

Supporting Professional Counseling in Illinois Since 1948

The Illinois Counseling Association's

70TH ANNUAL CONFERENCE

November 8,9 & 10, 2018

The Westin Chicago Northwest
400 Park Blvd, Itasca, IL 60143

COUNSELING IN
—AND— **FOR A**
CHANGING WORLD



Up to 16 CEs LCPCs, LPCs, LCSWs, LSWs, LMFTs and Psychologists
Up to 16 PDs for School Counselors

President's Welcome

Welcome to the Illinois Counseling Association Conference! ICA has organized this conference for 70 years and we are continually looking for ways to design this to meet your professional needs! Our annual conference has earned a national reputation for being the gold standard in counselor training.



Now, more than ever, we are obligated as counseling professionals to work together and advocate for all. Your executive board and divisional leaders value your membership and commitment to our profession. We are here to support and encourage your success and development. Membership in ICA gives you immediate access to our ICA office where our professional team will be there for you when it matters most.

Your executive board and divisional leaders take great pride in the important role each of you play working with diverse clients in a variety of settings. ICA is your professional voice in governmental affairs, we embrace this responsibility to protect our interests and those of our clients from internal and external forces.

As a proud longtime member of ICA I look forward to this conference. It is my sincere wish that over the next few days you will learn, laugh, relax and enjoy the camaraderie of your friends and colleagues. I hope you will enjoy all the events associated with "Counseling in and for a Changing World."

Steve Murray
ICA President 2018-2019

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Conference Schedule

TIME	ACTIVITY	ROOM
Thursday, November 8, 2018		
7:30 am- 9:00 am	Pre-Conference Workshop Registration.....	Foyer Office
9:00 am- 12:00 pm	Pre-Conference Workshops Full-Day.....	Breakout Rooms
12:00 pm- 1:00 pm	Lunch Break-on your own	
1:00 pm- 4:00 pm	Pre-Conference Workshops Full-Day.....	Breakout Rooms
4:00 pm- 8:00 pm	ICA Conference Registration.....	Foyer Office
4:45 pm- 7:15 pm	ICA Governing Council Meeting.....	Marlborough
7:30 pm- 9:30 pm	Welcome Reception.....	Atrium Alcove

TIME	ACTIVITY	ROOM
Friday, November 9, 2018		
7:30 am- 9:00 am	Continental Breakfast	Atrium
7:00 am- 5:00 pm	ICA Conference Registration.....	Foyer Office
7:30 am- 5:00 pm	Browse Exhibits & Poster Sessions.....	Atrium
8:45 am- 9:00 am	Conference Opening & Welcome	Ballroom III/IV/V
	Presentation of the Colors	
9:00 am- 10:00 am	Opening Keynote Speaker - Dr. Shilagh Mirgain.....	Ballroom III/IV/V
10:15 am- 11:45 am	Conference Workshop Sessions.....	Breakout Rooms
12:00 pm - 1:15 pm	Lunch.....	Ballroom III/IV/V
1:30 pm- 4:15 pm	Conference Workshop Sessions	Breakout Rooms
4:30 pm- 6:40 pm	Division and Interest Group Meetings	Breakout Rooms
6:45 pm- 9:00 pm	Awards Reception	Gallery Ballroom

TIME	ACTIVITY	ROOM
Saturday November 9, 2018		
7:30 am- 9:00 am	Continental Breakfast.....	Atrium
7:30 am- 4:30 pm	ICA Conference Registration.....	Foyer Office
7:30 am- 5:00 pm	Browse Exhibits & Poster Sessions.....	Atrium
8:45 am- 9:00 am	Conference Announcements.....	Ballroom III/IV/V
9:00 am- 10:00 am	Opening Keynote Speaker - Joe Sanok, LCPC.....	Ballroom III/IV/V
10:15 am- 11:45 am	Conference Workshop Sessions	Breakout Rooms
12:00 pm- 1:15 pm	Lunch.....	Ballroom III/IV/V
1:30 pm- 4:15 pm	Conference Workshop Sessions	Breakout Rooms
4:30 pm	Conference Concludes	

General Information

- The **Facility Floor Plan** is on the back cover.
- The **ICA Registration & Information** area may be used for messages between participants, lost and found, circulating approved flyers, employment opportunities and interest, last minute cancellations, or other similar needs as they arise.
- **CE and PD Monitoring Forms** - Write in the workshops you attended on the yellow CE Monitoring Form (located in your conference bag). Turn in the CE Monitoring Form to the registration desk at the conclusion of your conference attendance. You will receive your certificate at that time.
- **CE/PD Certificates** are available from the registration desk after you finish your final workshop session. Please complete the general CE/PD evaluation conference form. Verbal comments may be directed to the ICA President Steve Murray or Executive Director Ronna Heinig.

Audio and/or video recording of sessions is prohibited.

Meetings and Activities

Time	Division	Activity	Room
Thursday, November 8			
9:00 am - 4:00 pm	Pre-Conference: Dr. Shilagh Mirgain	Workshop	Lakeshore Ballroom
9:00 am - 4:00 pm	Pre-Conference: Dr. Justin Lauka	Workshop	Barrington
12:00 am - 1:00 pm	Lunch break (on own)		
4:45 pm - 7:15 pm	ICA Governing Council	Meeting	Marlborough
7:30 pm - 9:30 pm	ICA Welcome Reception	Reception	Atrium Alcove
Friday, November 9			
All Day	Exhibitors	Dash 4 Cash	Atrium
All Day	Poster Sessions	Poster Session Voting	Atrium
All Day	Volunteer Room	Volunteers	Edwardian
8:00 am - 4:00 pm	Dean Williams Photography	Free Head Shots	Atrium
8:00 am - 8:30 am	First Time Attendee Meeting		Ballroom I
8:45 am - 9:00 am	Conference Opening		Ballroom III/IV/V
9:00 am - 10:00 am	Keynote Speaker - Dr. Shilagh Mirgain	Workshop	Ballroom III/IV/V
10:15 am - 11:45 am	Breakout Session 2	Workshops	Breakout Rooms
12:00 pm - 1:15 pm	Lunch, Exhibitors, Poster Sessions	Lunch	Ballroom III/IV/V
1:30 pm - 4:15 pm	Breakout Sessions 3 & 4	Workshops	Breakout Rooms
2:45 pm - 4:15 pm	ICA Past Presidents	Meeting	President's Suite
4:30 pm - 5:30 pm	IMHCA Membership	Meeting & Reception	Ballroom I
4:30 pm - 5:30 pm	ISCA Membership	Meeting & Reception	Ballroom II
4:30 pm - 5:30 pm	ICCA Membership	Meeting	Chambers
4:30 pm - 5:30 pm	IALGBTIC Membership	Meeting	Barrington
4:30 pm - 5:30 pm	IACFC Membership	Meeting	Stanford
4:30 pm - 5:30 pm	ACACI Membership	Meeting	Marlborough
4:30 pm - 5:30 pm	IBCA Chapter Membership	Meeting	Alton
5:40 pm - 6:40 pm	ICDA Membership	Meeting	Barrington
5:40 pm - 6:40 pm	IASGW Membership	Meeting	Stanford
5:40 pm - 6:40 pm	IAMC Membership	Meeting	Marlborough
5:40 pm - 6:40 pm	ISERVIC Membership	Meeting	Chambers
5:40 pm - 6:40 pm	ICES Membership	Meeting	Ballroom II
5:40 pm - 6:40 pm	ICSJ Membership	Meeting	Alton
5:40 pm - 6:40 pm	IAADA Membership	Meeting	Ballroom I
6:45 pm - 9:00 pm	ICA Awards Reception	Reception	Gallery Ballroom
Saturday, November 10			
All Day	Exhibitors	Dash 4 Cash	Atrium
All Day	Poster Sessions	Poster Session Voting	Atrium
All Day	Volunteer Room	Volunteers	Edwardian
8:00 am - 4:00 pm	Dean Williams Photography	Free Head Shots	Atrium
8:45 am - 9:00 am	Conference Announcements		Ballroom III/IV/V
9:00 am - 10:00 am	Keynote Speaker - Joe Sanok, LCPC	Workshop	Ballroom III/IV/V
10:15 am - 11:45 am	Breakout Sessions 6	Workshops	Breakout Rooms
12:00 pm - 1:10 pm	Lunch & ICA General Membership Meeting	Lunch/Raffle Drawing	Ballroom III/IV/V
1:30 pm - 4:15 pm	Breakout Sessions 7 & 8	Workshops	Breakout Rooms

