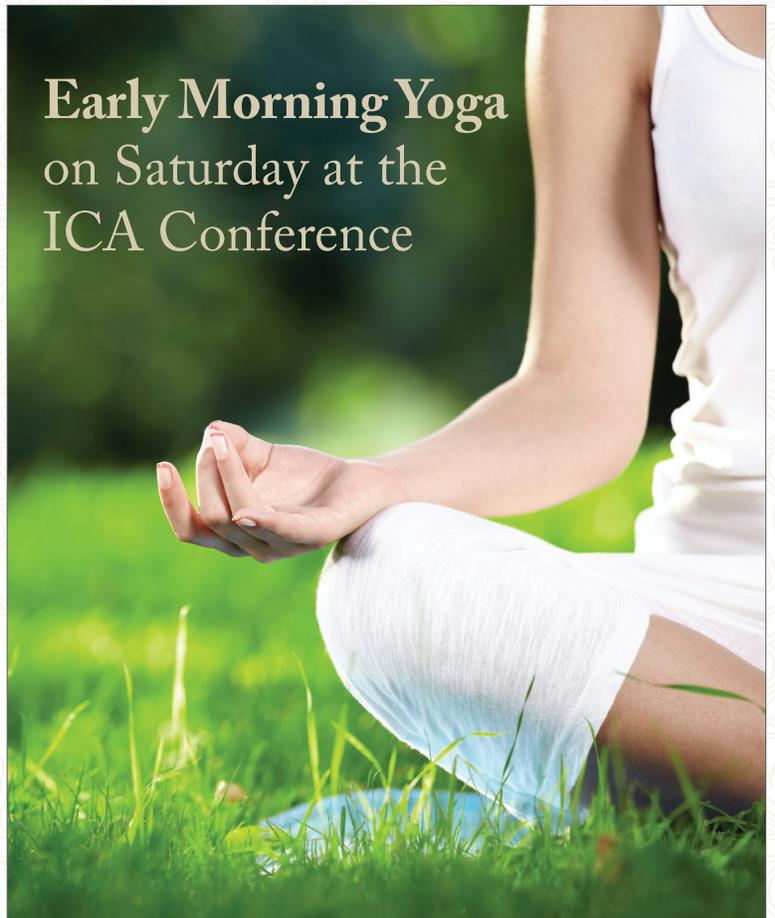
Bring your resume and questions. Schedule your appointment at the ICDA exhibit table during the ICA Conference.



Be transported

with a relaxing chair massage. Schedule your massage at the ISERVIC exhibit table.

Early Morning Yoga on Saturday at the ICA Conference



ICA social media ad 1/4

stacey to do
Pull from where?

ICA Social Media AD
Use the same ad that was in previous issue,
only in color. Dan has the graphics and text.

IMHCA Annual Conference

March 7-8, 2014

Save the Date

Location and Presenter TBD

Congratulations to Illinois Licensed Counselors
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FEATURE

Kenwood Academy Brotherhood: *a School-Based Male-Mentoring Organization*

“Doc, I’m about to do something! I’m about to do something!” exclaimed “Terrance” as he stood in my doorway, obviously in crisis mode. “Terrance” was struggling with “doing something” or telling an adult that he was feeling anxious and possibly suicidal. “Terrance”, a member of my school-based male-mentoring group, was participating in an overnight college campus tour when he began having suicidal ideations.



A rule within my school district is that faculty and students are not to be in the same hotel rooms. He and I hesitated about the next step. Should I let him in and possibly threaten my job as a professional school counselor or follow the rules and contribute to the stress of a child? I made the decision to let “Terrance” in, keep the door ajar, allow him to express his anxiety, and initiate some counseling techniques to deescalate the situation.

This is just one of the many scenarios that I experience as a professional school counselor and the coordinator of the Kenwood Academy Brotherhood (KAB), a school-based male mentoring organization. I created the Brotherhood ten years ago with the sole purpose of encouraging adolescent African American and Latino American males to choose education as the catalyst for success. As time has passed, over 500 young men have volunteered to participate in the school-based male-mentoring program. I discovered that some were having a difficult time “balancing the various dimensions of their wellness.” The inability to balance psychological, intellectual, environmental, physical, financial, social, and spiritual challenges was being manifested as depression, low self-esteem, identity struggles, frustration, irritability, and poor academic progress. The priority to attain a quality education had been replaced with the need for clinical attention, coping strategies, and skill development.