Presentation of Colors by Wood Dale VFW



TAKE YOUR PRIVATE PRACTICE TO THE NEXT LEVEL



Start a Group Practice Mastermind

If you currently own a practice generating \$60k p/a, but are looking to grow into a group practice; this is for you! **Alison Pidgeon** has a group practice & trains practice owners on how to launch quickly, reduce stress, & create your ideal practice.



Next Level Mastermind

If you currently own a practice generating over \$60k p/a, but are looking to grow & scale your practice; this is for you! **Joe Sanok** works with people who are growing successful group practices, wanting to scale faster, & launch something big.



Start a Million Dollar Practice Mastermind

Join **Joe Sanok & Kasey Compton** to discover how to grow & scale a million dollar, insurance-based practice. This includes live meetings, an authoritative package (including paperwork) for scaling a mega practice, & in-person training.

IF YOU ARE INTERESTED IN ANY OF THE ABOVE, VISIT WWW.PRACTICEOFTHEPRACTICE.COM/APPLY



@PracticeOfThePractice

Or, head on over to www.practiceoftheppractice.com/resources for FREE downloadable resources to help you start, grow, and scale your private practice. Gain access to invaluable e-books, checklists, guides, infographics, and worksheets.

Division Keys

Key to Professional Credentials & Licenses

ACS (USA)	Approved Clinical Supervisor
ACSW (USA)	Academy of Certified Social Workers
CACREP (USA)	Council for Accreditation of Counseling & Related Educational Programs
CADC (IL)	Certified Alcohol and Drug Counselor
CARS (IL)	Certified Alcohol and Drug Counselor
CAS (IL)	Certified Addictions Specialist
CCMHC (USA)	Certified Clinical Mental Health Counselor
CEAP (USA)	Certified Employee Assistance Professional
CORE (USA)	Council on Rehabilitation Education
CRC (USA)	Certified Rehabilitation Counselor
IAODAPCA (IL)	Illinois Alcohol and Other Drug Profession- al
LCPC (IL)	Licensed Clinical Professional Counselor
LCSW (IL)	Licensed Clinical Social Worker
LMFT (IL)	Licensed Marriage and Family Therapist
LPC (IL)	Licensed Professional Counselor
LSW (IL)	Licensed Social Worker
MAC (IL)	Master Addictions Counselor
MISA II (IL)	Mental Illness Substance Abuse Level 2
NBPTS (USA)	National Board Professional Teaching Stan- dards
NCC (USA)	National Certified Counselor
NCCC (USA)	National Certified Career Counselor
NCGC (USA)	National Certified Geriatric Counselor
NCSC (USA)	National Certified School Counselor
QMHP (IL)	Qualified Mental Health Professional

Key to ICA Professional Divisions

IAADA ..	Illinois Association for Adult Development & Aging
ACACI ..	Illinois Association for Child and Adolescent Counseling
IACFC ..	Illinois Association for Couple & Family Counseling
IALGBTIC	Illinois Association for Lesbian, Gay, Bisexual and Transgendered Issues in Counseling
IAMC ...	Illinois Association for Multicultural Counseling
IASGW	Illinois Association for Specialists in Group Work
ICCA	Illinois College Counseling Association
ICDA	Illinois Career Development Association
ICES	Illinois Counselor Educators & Supervisors
IMHCA	Illinois Mental Health Counselors Association
ISCA	Illinois School Counselor Association
ICSJ	Illinois Counselors for Social Justice
ISERVIC.	Illinois Spiritual, Ethical, and Religious Values in Counseling

Did You Know? ICA Used to be Called...

Illinois Personnel & Guidance Association
Illinois Association for Counseling and Development

C.A. Michelman*	1948-49
Leo G. Bent*	1949-50
Wendell S. Dysinger*	1950-51
R.A. Deabler*	1951-52
Dr. Marshall Hiskey*	1952-53
Margaret H. Greenian*	1953-54
Dr. Ernest Hanson*	1954-55
Harold Robbins*	1955-56
Marlowe Slater*	1956-57
Paul Pearson*	1957-58
Harry Lovelass*	1958-59
Inabell T. Kirby*	1959-60
G.C. Backer*	1960-61
Fred Proff*	1961-62
Wayne T. Guthrie*	1962-63
Gwen Borah*	1963-64
W. David Whiteside*	1964-65
Dean Taylor*	1965-66
Dr. John S. Storey*	1966-67
Raymond A. Hylander*	1967-68
Dr. Donald L. Moler*	1968-69
Stephan J. Horvath, Jr.*	1969-70
Merlin W. Schultz*	1970-71
Dr. Frank Miller*	1971-72

Jeanne Fowler	1972-73
Dr. Mike K. Alterkruse	1973-74
Al Arentsen	1974-75
Dr. David L. Livers	1975-76
Dr. Bob J. Nejedlo*	1976-77
Lenora W. Hylander	1977-78
Robert G. Cheffer*	1978-79
Camille Ratcliff	1979-80
Dr. Harvey Welch, Jr.	1980-81
Brenda S. Stadsholt	1981-82
Dr. Carolyn T. Engers	1982-83
Dr. Beverly M. Brown	1983-84
John DeVolder*	1984-85
Eugene G. Hallongren	1985-86
Richard L. Longfellow	1986-87
Dr. Karen K. Prichard*	1987-88
Dr. Stephany Joy-Newman	1988-89
Dr. Beatrice L. Wehrly*	1989-90
Dr. Twyman Jones	1990-91
Dean Van Diver	1991-92
George Altha McCoy*	1992-93
LaCleta Hall	1993-94
Stephen McClure	1994-95
Diane L. Kjos	1995-96

Dr. Stuart F. Chen-Hayes	1996-97
Dr. Kim Cannon	1997-98
Patricia H. Merriweather	1998-99
Janet Katschke-Hansen	1999-00
Harvey M. Kelber	2000-01
Dr. Toni R. Tollerud	2001-02
Dr. Melanie Rawlins	2002-03
Kris Sandra Wheatley	2003-04
Dr. Marie Bracki	2004-05
Dr. Dale Septeowski	2005-06
Lynn Turovets	2006-07
Dr. Scott Wickman	2007-08
Patricia McGinn	2008-09
Dr. Jeffery Edwards	2009-10
Dr. Yonah Klem	2010-11
Dr. Francesca Giordano	2011-12
Dr. Julia Yang	2012-13
Dr. Michele Kerulis	2013-14
Dr. Kevin Stouffer	2014-15
Robert Walsh	2015-16
Joyce Marter	2016-17
Dr. Sandra Kakacek	2017-18

*denotes deceased



Shilagh Mirgain,
PhD

Dr. Shilagh Mirgain is a Clinical Psychologist specializing in Health and Sport Psychology at the University of Wisconsin School of Medicine and Public Health. A sought after speaker, writer, facilitator and therapist, Shilagh is a frequent contributor to CBS 3 News in Madison and Wisconsin Public Radio. She was recently featured on the TODAY show discussing skills to cultivate well-being and greater happiness in the workplace.

She writes and speaks on mind-body skills to foster optimal health. Shilagh is also an accomplished researcher, lecturer and trainer in the field of Mindfulness Meditation.

In her clinical practice, Shilagh specializes in the treatment of cardiovascular diseases and chronic pain and mood and anxiety disorders. Shilagh is also a sport psychologist to UW Badger student athletes.

Shilagh received a B.A. from Wellesley College and a Ph.D. in Clinical and Community Psychology from the University of Illinois at Urbana-Champaign. She completed a post-doctoral fellowship at Stanford University.

Pre-Conference:

Thursday, November 8

Lakeshore Ballroom 9 am - 4 pm

All Day Workshop

Shilagh Mirgain, PhD

Let It Be: Using Mindfulness to Reduce Anxiety

This workshop will focus specifically on how to effectively integrate mindfulness practices into therapy for clients who present with anxiety symptoms. You will learn mindfulness-based approaches shown to significantly reduce anxiety and to support developing a kind and compassionate relationship with oneself. You will explore the specific challenges of anxious thoughts and strategies to break free from patterns of worry, self-criticism and ruminative thinking. You will develop skills to encourage approach versus avoidance behaviors to enhance well-being. No prior mindfulness experience or knowledge required.

Barrington 9 am - 4 pm

All Day Workshop

Justin Lauka, PhD, LCPC, CMHC, ACS

Advancing The Profession in Solidarity

Counselor educators and supervisors are responsible for the training of competent and ethical counseling students. However, the ostensibly singular nature of this belies a more complex range of professional tasks, including gatekeeping, program evaluation, teaching, supervision, scholarship, community engagement, and leadership. Evolving laws, healthcare policy, accreditation standards, and other trends impact the work we do, and the students and clients we serve. This pre-conference workshop will provide a forum that fosters camaraderie and innovation among counselor educators, supervisors, and students. A keynote presentation will highlight emerging trends; roundtable discussions will be offered throughout the day around topics of research, supervision, gatekeeping, accreditation, teaching, and leadership. Upon completion, participants will acquire a deeper understanding of the critical issues the profession faces, a stronger affiliation with peers, and action items to move forward.

This workshop will provide a forum that fosters camaraderie and innovation among counselor educators and supervisors. A keynote presentation and roundtable discussions will help facilitate a deeper awareness of emerging professional issues to collectively act upon within an expanded peer network.

By the end of this workshop participants will: 1. Identify emerging issues and trends within the counseling profession. 2. Increase one's understanding of the professional roles and functions of counselor educators and supervisors. 3. Increase one's network of colleagues



**Justin Lauka,
PhD, LCPC,
CMHC, ACS**

**Program Director and
Associate Professor**

**Clinical Mental Health Counseling
Program, Adler University**

Justin's professional experiences range from clinical work in community mental health agencies to administrative oversight in academic settings. He has worked in community mental health agency and EAP settings, providing intake assessments, treatment planning, crisis intervention, and care coordination. Justin has provided clinical supervision to graduate students in several academic institutions, and worked in an administrative capacity overseeing clinical training and graduate admissions within a counseling program. He is currently a Licensed Clinical Professional Counselor (LCPC) in the State of Illinois, Certified Clinical Mental Health Counselor (CMHC), and Approved Clinical Supervisor (ACS).

Friday – Session 1— Shilagh Mirgain, PhD



Dr. Shilagh Mirgain

How To Thrive in Changing Times

8:45 am - 10:00 am

As we are surrounded by stress, the challenges of life and a changing landscape of healthcare, it can be easy to start simply surviving and disconnecting from passions and purpose. Drawing from mindfulness and mind-body medicine, this keynote will provide empirically supported skills and simple practices to cultivate greater well-being and happiness. It will provide insight into how to nurture yourself, build greater confidence, and stay resilient so you can truly thrive in your work and personal life.

Saturday – Session 5 – Joe Sanok, LCPC



Joe Sanok, LCPC

Fostering AHA Moments in Yourself and Clients

8:45 am - 10:00 am

What do Apple, Star Wars, and a rhinoceros have in common? Where does clinical experience meet and fight with technology? Where do ideas come from and how can we foster them in ourselves and our clients? The world has changed and the field of counseling usually lags behind. Opportunities abound for counselors to move beyond traditional counseling. With podcasting, e-courses, and apps, it's easy to get overwhelmed with the possibilities. Usually we get paralyzed by doing it perfect. But there is another way to think about this changing world.

BIO: _____

Joe Sanok is the owner of Mental Wellness Counseling a private pay group practice in Traverse City, MI. He is also a TEDx speaker and has the #1 podcasts for counselors, The Practice of the Practice Podcast, which has been downloaded over a million times. He consults with practice owners that are starting, growing, and scaling a practice. Also, he helps them go after big ideas to change the field. His website, www.practiceoftheppractice.com/resources is one of the top website resources for counselors.

COUNSELING IN —AND— FOR A CHANGING WORLD

The Illinois Counseling Association's

70TH ANNUAL CONFERENCE



The Hotel: Located in Itasca, The Westin Chicago Northwest is in the business district, within a 10-minute drive of Pirates Cove Childrens Theme Park and Alexian Brothers Medical Center. This 4-star hotel is 2.6 mi (4.2 km) from Ned Brown Forest Preserve and 3.8 mi (6.1 km) from Rainbow Falls Waterpark.

Make yourself at home in one of the 416 air-conditioned rooms featuring refrigerators and flat-screen televisions. Wireless Internet access (surcharge) keeps you connected, and cable programming is available for your entertainment. Private bathrooms with shower/tub combinations feature complimentary toiletries and hair dryers. Conveniences include phones, as well as desks and coffee/tea makers.

Enjoy a range of recreational amenities, including a health club, an indoor pool, and a spa tub. Additional features at this hotel include wireless Internet access (surcharge), concierge services, and gift shops/newsstands. Getting to nearby attractions is a breeze with the complimentary area shuttle.

Featured amenities include a business center, express check-in, and express check-out. Free self parking is available onsite.

Conference Activities: A Total Conference Experience!

Workshops: 2 Pre-Conference workshops and 50 Main Conference Selections along with 20 Poster Presentations.



Thursday Welcome Reception • Continental Breakfast and Lunch on Friday & Saturday • Friday Awards Reception • ICA Division Meetings and Receptions on Friday.

Get your free professional digital photo taken, drop off used books and pick up new ones at the "Free Book Exchange". Win a Division Gift Basket. Play Exhibitor Bingo. Get a free career consultation from our ICDA Division members and Network with other counselors!