The Brotherhood began with ten seniors providing peer mentoring to twenty-five freshmen. At one point, over the course of ten years, the Brotherhood’s total membership grew to 105 students, while I served as the sole adult coordinator for the entire group. It was then that I realized the need for additional professional assistance to aid in developing these male students from boys into men. I reached out to the postsecondary community to request help to implement the Brotherhood curriculum and to provide opportunities for scholarly research. Several universities’ education and counseling departments responded to my requests by referring volunteers/interns to provide mental health checkups and counseling for the Brotherhood.

In the most recent five year history of the Brotherhood several wonderful graduate students with a passion for helping adolescent minority males have provided mental health checkups for the KAB. Since their involvement with KAB, they continue to use their knowledge and skills to positively influence the organization through a multidisciplinary approach. The approach affords comprehensive supports to KAB through the use of interns from the helping professions. Some of the interns

who provide supports to the Brotherhood study in the field of social work, school counseling, and community mental health counseling. It is the continuing collaborative work of these interns that strengthens the support circle that surrounds the KAB male students. They have worked diligently to establish trust, promote intimacy, develop creative activities, conduct assessments, and collect/interpret data while implementing a structured-thirty-week curriculum.

Brittany Sims, MSW, spent three years as an intern with the Brotherhood, using ethnographic analysis to research issues of intimacy and trust among them as they came to experience the “safe haven” environment of the Brotherhood.



Ashley Ward, BS, began her internship with the Kenwood Academy Brotherhood in January of 2013, and has come to see the dire need for mental health services for these young men and the inadequacy of the school system in providing both individual and group counseling. She comments, “What I have learned now, more than anything, is

how precious the provision of consistent emotional support is to adolescent African American males.”

Aja Humphreys, MS, was a school counselor intern with the Kenwood Brotherhood in the fall of 2012. She worked with the 14 boys on her caseload to help them learn both academic and social skills, and concludes: “A comprehensive male-mentoring program, such as KAB, certainly gives young men an outlet to express themselves freely and receive therapeutic healing in a non-threatening environment.”

Fredrick Kendricks, Jr., BA, mentored eleven students in the KAB program, seeing them individually during their lunch periods and using the Solution Focused Brief Therapy Approach. He also organized group sessions designed to engage the students while improving their behavioral, cognitive and emotional development.

Need for Continued Work

While collectively serving the Brotherhood and utilizing the multidisciplinary

approach among other interventions, techniques and skills, we noted that the extra attention and services proved effective. Attendance increased, academic success improved, and active plans were established to resolve personal-social issues. Accordingly, the Brotherhood members developed a stronger sense of fraternity and an increased amount of self-sufficiency for developing solutions to issues among themselves. We noted an increase in their level of comfort with (non-sexual) intimacy among their same-sex peers. This reinforced their brotherly bond and the effectiveness of this student-based male-mentoring program, built on a creed of Fraternity, Responsibility, and Creativity. The work associated with ‘Balancing the Dimensions of Wellness’ within the individuals of the Brotherhood, required passion, a plan and a dedicated support team.

However, we are aware that support teams like KAB are rarely present within the learning institutions that serve young male minority students. It is likely that the paucity of mental health services in secondary schools correlates with the increasing numbers of school shootings, gang affiliations, suicides, depression, and failure. The research conducted by our group is a small fraction of the work that needs to be done with this population. The possibilities for helping are endless. Fundamentally, it requires ‘out-of-the-box’ strategic planning and a passion to make a difference. These were but a few of the ingredients that initiated the Brotherhood and contributed to its ten year success. So the question then becomes, *in what ways, can you contribute to the evolutionary work with minority male youth?*

Dr. Shelby Thomas Wyatt, Ed.D holds a Doctorate in Counselor Education from Northern Illinois University and is a National Board Certified Teacher/Counselor. Dr. Wyatt is currently a Professional School Counselor at Kenwood Academy High School, where he founded the Kenwood Academy Brotherhood, and he is an adjunct professor at Argosy University in child and adolescent counseling.

Contact www.Kenwoodbrotherhood.com or stwyatt@cps.edu

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ILLINOIS
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COUNSELOR
ASSOCIATION

ISCA Annual Conferences

April 11, 2014 Springfield Hilton

April 25, 2014 Skokie Holiday Inn

FEATURE

Don't Forget to Forgive:

The Benefits of Using Forgiveness in Counseling

What does it mean to forgive and why would we forgive someone who has harmed us?

Studies show that forgiveness tends to be positively correlated to mental health and well-being, cognitive flexibility, positive affect and successful aging; and negatively correlated with indicators of stress, and psychopathology (including severity of depression). Failure to forgive oneself also has negative consequences and has been related to depression and anxiety.

Forgiveness is a common practice, but what does forgiveness actually entail? Although the benefits of practicing forgiveness have been increasingly studied in the past few decades, problems exist because researchers do not agree on a definition of forgiveness. Traditionally, forgiveness has been perceived as an interpersonal phenomenon that occurs between a transgressor and a victim. More recent definitions include self forgiveness and forgiveness of situations (e.g. natural disasters, illness), along with forgiveness of others.



ing forgiveness is common among people who know each other. We may forgive family members, friends, and colleagues small transgressions daily without giving much thought. For example, it is possible to forgive a family member for spilling a drink at breakfast, your spouse for stepping on your toe, and a colleague for being late to a meeting all before lunchtime. As counselors, we help clients with relationship issues, and relationships require forgiveness. When problems occur in long-term relationships, clients have likely spent a great deal of time and effort trying to make sense of offenses prior to seeking professional help. Whereas researchers have developed, administered, and studied formal forgiveness interventions, as counselors we would likely deal with forgiveness practice

Conflicts over these definitions appear to occur within the context of considering forgiveness for large, more severe transgressions. It is logical that large transgressions may be perceived as more difficult to forgive and that even someone who possesses the tendency to forgive may have difficulty forgiving certain acts. For example, a person who murders, or rapes, or harms a child may be more difficult to forgive; especially if his or her intent was to commit these acts, he or she does not apologize, and shows little or no remorse.

Researchers may not be able to agree upon exactly what forgiveness is and what it entails, however most of them do agree that it does not involve condoning a transgression. If forgiving a transgressor is confused with pardoning, then it may appear that the forgiver would forgo legal or moral justice. This is not the case; forgiveness and the pursuit of justice can coexist. Forgiveness is an act a victim does for oneself for personal reasons and contact with the transgressor need not occur. Moreover forgiveness of an offense or injury does not necessarily imply that reconciliation with the transgressor will occur. We forgive to prevent harm to ourselves, not to condone the actions that occurred.

Humans are likely to experience anger and sadness at times when involved in interpersonal relationships and practic-

ing forgiveness is common among people who know each other. We may forgive family members, friends, and colleagues small transgressions daily without giving much thought. For example, it is possible to forgive a family member for spilling a drink at breakfast, your spouse for stepping on your toe, and a colleague for being late to a meeting all before lunchtime. As counselors, we help clients with relationship issues, and relationships require forgiveness. When problems occur in long-term relationships, clients have likely spent a great deal of time and effort trying to make sense of offenses prior to seeking professional help. Whereas researchers have developed, administered, and studied formal forgiveness interventions, as counselors we would likely deal with forgiveness practice

in the context of other issues that bring people into therapy. Attention to forgiveness can be integrated into many different approaches to counseling.

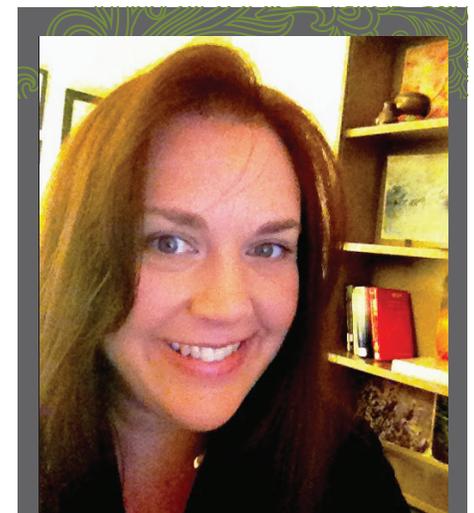
Many counselors are using mindfulness meditation to ease clients' emotional suffering. The practice of mindfulness is a part of some newer methods of therapy, including Dialectical Behavioral Therapy (DBT) and Acceptance and Commitment Therapy (ACT). The concepts of acceptance, non-judgment, and willingness utilized in therapy can be perceived to be related to forgiveness. DBT emphasizes validation and acceptance of behavior, reality, and ourselves as we are in the present moment, which may involve forgiveness of self, forgiveness of situation, and often forgiveness of others. Forgiveness is the means by which acceptance is achieved. With respect to ACT forgiveness of self and others is described as necessary for the growth process, and a gift given to oneself, not to the events or people who have caused one to experience pain.