2018 Conference Schedule of Events

Thursday,

7:30am	Pre-Conference Registration
9:00am	Pre-Conference Workshops
12:00pm	Lunch (<i>on own</i>)
1:00pm	Pre-Conference Workshops
4:00pm	Workshops conclude
4:45pm	ICA Governing Council Meeting
7:30pm	Welcome Reception
9:30pm	Activities Conclude

Friday,

7:00am	Main Conference Registration
7:30am	Continental Breakfast
8:45am	General Session Announcements
9:00am	Keynote – Dr. Shilagh Mirgain
10:00am	Morning Content Sessions
12:00pm	Networking Lunch, Exhibitors and Poster Sessions
1:30pm	Afternoon Content Sessions
4:30pm	Division Meetings
6:45pm	ICA Awards Reception
9:00pm	Activities Conclude

Saturday,

7:30am	Main Conference Registration
7:30am	Continental Breakfast
8:45am	General Session Announcements
9:00am	Keynote – Joe Sanok, LCPC
10:00am	Morning Content Sessions
12:00pm	Lunch, Exhibitors and Poster Sessions
1:30pm	Afternoon Content Sessions
4:30pm	Conference Closes

VISIT THE ICA Division Tables

Divisions will be raffling off Gift Baskets during the conference.

Tickets can be purchased at the conference registration desk.



ICDA Career professionals will be available for consultations.



Stop by the
ICDA
Exhibit Table
during the
ICA
Conference.



Free Books!

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

Free Headshot *Photography!*

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

Studio Photography will be on hand on Friday and Saturday from 8:00 a.m. to 4:00 p.m. to take your photo.

Digital copies of the photos will be available for download from the ICA website following the conference.



Exhibitors



DASH 4 CASH

Visit 7 or more Exhibitors to be eligible for entrance into the drawing.
After completing your Dash 4 Cash form, please turn into the Registration Desk.

Exhibitor Company:

Center for Creative Arts Therapy
CPH & Associates
Continuing Education Institute of Illinois
Feel Good, Inc.
Fusion Academy
Illinois Institute for Addiction Recovery
Indiana University—School of Informatics, Computing, and Engineering
Innovative Counseling Partners, LLC
Millikin University
Northwestern Medicine at Central DuPage Hospital
Rogers Behavioral Health
The Way Back Inn
Timberline Knolls
Urban Balance

Thank you to all of our Exhibitors for their participation in our conference.

Thank You Volunteers!

The Illinois Counseling Association thanks the 115+ Graduate Student
Volunteers from University Counseling Programs

Adler University
Argosy University
Benedictine University
Capella University
Chicago State University
Concordia University
DePaul University
Governors State University
Illinois School of Professional
Psychology
Lewis University
National Louis University
Northeastern Illinois University

Northwestern University
Northern Illinois University
Quincy University
Southern Illinois University
The Chicago School of Professional
Psychology
Trinity Christian College
University of Arkansas
University of Illinois
Utah State University
Walden University
Western Illinois University

Content Session 2 - Friday, 10:15 am - 11:45 am

Alton

Effect of Child-Parent Relationship Therapy (CPRT) with Parents of Preadolescents

Alyssa Swan, PhD

This single group pilot study explored the effect of Child-Parent Relationship Therapy (CPRT) for adoptive parents of preadolescents who reported attachment related concerns, stress in the parent-child relationship, and child behavior problems. All child participants were adopted out of foster care. Results indicated that prior to receiving CPRT (baseline to pretest), parents demonstrated no change or worsening in functioning across all variables, whereas during the CPRT intervention phase, findings showed a large treatment effect for parental empathy, a medium effect for parenting stress, and a small effect for child behavior problems. Findings from this pilot study support CPRT as a promising mental health intervention for parents and preadolescent children. Examples and research of CPRT as a counseling intervention and clinical recommendations for working with parents and preadolescents will be presented.

Ballroom 1

You are More Powerful than You Think: Social Change through Action

Azizi Marshall, LCPC, RDT/BCT, REAT

Today, more than ever, we need to stop, look, and listen to directly confront social inequality. As clinicians, we can do more than confront issues: we can be a critical catalyst for change. In this workshop, we will introduce participants to a wide range of creative strategies and interventions for confronting social and political injustice as an introduction to teaching about social change. Then, participants will engage in a mini creative arts project that is a direct response to a social issue that concerns them both as individuals and as a group. Enhance and refine your skills and competencies to create greater inclusion. Adams, Bell and Griffin (1997) define social justice as both a process and a goal. "The goal of social justice education is full and equal participation of all groups in a society that is mutually shaped to meet their needs. Social justice includes a vision of society that is equitable and all members are physically and psychologically safe and secure."

Ballroom 2

Trauma in the Courtroom - Expert Witness Conceptualization in Practice

Benton Johnson II, PhD, LCPC, LMHC, BC-YMH, CCMHC, DCC, CTBHP, DT

This training will center on the role of a counselor in the courtroom when being an expert witness concerning parental visitation, parental alienation syndrome, and other child concerns. Participants will journey with this trainer in times in which you may be called upon to give an expert testimony on whether or not a child should be granted overnight stays or determine a length of visitation based upon children's behaviors, subsequent visitations. This training will also actively, through discussion and exciting activities explore other requirements placed on parents in issues of guardianship, custodial and other challenges in courtroom dynamics. This is NOT legal advice but is an exploration of the intricate and complex assertions and misdiagnosis that can commonly be made by therapists when dealing with trauma, children and families from diverse communities.

Barrington

Self-Hypnosis and NeuroLinguistic Programming (NLP) Techniques: Clinical Applications for Rapid Success

Christina Matthews, LCPC, CCHI

NeuroLinguistic Programming NLP was developed in the 70s by Richard Bandler and John Grinder. They studied highly successful people to learn what characteristics made them that way. Their goal was to teach others how to make the same types of personal changes. Knowing everyone can learn, they developed methods focused on solutions not problems. They demonstrated that effective changes happen rapidly when the subconscious mind is accessed. Basic techniques of NLP and self-hypnosis can help create new neural pathways in the brain. Clients learn to change mood states, control physiological responses, generate confidence and self-esteem, reframe limiting beliefs, avoid procrastination, change perspective, and develop a self-hypnosis resource state that can be generated at any time. Basic framework techniques are covered. NLP and hypnosis have been clinically researched around the world for decades and have demonstrated their relevance to modern neuroscience as treatment modalities.

Chambers

#MeToo, Lolita

Sarah French, MA, M ED

Any adult who has spent time in a teacher's lounge or with adolescents is probably aware of the degree to which some teachers cross, at least verbal, sexual boundaries with students. There are always a few teachers who make jokes both about and to students that carry sexual innuendoes and teachers or coaches who touch too much or for too long. Most girls in a high school can tell you which teachers you might not want to be alone with. Boys are less likely to speak about these things, but it doesn't mean they don't know. This presentation will provide an introduction to the topic of educator sexual abuse and misconduct through a combination of personal narrative, case study, presentation and small group discussion.

Gallery Ballroom

Changing Intimate Relationships Through Conscious Connecting

Tony Victor, DMin, LCPC

Several approaches to couple's therapies are now presenting themselves as Attachment based approaches to couples counseling. This workshop will explore the essence of Attachment theory developed by John Bowlby and expanded by Mary Ainsworth in the 1960's and 1970's. Then this workshop will compare and contrast the Ontology of Connection with the Psychology of Attachment. Thirdly this workshop will present a view that couples work from an Imago perspective which includes the psychology of attachment theory and the ontology of conscious connecting. This workshop will demonstrate that Imago Relationship Theory is a connection-based, research based theory of ontology. Dr. Tony will lead an exploration comparing the sources, the goals, and the energetic/characterological differences between the ontology of connection and the psychology of attachment. This break out session will employ interactive lecture, and practical exercises demonstrating these principals.