Forgiveness is an effective tool for clients, it can be beneficial to counselors as well. We support clients in seeking balance in their lives, and we need to make a concerted effort to be at least as committed to our own health and well-being. It is an ethical responsibility in that if counselors do not care for themselves, they are at much

greater risk of hurting their clients. We do not have to look very far in order to find opportunities for forgiveness. Our challenges include working with clients who may be demanding, suicidal, violent or aggressive, and those who relapse or have chronic difficulties and do not improve. We are often required by insurance and managed care requirements to do more with fewer resources. All of these situations may benefit from some type of forgiveness, be it of oneself, another person, or a situation. If integrated with other self-care methods, such as taking regular breaks from work, getting adequate rest and exercise, and attending to emotional, spiritual, physical, and relationship needs outside of the work setting, then forgiveness could be a powerful tool.

Counselors who supervise others may be reluctant to broach such a topic with supervisees because the trainee or the therapist associates forgiveness with religion. People are often sensitive about religion, and therefore may wish to avoid discussion of religion-related topics. If therapists practice forgiveness themselves, they may not be as reluctant to address it with other people. An active dialogue between the counselor and the other person can clear up any misconceptions about what forgiveness consists of, its usefulness, and any religious connotations it may have. If used as a tool with supervision, more counselors could learn of its benefits, and research could prosper.

Angie House, MS, LCPC



Angie

Angie House, MS, LCPC, is a Staff Counselor at Student Counseling Services at Illinois State University in Normal, IL.

What you don't know

could hurt your practice and your clients

Are you a mental health counselor? If so, you may be only vaguely aware of the ways in which CACREP (Council for Accreditation of Counseling and Related Educational Programs), the only language in hiring, credentialing and reimbursement policies could impact your practice. We have watched recent developments with increasing alarm. Your practices and livelihoods are under serious threat, and the public faces a great reduction in access to care, by growing efforts to restrict the practice of mental health counseling to those who attended CACREP approved graduate programs.

The Hidden Threats to Practice

TRICARE is the health care program for all active-duty and retired military personnel and their families. Licensed mental health counselors have served this population for many years but could do so only with physician referral and supervision. "Interim" regulations issued in 2011 created a new classification of TRICARE providers (TRICARE certified mental health counselors, or CMHCs) who are allowed to practice independently. The goal of the change, according to its announcement in the December 2011 Federal Register, was to increase access to mental health care by eliminating the physician-referral/supervision requirement. Yet, the result is quite the opposite.

TRICARE supervision rules: A major problem lies with the supervision requirement in the interim rule, which states that all of one's post-master's supervision hours must have been obtained under a licensed professional counselor. The rule prohibits most Illinois counselors from TRICARE participation because at the time many graduated, there were virtually no counselors who could have supervised us (since licensure laws were relatively new).

3) A bill recently introduced in the U.S. Senate (S. 562) would, if passed, extend Medicare eligibility to licensed professional counselors. Although there are no restrictions by type/accreditation of degree program in this bill, we are very concerned by the precedent that has been set in the

regulations we have already described. If a CACREP-only restriction were to be inserted into Medicare regulations, we believe that Medicaid and private insurers would quickly follow suit, and in relatively short order, the practices of all graduates of programs not affiliated with CACREP would be obliterated.

What is Happening Now

Practicing professionals, for whom CACREP may have seemed an "academic" issue, may not be aware that it serves only one slice of master's- and doctoral-level training programs. The only programs eligible for CACREP accreditation are those in "counseling" or "counselor education." CACREP does not serve programs that grant degrees with "psychology" in the name or whose core faculty have degrees in psychology, identify as psychologists or are otherwise interdisciplinary, despite the fact that these graduates are license holders and license eligible in all 50 states.

Many of you received excellent education and training from psychologists and others whose training was in other disciplines.

We applaud and support the educational standards that CACREP has developed and the efforts to promote these standards nationally. However, other accrediting bodies with equally impressive standards exist that accredit the programs that CACREP does not. Many of our members are graduates of or students in these programs.

What Needs to be Done

1) We believe that CACREP-only restrictions should be removed from hiring and credentialing processes for TRICARE and the VA and should not be included in any future regulations (for example, state licensure laws, Medicare and private insurance regulations). Restrictive super-



vision rules in the TRICARE regulations must also be removed. The TRICARE rules are "interim final rules" and can be changed. We ask the ICA membership to join us in lobbying our congressional delegations to

change the rules. Please send an email to your representatives in Congress and urge them to oppose the restrictive TRICARE and VA regulations on your behalf.

2) We believe that a more inclusive endorsement of educational standards is needed and should be part of all future federal and state credentialing processes. Future initiatives and regulations should recognize and incorporate other accrediting bodies alongside CACREP. In doing so, we will affirm and continue our rich and diverse intellectual history and serve the best interests of all of its professional counseling members.

Note: This article was adapted from a joint submission effort of the boards of the Maryland and Massachusetts chapters of AMHCA.

By Dan Stasi



Dan Stasi, CICO Executive Director, Lobbyist

Why Does It Matter?

Why does it matter that regulations governing Counselors' participation in TRICARE and perhaps eventually in MEDICARE will require that counselors have been supervised by licensed counselors or that counselors must have been educated in CACREP accredited schools?

It matters for several reasons: first of all, here in Illinois, licensure is only 20 years old. When the licensure law was first passed, there were no previously licensed counselors to provide supervision. Counselors had been seeking supervision from the best psychiatrists, psychologists, and social workers available to them. Therefore, our most experienced licensed counselors were supervised by these other professionals.

Moreover, CACREP did not exist when our most experienced counselors and therapists were in school. Many were getting master's degrees in counseling psychology or psychology programs; others were getting degrees in counseling programs that were accredited but not by CACREP. Even to the present day, not all counselor education programs are CACREP.

Here in Illinois we have always recognized that some specialty programs, such as art therapy, dance therapy, rehabilitation counseling and pastoral counseling provide adequate education for the counseling license provided they included the necessary courses in their studies. They did this, and the counseling profession has been enriched by their contributions. If all these professionals were to be denied the opportunity to work within these federal programs, the profession of counseling would be greatly impoverished.

It is understandable that bureaucracies want the standardization that CACREP provides, but it provides a false sense of security. It vastly diminishes the pool of providers both quantitatively and, even more important, qualitatively to service the members of the armed services and the elderly.

By: Pat McGinn, LCPC, Past ICA President



*Pat McGinn, LCPC
Past ICA President*

Pat info here

Illinois Counseling Association Foundation

Continues Its' Work

In Supporting Counselors and Counseling Activities in Illinois

The Illinois Counseling Association Foundation (ICAF) is an independent, non-profit, tax-exempt

501(c) (3) group, which works to support counseling students and professionals and those they serve in Illinois. ICAF provides grants and solicits funding to support grants. The ICAF Board of Directors are volunteer counselors and professionals dedicated to supporting ICAF goals in an ethical, legal, fair, and efficient manner.

Since its inception in 2005, the ICAF has supported various research projects of students, professional counselors, and counselor educators through the Melanie E. Rawlins Research Grant. Significant funding has been provided through the Merlin W. Schultz Professional Development Grant. This grant has supported counseling students attendance to conferences and workshops as well as specialized training for professional counselors, the ICA Leadership Academy, workshops provided by various divisions/chapters of ICA, and the ICA annual conference by providing funding for meals to the volunteer graduate students. Over fifteen thousand dollars has been awarded through these two grants.



Illinois Counseling Association board of directors pose with the 2012 grant recipients at the ICA annual conference last November.

The ICAF has been very fortunate to have received significant funding from its' major benefactor, Merlin W. Schulz. However, the ICAF also has received generous donations from ICA members and friends of counseling. Because of the fact that the ICAF has a strong financial base it will be able to increase its financial support for the 2013-2014 year. Not only will the Foundation support the Merlin W. Schulz Professional Development Grant and the Melanie E. Rawlins Research Grant, but this year the Foundation encourages grant applications that have a counseling or research focus on 1) assisting veterans and families of the Iraq and Afghanistan wars, 2) assisting children and teenagers deemed at risk and their families, and/or 3) assisting those that are unemployed or underemployed through the ICAF Social Emphasis Grant.

The Illinois Counseling Association Foundation encourages members of ICA to actively apply for funding support through the Foundation. Information about all of the grants, application deadlines, and criteria used to determine grant awardees can be found on the ICA website www.ilcounseling.org.