Marlborough

Competencies for Counseling Military Populations

Katherine M. Atkins, PhD

There are nearly 26 million Veterans, active duty, Reservists, and National Guard service members in the U.S. (SAMHSA, 2014). Carrola and Corbin-Burdick (2015) cited several areas in which military-connected clients may experience unique physical and mental health needs. SAMHSA (2014) specifically listed concerns such as suicide, trauma, and substance use. Counselors are newly included in more opportunities to serve military-connected clients; however, as the newest members to the table, there is a need for continued developing knowledge on how counselors can best serve military affiliated clients. For example, researchers have proposed military members be included as a cultural group in counseling program diversity coursework (Price, Stickley, & Prosek, 2015; Wix, 2015) and purported the counseling profession create their own ethical guidelines associated with counseling military clients (Prosek & Holm, 2014).

Content Session 2 - Friday, 10:15 am - 11:45 am

Stanford

CHANGE DON'T CHANGE! Counseling Opposite Personality Roles

Janis Clark Johnston, EdD

Richard Schwartz Internal Family Systems (IFS) evidenced-based psychotherapy is well suited to help clients name and transform opposing personality parts or roles. Drawing a Personality Map can highlight a path forward when a client feels “stuck” in opposing emotional roles. A hand-drawn map offers concrete directions for change by providing a simple mirror of “who am I” now. Adults, as well as children/adolescents, may feel as if they are back at the original scene of personal calamity over and over. By naming personality roles it is possible to calm emotional circuitry in the brain. As psychiatrist Daniel Siegel recommends, “Name it to tame it!” Conscious processing of emotions helps clients discover new behaviors when they train their brain to be aware of present moments. In addition to the mapping technique, participants will learn about the importance of dream journals and mindful meditation in creating a present-focus counseling process.



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**Gwendolyn J. Sterk, Attorney at Law
will be discussing:**

“Shifting Paradigms in Family Law”

Friday, November 9, 2018

1:30 p.m. - 2:30 p.m.



Advertising Material

Content Session 3 - Friday, 1:30 pm - 2:30 pm

- Alton** **Beyond the Digital Screen: Best Practices in Online GateKeeping**
Stephanee Standefer, PhD, LCPC; Scott A. Wickman, PhD, PEL
 The world of counselor education is changing rapidly. Online counselor education has increased access to education. We will present findings from a grounded theory study that identified effective gatekeeping strategies in an online counselor education program. Participants will have an opportunity to hear about and discuss their own best practices and apply these strategies to their programs
- Ballroom 1** **The Uncharted Territory of Retirement: Baby Boomers and their Career and Life Transition**
Susan Ackley, LCPC, CADC, DCC, CRC
 Baby Boomers have changed every development stage they have gone through and retirement is no exception. For many Baby Boomers, who are now retiring in great numbers, retirement can be a frightening, difficult and stressful evolution that may not quite fit the mold of the usual transition we often see in our practices, especially if coupled with an increased life expectancy of up to 30 or more years. Many counselors who consider themselves well versed in helping clients navigate transitions can become stumped by how to help soon-to- retire or recent retirees who may present with non-clinical or lifestyle factors. Join Susan Ackley, LCPC, CADC, Retirement Activist and Certified Retirement Coach, to learn about the five benefits of work, the stressors on retirees, and ideas for working with this cohort.
- Ballroom 2** **Shifting Paradigms in Family Law**
Gwendolyn J. Sterk, Esq
 Family law attorney Gwendolyn J. Sterk will present to provide professionals with an understanding of the evolutions in Illinois family law. The presentation will include a modeling of parenting time and parental responsibilities (now including changes with responsibilities for companion animals), modeling of shared income assets during the dissolution of marriage and the consequences of same in various family situations. The purpose will be to enlighten and educate mental health professionals on recent changes which may surface with their patients/clients.
- Barrington** **Creative Gestalt Approaches to Benefit Children & Adolescents**
Theo Stripling, LPC
 Ever worked with a child who refused to speak to you? Experiential therapies are occasionally overlooked as effective approaches with clients. Gestalt approaches have great efficacy with children and adolescents, particularly reticent ones. In this session, participants will review current literature highlighting the benefits of using Gestalt techniques with children, then review and participate in creative Gestalt techniques developed from Dr. Violet Oaklander's "Windows to Our Children: A Gestalt Therapy Approach to Children and Adolescents."
- Gallery Ballroom** **Dealing with Difficult People: Why and What to Do!**
Norm Dasenbrook, LCPC
 Why are some people just so difficult to deal with? How can some people, no matter what, be so aggravating? There is no escaping conflict or confrontation, whether in the office, boardroom, or family room. At times it seems that we just float from one conflicted situation to another. Most people AVOID conflict and confrontation, or save up conflicts and cash them in when they reach the final straw. This presentation will show how to use a CBT framework to understand the dynamics and detail the 5 conflict styles to manage difficult people. Moreover, positive confrontation and problem solving techniques that attempt to solve problems without damaging the on-going relationship will be explored.
- Marlborough** **Group Work's Constant Circle in a Changing World**
Anna Marie Yates, PhD, NCC, LPC, PEL
 The circle in group work is a powerful tool. Counselors lead a variety of groups using the circular concept. Application of theoretical perspectives clarify the "round", chain-linked", and "ball-like" forms that enhance the process and dynamics of the group journey. This session will provide participants with tools and techniques to lead, inspire, and promote group cohesion and growth.
- Stanford** **A Partnership between Elementary Schools and a Counseling Agency**
Carolyn Khan, LCPC, CDVP; Sandre Lukashevich, LCPC, NCC, CDVP; Tamara Fitzgerald, LPC; Karen Olalde, LCPC, CDVP
 9 years ago, Bridges to a New Day and a local elementary school formed a partnership that changed the lives of children. For the last 9 years, we have served about 40 children per year for a total of over 350 children who were not eligible for IEPs. Every year, we do 2 sessions of 10 weeks social/emotional groups. The success of this program is due to the working relationship that has been developed between the school staff and agency staff. While this would be a remarkable achievement, in 2017 we received a grant to expand the program. In the 2017 school year, we went to 6 different schools to do short term groups and group presentation. Not only do the schools see the benefit of our program but they want us back next year for longer group sessions. This presentation will focus on the ways that the partnership was developed, things that we learned on the way, group activities and other aspects of the program.