The Illinois Counseling Association Foundation is governed by a Board of Directors that consists of counselors, counselor educators, and professionals dedicated to supporting

the Foundation's mission. Current board members are Dr. Dale J. Septeowski, President, Dr. Stephany Joy- Newman, Vice President, Dr. Melanie Rawlins, Treasurer, LaCleta Hall, Secretary, Dr. Michael Illovsy, and Mr. Earl Bracey, J.D. Board members encourage those interested in grants, those with inquiries about the Foundation, and those with ideas on the work of the Foundation to contact Dr. Septeowski at (847) 969-4921 or Dr. Rawlins at (309) 837-4139. You can also reach the Board by email at icafoundationboard@gmail.com.



Transfer Plan

Every professional counselor in private practice needs to have procedures in place detailing what will happen to current clients and records should the professional leave the practice, die, or become disabled and unable to practice.

The American Counseling Association (ACA) in their recent code of ethics addressed this very issue. Section C.2.h., Counselor Incapacitation or Termination of Practice, states, “When counselors leave a practice, they follow a prepared plan for transfer of clients and files in the case of their incapacitation, death or termination of practice. Counselors prepare and disseminate to identified colleague or records custodian a plan for transfer of clients and files.”

As a result of this provision, all professional counselors who are covered by the ACA code of ethics are mandated to comply. Moreover, the professional counselor needs to provide the custodian, location(s), keys, passwords, access codes, any and all means to execute this transfer plan.

This transfer plan is a document that names another mental health professional or practice as “custodian” to provide the following services in the event of your

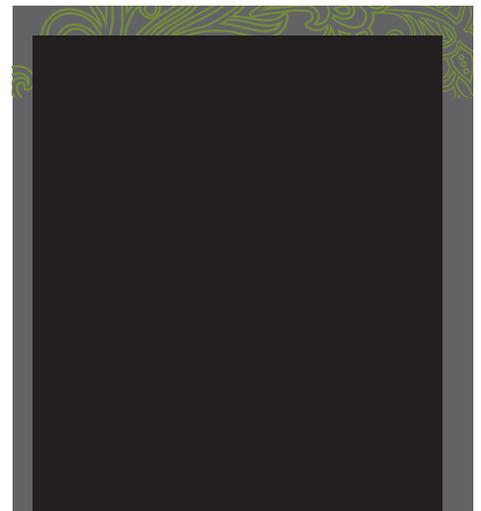


incapacitation, death or retirement and includes:

- Notify all active clients of my inability to practice and offer counseling or referral services.
 - Notify all active clients that the custodian has possession of the clients’ clinical records.
 - Respond to requests for information in concert with state laws, HIPAA guidelines and code of ethics.
- Possess and maintain all clinical records for a period of ___ years.
 - After ___ years, destroy/shred all records.
 - The custodian’s contact information should be included in the informed consent document.

Beyond the transfer plan, consideration should be given to the business side of the practice in the event of your incapacitation. Who will be empowered to write checks, make withdrawals or deposits, pay bills and collect fees? Some practice consultants recommend a power of attorney document naming those individuals who can conduct business if you cannot.

By Norman C. Dasenbrook, MS, LCPC
Dasenbrook Consulting
Counseling-privatepractice.com



Norman C. Dasenbrook, MS, LCPC

Norman C. Dasenbrook, MS, LCPC is a Licensed Clinical Professional Counselor who has over 30 years experience in the fields of mental health, consulting, teaching, business and alternative dispute resolution processes. He is President of Dasenbrook Consulting and co-author of the leading book on private practice, “The Complete Guide to Private Practice for Licensed Mental Health Professionals”. For more information go to counseling-privatepractice.com

Empty space to fill

Upcoming Dates *to Remember*

OCTOBER 2013

- 10/5/13 Ethical Practice Of Social Work–Schaumburg
- 10/19/13 Legal And Ethical Issues In Supervision–Evanston

NOVEMBER 2013

- 11/6/13 ICA Leadership Development Academy–Skokie
- 11/7/13 ICA Pre-Conference Workshop: Myers & Sweeney –Skokie
- 11/8/13 ICA 65th Annual Conference: Balancing The Dimensions Of Wellness–Skokie
- 11/9/13 ICA 65th Annual Conference: Balancing The Dimensions Of Wellness–Skokie
- 11/16/13 Ethical Practice Of Social Work–Naperville

DECEMBER 2013

- 12/6/13 Nce/Lpc Test Prep (2 Day)–Chicago
- 12/7/13 Ncmhce/Lcpc Test Prep (2 Day)–Chicago
- 12/7/13 Imhca Workshop “Starting, Maintaining, and Expanding A Successful Private Practice”–Chicago
- 12/14/13 Legal And Ethical Issues In Supervision–Chicago

FEBRUARY 2014

- 2/26/14 Counselors Day On The Hill–Springfield
- 2/28/14 CICO Counselor Educator Summit–Naperville

MARCH 2014

- 3/1/14 ICA Governing Council Meeting–Chicago
- 3/7/14 IMHCA Annual Conference–TBD
- 3/8/14 IMHCA Annual Conference–TBD
- 3/14/14 ICA 3rd Annual Southern Conference–Collinsville
- 3/15/14 Starting, Maintaining, And Expanding A Successful Private Practice–Evanston

APRIL 2014

- 4/11/14 ISCA Annual Conference–Springfield
- 4/25/14 ISCA Annual Conference–Skokie

JUNE 2014

- 6/7/14 Starting, Maintaining, And Expanding A Successful Private Practice–Naperville

JULY 2014

- 7/12/14 ICA Governing Council & Transition Meeting–TBD

SEPTEMBER 2014

- 9/6/14 Starting, Maintaining, And Expanding A Successful Private Practice–Schaumburg

NOVEMBER 2014

- 11/13/14 ICA Pre-Conference Workshop–Schaumburg
- 11/14/14 ICA 66th Annual Conference–Schaumburg
- 11/15/14 ICA 66th Annual Conference–Schaumburg

DECEMBER 2014

- 12/6/14 Starting, Maintaining, And Expanding A Successful Private Practice–Chicago



If you're asking yourself why join a Professional Association, *then read on!*

Information

- As a Professional you need to keep informed as to what is happening in all areas of your chosen field.
- Educationally, you need to keep current with all developments in the scope of your work. Learning new models and methods doesn't stop in college or graduate school.
- Politically, you need to know what laws affect you and your profession. You need to know what bills are being considered that have an impact on your work, and what you can do to influence legislation to promote your profession.

How does ICA help you?

- ICA publishes a quarterly newsletter and an annual magazine, the Illinois Counselor, that keeps you up to date on all aspects of Counseling in Illinois and on the National front.
- If you choose to belong to one of our 14 Divisions, you will also receive newsletters highlighting the important happenings in that specific area of Counseling.
- ICA's web site: www.ilcounseling.org keeps you current in this fast paced professional world with information at a click of your mouse.
- ICA's blast email system sends you notices about items of interest quickly and efficiently, so you always know what's going on in the Counseling world.
- Follow ICA on Facebook, Linked In and Twitter!

Professional Development

- Professional Associations offer their membership quality continuing educational opportunities. Your membership not only provides you with significant discounts on the Conferences and Workshops offered, but more importantly, makes those Conferences and Workshops possible, so when you need continuing education, there are quality workshops for you to choose from.

- ICA hosts a 3 day Annual conference providing as many as 80 different workshops on a variety of interesting topics.

- ICA's 14 Divisions and Chapters host workshops throughout the year on topics from NCE and NCMHCE test preparation and Counselor Supervision, to workshops on a variety of speciality topics like College and Career Counseling, School Counseling, Counseling for the Elderly, and many more.

Members' Only Benefits

- All Professional Associations offer their members a little something extra, only for them.
- ICA offers members a Job Listing service that is accessible only to ICA members. We also offer a registry for LCPC's in Private Practice to list their Mental Health practice for public access as well as a Speaker Registry that allows our members to list themselves as being available for speaking engagements.
- New to the ICA website is the College and Career Counseling Registry. A place where College and Career Counselors can list their services to the public.
- Also, new to the ICA website is the "Book Nook" where members can showcase their publications and books are featured on a rotating basis on the ICA Home Page.

Networking

- Professional Associations provide many opportunities for networking and interaction with your fellow professionals. Whether it's through working together on a committee, attending meetings, workshops and conferences, or chatting on the web site forum, you can make many connections that can lead to increased knowledge or a better position.
- ICA through its' Chapter and Division activities as well as the ICA annual conference gives Counselors the opportunity to network with up to 500 other Counseling professionals.

- ICA also offers the ICA Forum, our web based chat room, for you to use 24/7, which gives you the opportunity to network with over 2,600 of our members!