Content Session 4 - Friday, 2:45 pm - 4:15 pm

- Alton** **Trans*gender 101**
David Gasper, LPC, NCC
 This program will cover necessary background, history and language to begin to develop competencies for working with trans*gender clients, including non-binary and gender non-conforming clients. This background will provide some history of the community in the United States, a discussion of language and the reasoning behind some language choices. Then using the ALGBITC Transgender Competencies, a plan for further developing competency will be addressed. Finally, we will look at how to adjust clinical setting, paperwork, and individual techniques to be more trans* affirming.
- Ballroom 1** **Somatic Experiencing Through the Trauma Timeline**
Azizi Marshall, LCPC, RDT/BCT, REAT
 Though many people who experience traumatic events recover completely, for those who do not, unresolved trauma can lead to larger mental and physical health concerns, such as post-traumatic stress (PTSD), sleep problems, mood swings, or immune system problems. Somatic Experiencing (SE) aims to restore the body's ability to self-regulate in order to achieve balance and integrity. Participants will explore SE through the clinically structured Trauma Timeline and the observation of a client's physical responses to its material, such as shallow breathing or a shift in posture and recording somatic sensations that may be imperceptible to the client, such as feelings of heaviness, tightness, or dizziness. A key component to enhancing one's ability to self-regulate is the practice of alternating, or "pendulating," between the sensations associated with trauma and those that are a source of strength and comfort. Help your client find places of safety, in the mind as well as the body.
- Ballroom 2** **Exploring Social Media Feelings and Preparedness in a Youth-Focused Learning Community: A Discussion**
Kelly L Page, PhD; Kevin Kusy, LCPC
 Mediated social technology is pervasive today with implications for people's emotional and social well-being. This is felt acutely in our schools and colleges, especially those serving youth aged 14 to 18 years. Students, staff, educators, and managers, especially school counselors, increasingly navigate a myriad of incidents of social media conflict, cyberbullying, fake news, sexting and grooming. Despite reported benefits of social media, studies on youth well-being have identified that social media activity can harm youth mental health. While the CS/CT movement encourages everyone to learn to code and the DML/CL fields focus on developing digital literacies, absent is a discussion on navigating social media and well-being. In this discussion, we share the methodology and insights from an exploratory study conducted in a three-year residential public academy serving youth aged 14-18 years, on how social media makes people feel and their perceptions of social media preparedness.
- Barrington** **Ethics: Understanding Disclosures - Divorce, DCFS, Subpoenas, and Emergencies**
Jonathan Nye, JD
 Understanding how counselors can avoid being dragged into court and how to minimize the affect on you and your practice if you are.
- Chambers** **Pre K-12 Social Emotional Learning school integration supporting school/community partnerships**
Kevin McClure, LCPC, PEL
 Participants will gain knowledge of the Illinois State Board of Education's student SEL standards including developmentally appropriate behavioral expectations for self awareness and self regulation, social awareness and relationship maintenance, and positive decision making. Participants will engage with discussions supporting how SEL language can help link school/family/community services coordination and patient care.
- Gallery Ballroom** **Relapse and Prevention**
Serena Wadhwa, PsyD, LCPC, CADC, RYT, CCTP
 This presentation focuses on the process of relapse and the interventions to interrupt the process within substance use disorders. We explore the components of the relapse process, various tools for each component and explore relapse and prevention from a DBT, ACT and mindfulness perspective. This workshop is complemented with case studies, discussions, interactive activities and questions. All activities are voluntary.
- Marlborough** **Addressing Race-Based Traumatic Stress in Undocumented Youth**
Marianny Arribas, LPC, NCC; Kashunda McGriff, EdD, LPC, NCC
 According to the race-based traumatic stress model, psychological trauma can occur among racial and ethnic minorities who have experienced excessive discrimination during particular developmental periods (Carter, 2007). Undocumented youth are systematically targeted with racial and/or ethnic discrimination, which may increase their risk for psychological trauma (Pieterse, Carter, Evans, & Walter, 2010). While these individuals are exposed to stressors that make them vulnerable to social, emotional, and academic problems, they also have limited access to mental health support systems (Garcini et al., 2017). Culturally appropriate counseling is necessary to support the undocumented youth with effective interventions and programs that promote mental health and foster awareness of race-based traumatic stress.
- Stanford** **The Narcissistically Damaged Relationship (NDR)**
Keith Bjorge, PsyD
 This workshop will address how pathological narcissism impacts an intimate partner relationship (e.g. marriage). It will review likely patterns of negative interactions of an NDR, as well as note the conceivable adverse effects of narcissism upon a partner. Emotionally Focused Couple Therapy (EFT) will be proposed as a model for assessing problematic patterns of the NDR, as well as identifying contraindications for couple counseling. Further, EFT is proposed as model to confront and treat the NDR.

Content Session 6 - Saturday, 10:15 am - 11:45 am

- Alton** **Next Level Practice: How grow a practice, launch big ideas, and create an amazing life.**
Joe Sanok, LCPC
 Maybe you've heard, "We didn't go in it for the money." Or maybe you have seen peers burn out and switch careers. You might wonder, "How hard is private practice?" Join keynote speaker, Joe Sanok, for an interactive discussion on what it takes to be successful in private practice, launching big ideas, and life! Joe has interviewed hundreds of top practice owners and business consultants for his podcast, he's discovered what works and what makes a practice fail. He'll even cover how to launch big ideas like podcasts, books, and e-courses. Things are changing in the world of private practice, come discover how to start, grow, and scale quickly!
- Ballroom 1** **Counseling Across Cultures: A Panel Discussion**
Kimberly K. Asner-Self, EdD, LCPC, NCC; Aimee Kathleen, MS; Jungsun Lee, MA; Farah Nazzal, MA; Dhavalkuma Patel
 Over 43.7 million immigrants and 2 million sojourners (e.g. migrant workers, international students), over 14 % of the U.S. population, live in the U.S. (Dept. of Homeland Security, 2015; 2016). In Illinois, 14.3% and 12.6% of the population are immigrants or children of immigrants respectively. In Chicagoland, 20% of business owners are immigrants. Many counselor do or will counsel people from other cultures. Counseling across cultures requires flexibility, humility, and respectful curiosity. In many trainings/workshops, U.S. counselors learn broad generalizations about particular populations (e.g. Arabs, Hmong, Indians, Mexicans, Philipinos, Polish, Serbo-Croatians, etc.). In this panel discussion, four counselors from four countries (Lebanon, Pakistan, S. Korea, and the U.S.) discuss similarities and differences in how each approaches clients from cultures other than their own. Is there one general approach? Let's talk. Participation encouraged. Handouts provided.
- Ballroom 2** **Discover Yourself: Engaging Adolescents in an Adventure Therapy Group at a Community Counseling Agency**
Timothy "T.J." Schoonover, MSEd, LPC, NCC
 Adventure therapy is "the use of games, activities, initiatives, and peak experiences to facilitate the development of group process, interpersonal relationships, personal growth and therapeutic gain." (Ashby, et al., 2008, p. 1). Adventure therapy gives adolescents the opportunity to get out, be active, and use some of their energy in a therapeutic setting (Ashby, et al., 2008). This presentation will discuss an eight-week Adventure therapy group for adolescents, that was implemented at a large community based counseling agency in Northern Illinois. This presentation will cover the history and effectiveness of Adventure therapy, the creation/implementation of the group, and will engage presentation participants in experiential activities that were completed during the group. This will be an interactive workshop.
- Barrington** **Create Trauma Heroes rather than Trauma Survivors**
Kent B Provost, PhD
 Van Der Kolk's (2006) has conducted extensive research on trauma and its effects on the brain development and visceral responses. From Van Der Kolk's research, and after working with clients suffering from childhood and other past trauma experiences, this presenter has integrated Giles' (1982) The Safe Place Trauma Model, a counseling intervention tool, of manageable emotions into his counseling and supervision practices with client-reported positive outcomes. This unique approach can augment Cognitive-Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT). It can be implemented with clients in multiple settings. This intervention model is used in several western region treatment facilities and private practices with reported positive outcomes. This model specifically relates to van Der Kolk's (2006) intervention suggestions by assisting clients (and supervisees) to process their emotional responses in conjunction to activating situations and thought patterns.
- Chambers** **Pornography Addiction and Mental Health**
Daniel W. Bishop, LCPC, PsyD; Lisa Schultz
 Pornography accessibility and use has increased dramatically due to technology, resulting in significant problems to users that have never existed in prior generations. With the ability to access porn from anyplace, anytime and with a buffet of genres to choose from, people on both ends of the development spectrum, the youth and the elderly, are being called in to this electronic siren call. This workshop will introduce attendees to the research on pornography use and the problems it may cause on the client and stress the importance of discussing porn use with all clients.
- Gallery Ballroom** **Using Superheroes and Pop Culture in Therapy with Children and Adults**
Sophia Ansari, LPCC
 We all have memories of using a blanket as a makeshift cape, jumping off the couch and imagining as if we were flying high up in the sky amongst the clouds. Superheroes have been such an integral part of our childhood. The themes in our favorite comic books can be used to help children and adults with the struggles we all encounter at some point in our lives (losing a loved one, being bullied, making poor choices). The stories may be stories of fantasy but what makes them all relatable is that the characters and narratives are grounded in human emotion. Superhero/Comic book play therapy has been gaining popularity in mainstream psychology. The creative counselor can incorporate superheroes with evidence based modalities such as play therapy, cognitive behavioral therapy, bibliotherapy, acceptance and commitment therapy, positive psychology and many, many others. It is through the filter of fiction that we can help our clients find their own superpowers!
- Marlborough** **Male Sexual Abuse: A Life Span Developmental Perspective**
Vince Sperduto, PhD, LPC, NCC
 This victim-survivor of Catholic clergy sexual abuse by three perpetrators over a five-year period will capture the impact of traumatic events applying life span development. Herman (1997) states, "Resolution of the trauma is never final; recovery is never complete. The impact of a traumatic event continues to reverberate through the survivor's life-cycle. Issues that were sufficiently resolved at one stage of recovery may be reawakened as the survivor reaches new milestones." This victim-survivor will discuss: Erickson's stages of psycho-social development and the consequences when the developmental tasks are not completed in a stage-salient way; how attachment bonds are disrupted through neglect and abuse and the effects; how the long-term consequences and comorbidities of Adverse Childhood Experiences (ACEs) affect individuals across their entire life span; the shattered impact of SELF; and lastly, how this victim-survivor makes meaning from the first-person point of view.

Stanford

A Changing World: The Cost of Racism to White Students*Darrick Tovar-Murray, PhD; Michaela Sacra EdD, Pamela Nehrke, BA, Amanda Torchio, BA*

Previous research has attempted to understand the cost of racism on minority students well-being and career aspirations. An area of research that has yet to be focused on is understanding the impact racism has on White, majority students. The costs of racism to Whites is a new and emerging psychological construct. We will be presenting findings from a study primarily surveying White students experiences from an urban, college setting. White students psychosocial cost of racism, awareness of their White privilege, experiences of White guilt, levels of self-esteem overall life satisfaction, and career aspirations will be assessed.



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Content Session 7 - Saturday, 1:30 pm - 2:30 pm

- Alton** **Practicing What we Preach: Pronouns and the Privilege of Naming**
Meg Seth, Counseling Student
 Names have power. As a society, we routinely disempower and oppress others by how we name them. In working with clients that are gender non-conforming (GNC), non-binary (NB), or transgender, names and pronouns are important pieces of identity-affirmation and client empowerment. As counselors, we are positioned in such a way that we can and must challenge identity-based discrimination both in counseling relationships and within our institutions. When we don't examine our power, we are primed to commit microaggressions in our practice as counselors. In this workshop, we will practice ways to support trans/GNC/NB clients. The program will start with a discussion of ways for practitioners to use inclusive language and implications for practice with trans/GNC/NB clients. Following this discussion, we will participate in role play exercises to develop practical skills in using pronouns and honoring client names. We will conclude with a discussion about strategies for systemic advocacy.
- Ballroom 1** **Current Trends of Integrating Spirituality and Religiosity in Multicultural Counseling: Eastern and Western Countries perspective**
Aimee Kathleen, MS; Kimberly Asner Self, EdD, LCPC, NCC
 Topics like spirituality and religiosity in counseling are sensitive and sometimes complex, and always important. Increased research in counseling as well as in healthcare policy across the globe has emerged from increased access to various cultures and religions within a global sphere. This is particularly apparent in Western Society in terms of diverting away from institutionalized religion towards, more individualized type religion, and thus focusing more on a personal search for meaning, a sense of self and heightened connection with others' indeed spirituality. Indeed, over the past two decades, with US involvement in Iraq and Afghanistan, curiosity about spirituality and religiosity has heightened. In this program, we will look at the research on spirituality and religiosity in both Western and Middle Eastern countries in terms of clients' meaning in life, self-esteem, wellbeing, hope and depression.
- Ballroom 2** **When Mental Health Services and Divorce Collide for Couples: What to Know and How to Help**
Erin Birt, JD, CADC
 When Mental Health Services and divorce collide for couples, there are many ramifications for the patient/client as well as the provider. Learn about the impact of Mental Health Services on divorce, how to respond to subpoenas, request information, and how your practice can help change the future of divorce. We will review and discuss the legal issues that impact a patient/client's divorce process. Take home form documents to help respond to requests for information or how to participate in an evaluation process, and discuss how you can provide collaborative divorce services to positively improve the divorce process for our patient/clients.
- Barrington** **Caregiving: An Unknown Territory for Many and How Counselors Can Help**
Kathy M. Bonnar, EdD, NCC, LPC
 The need for caregivers continues to increase each year. There are no classes or degrees that can prepare an individual to take on this job of caregiving. In many cases, it is family members who one day had their typical life and the next day became a caregiver charting unknown waters with little or no preparation. How can we as counselors help these caregivers identify their place as a caregiver as well as the importance of self-care while providing services to others?
- Chambers** **Creative Arts Strategies in a Changing World of Counseling and Supervision**
Oksoon Cho, PhD, LPC, NCC, ACS; Scott A. Wickman, PhD, PEL; Toni R. Tollerud, PhD, LCPC, PEL, ACS
 Incorporating creative arts into counselor preparation and supervision can facilitate counselor adaptation to meet changing clients, student, and supervisee needs by tapping into a form of expression that might not otherwise be available. In this workshop, we present findings from a grounded theory study on the benefits of incorporating creative and expressive arts techniques in counselor preparation and supervision to meet the needs of diverse clients, students, and supervisees in an often unpredictable and always changing world. Participants will learn hands-on strategies for incorporating creative expression into their supervision and counseling practices, such as drawing, coloring, making, and painting, music, journal writing, and play/sandtray.
- Gallery Ballroom** **The Couple that Plays Together Stays Together: Using Play to Enhance Couple Relationships**
LaToya Flowers-Roe, LPC, NCC
 Half of all first marriages still end in divorce. Couple therapy, for those who do eventually seek counseling, is plagued by distressingly high rates of premature termination. Nevertheless, the research has shown couple therapy does work. This fun, interactive session will explore integrating play into couple therapy to reduce premature termination, improve treatment outcomes, increase relationship satisfaction, and induce positive affect among couples. Participants will walk away with an in-depth understanding of the many psychosocial-emotional benefits of adult play and a host of play therapy interventions that work well with the leading systems theories. Couple play is an innovative approach perfectly suited for counseling in and for a changing world.
- Marlborough** **Rising Above: A Multicultural Approach to Mentoring Women Toward Successful Careers in Counseling and Psychology**
Kasia Wereszczynska, LCPC, RYT
 With all the competition in today's marketplace it is easy to become discouraged. Tack on being a female from a minority culture, and it may seem impossible to attain that dream job. This workshop will serve to empower women to pursue higher-level positions through its educational, skills-training, and resource-sharing components. Although legislation has made some advances toward equal opportunity employment, the reality is that what we see in the United States is anything but. For instance, a study conducted by ABC's 20/20 (2012) posted identical resumes on a career website using the "Blackest" and "Whitest" names as determined by the book *Freakonomics* to reveal that resumes with the "Whitest" name were downloaded nearly 20% more than their Black counterparts. Such odds not only complicate the process of being interviewed and hired but also significantly compromise the self-esteem of women seeking higher-level positions.
- Stanford** **The Role of Neuroscience in Training Crisis and Trauma Counselors**
Shedeh Tavakoli, PhD, LCPC
 The counselor supervisee's ability to remain emotionally regulated in a counseling session is imperative for the therapeutic relationship and assisting clients to work through traumatic experiences. A successful supervision includes emotionally available supervisor, working on parallel processes, countertransference, and emotion regulation. This presentation will address the application of essential elements of neuroscience in supervising counselor supervisees working with survivors of trauma.