Advocacy

- The whole is always greater than the sum of its parts.
- ICA is vigilant in our monitoring of legislation that can affect the Counseling Profession in Illinois and nationally. ICA is a recognized voice in Springfield. ICA is Your Voice in Springfield!
- The over 2,600 Counseling Professionals that make up the Illinois Counseling Association can share in the pride that they are, through their membership, supporting a high level of professionalism and competency in Illinois Counseling. Together with you, the Illinois Counseling Association is dedicated to making lives better through community service, educational opportunities and political advocacy.
- Being a part of ICA gives you a voice in shaping counseling in Illinois. Join TODAY,

Promote Professional Counseling In Illinois

Join The Illinois Counseling Association



P.O. Box 367 • DeKalb, IL 60115-0367
877.284.1521 • fx 815.787.8787
ICAexecdir@aol.com

www.ilcounseling.org

Illinois Counseling Association Membership Application

Name _____

Address _____

City _____ State _____ Zip _____

Work Location _____

Position _____

Business Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____

(M) _____

Your Work Setting

- Elementary School
- Middle School
- Secondary School
- Post Secondary Inst
- Community Agency
- Rehab Program/Agency
- Business/Industry
- Association/Foundation
- Private Practice
- State/Local Government
- Counselor Educator
- Other _____

License

LPC LCPC

Lics# _____

Email _____

Check if you do NOT wish to be on the ICA List Service for up-to-date ICA News and Counseling legislative issues.

ICA Membership

Professional

Student/Retiree

Illinois Counseling Association (membership required for Divisional membership)		\$65.00	\$37.50
IMHCA	Illinois Mental Health Counselors Association	\$50.00	\$25.00
ISCA	Illinois School Counselor Association	\$30.00	\$15.00
IAACE	Illinois Assessment in Counseling and Education	\$12.00	\$6.00
IAADA	Illinois Association for Adult Development and Aging	\$12.00	\$3.00/\$6.00
IACAC	Illinois Association for Child and Adolescent Counseling	\$20.00	\$10.00
IACFC	Illinois Association for Couples and Family Counseling	\$12.00	\$6.00
IALGBTIC	Illinois Association for Lesbian, Gay, Bisexual and Transgendered in Counseling	\$12.00	\$6.00
IAMC	Illinois Association for Multicultural Counseling	\$10.00	\$2.50
IASGW	Illinois Association for Specialists in Group Work	\$12.00	\$6.00
ICCA	Illinois College Counseling Association	\$15.00	\$7.50
ICDA	Illinois Career Development Association	\$20.00	\$12.00
ICES	Illinois Counselor Educators and Supervisors	\$20.00	\$10.00
ICSJ	Illinois Counselors for Social Justice	\$10.00	\$5.00
ISERVIC	Illinois Spiritual Ethical and Religious Values in Counseling	\$10.00	\$5.00

Donation to ICA Foundation _____

TOTAL PAYMENT _____

Payment by Check or Credit Card (AMEX/Discover/VISA/MC)

Card Number _____

Exp. Date _____ V-code #* _____

*3 or 4 digit security code

Required for Student Membership: A Student must be enrolled for at least a half-time basis of six semester hours of credit.

Student Signature _____ Date _____

Faculty Signature _____ College _____

Ethics Pledge: As an Illinois Counseling Association member, I do hereby pledge to uphold the American Counseling Association Code of Ethics and Professional Standards of Practice at all times.

Applicant's Signature _____

Date _____

**Thanks For Supporting
Professional Counseling In Illinois!**



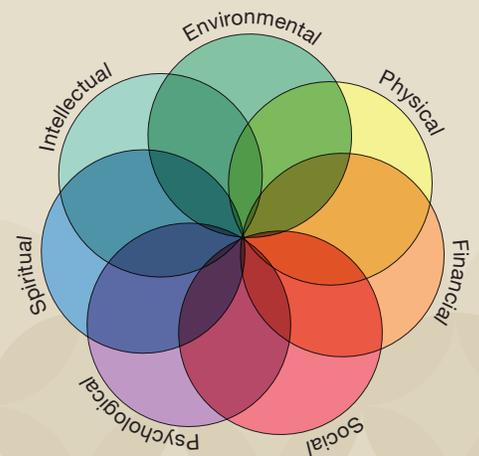
P.O. Box 367
DeKalb, IL 60115

Time Sensitive Materials

Illinois Counseling Association's *65th Annual Conference*

Featuring noted Wellness authors
Jane Myers & Thomas Sweeney

63 workshop presentations
including 2 covering the new DSM 5



Enjoy a Total Conference Experience

REGISTER ONLINE AT WWW.ILCOUNSELING.ORG