Content Session 8 - Saturday, 2:45 pm - 4:15 pm

- Alton** **The Disordered Couple: Selected Chapters from Upcoming Book**
Katherine Helm, PhD; Kimberly Duris, Lisa Brown, Emily Petkus
 The Disordered Couple (Len Sperry, Katherine Helm, & Jon Carlson, Eds), 2nd edition, will be coming out in August 2018. This book explores how to work with couples where one member of the couple has a disorder (mood disorder, sexual addiction, etc.). Selected chapter authors will discuss working with clients who have internet addictions, domestic violence, trauma, PTSD and sexual addiction issues. Treatment options and specific approaches will be provided for working with couples and case studies will be explored. Each chapter author will provide an overview of their chapter, treatment strategies and assessment recommendations for couples. Workshop attendees will be provided opportunities to practice the skills they learn in dyads and receive feedback from presenters on how to implement strategies they have learned in the workshop. This workshop is both didactic and experiential.
- Ballroom 1** **Women and Islam: My Body, My Choice?**
 Kimberly K. Asner-Self, EdD, LCPC, NCC; Farah Nazzal, MS
 In the Qur'an, Muslim women are encouraged to dress modestly with an eye toward decency (24:30). Decency is explained to include covering private parts, avoiding premarital sex, and avoiding looking with lust at anyone other than one's husband. In the US, many people who are not Muslim wonder why a woman would wear the hijab (a hair covering) and/or other coverings (abbayah, burka, niqab). They maintain these women have been brainwashed, oppressed by a misogynistic religion, and need to be rescued from their own internalized marginalization (Grech, 2014). Western counselors are no exception. Counselors work their life-times on self-awareness, knowledge and abilities in terms of multiculturalism and social justice (eg. Ratts, Singh, Nassar-McMillan, Butler, & McCullough, 2015). In this program, we discuss women and Islam to increase knowledge and self-awareness to enhance our ability to meet our clients in a warm, non-judgement space to grow. Handouts provided, discussion expected.
- Ballroom 2** **Nourishing Body and Soul: Using Mindful Eating to Enhance Eating Disorder Treatment**
 Jennifer S. Rogers, LPC, NCC;
 Threshold and subthreshold eating disorders are pernicious, often chronic, illnesses that result in serious physical and emotional problems (Stice, Marti, & Durant, 2011). Eating disorders are among the top 10 causes of disability among young women. Of all mental illnesses, anorexia nervosa has the highest mortality rate (Streigel-Moore & Bulik, 2007). Even highly motivated clients often have difficulty changing disordered eating behaviors, leaving them feeling trapped in a cycle of food restriction, binge eating, and compensatory behaviors. To address the treatment needs of clients with eating disorders, clinicians can incorporate mindful eating into session. In this presentation, participants will learn how to facilitate experiential eating activities in group and individual sessions, help clients eat mindfully, and rate their levels of hunger and satiety. Snacks will be provided for the experiential eating activity during the presentation.
- Barrington** **Building a Safe Place for Traumatized LGBTQ Youth, Teens and Young Adults for Non LGBTQ Counselors**
Beryl J Armstrong, LCPC
 More and more today youth, teens, and young adults are identifying themselves as lesbian gay, bisexual, transgender, queer or openly questioning their sexual and gender identity (LGBTQ). As a result this vulnerable population is experiencing various forms of trauma and stressors including family rejection, bullying, school harassment, physical and sexual abuse, emotional abuse and intimate partner abuse. These negative experiences increase the risk of homelessness, suicide, substance abuse, HIV/STD, exposure to hate crimes, and sexual exploitation. LGBTQ need a safe place free from judgment and bias where they can be heard, strengthened, and helped.
- Chambers** **The Current Status and Potential of Psychedelic-Assisted Therapy**
Geoff Bathje, PhD; Stephen Kotsiris, BS
 We will provide an overview of the most current research on psychedelic-assisted therapy. MDMA and Psilocybin are both entering phase III FDA clinical trials, the last step toward legalization as medicines. MDMA has additionally received Breakthrough Therapy designation for demonstrating effectiveness in treating PTSD above and beyond current treatments. MDMA may be available via expanded access as soon as 2019, and Ketamine therapy is already legal and increasingly available. Psychedelics are proving capable of increasing the pace and outcome of counseling for a range of difficult to treat conditions, including substance use disorders, OCD, Depression, Bipolar Disorder, end-of-life distress, and PTSD. Due to the time-intensive sessions, counselors, rather than PhD level practitioners are likely to provide most of the counseling services, providing a potential major increase in career opportunities. Risks and screening considerations for clients will be discussed.
- Gallery Ballroom** **The Psychology of Success: Principles for Personal & Professional Wellness**
Joyce Marter, LCPC
 In this dynamic and popular presentation given for Fortune 500 companies as well as therapists, Marter reviews wellness principals to create the best life for yourself, as well as your clients. Practices such as mindfulness, cognitive behavioral strategies, assertive communication, healthy boundaries, and how to harness the powers of intention, visualization and gratitude are all explored. Case examples are drawn from over 20 years of practice, as well as personal examples from Marter's own professional journey. Participants will leave with a road map for achieving success with work/life balance.
- Marlborough** **An Internal Family Systems Therapy Guide to Recovery From Eating Disorders: Healing Part by Part**
Amy Y Grabowski, LCPC, ATR
 Eating Disorders (ED's) have the highest relapse rate of all the mental illnesses and can be very frustrating for clinicians. Amy Y Grabowski (Author of "An Internal Family Systems Therapy Guide to Recovery From Eating Disorders: Healing Part by Part") has a theory that most therapeutic models do not resolve the core issues which originally led to the ED's. Ms Grabowski believes that ED's result from the sacrifice of the Self usually as a result of Trauma. Participants will learn about accessing the client's Self energy and helping the client's "Parts" become more in balance. Videos of the use of IFS therapy with clients will be viewed and discussed.

Content Session 8 - Saturday, 2:45 pm - 4:15 pm

Stanford

Complexity and Intersectionality of Racial Trauma, Interpersonal Violence, and Crisis in Counseling People of African Descent

Malik Raheem, EdD, NCC; Kimberly Hart

When truly implementing Multicultural Counseling Competence and Social Justice advocacy, we need to understand communities of African Descent face crisis, racial traumatic events, and interpersonal violence daily and can make services complex. In order to truly understand the paradigms of the community, a counselor needs to understand culture, identity issues and dynamics, and SES variables a counselor would need to be aware of when counseling this community. The presenters will give strategies to facilitate multicultural and social justice competence and advocacy.

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Poster Sessions

Friday

An Elusive Phenomenon: Parent Hopelessness in a Changing World

Amber C. Gardner, MA, LPC, NCC, AMFT

Hopelessness in parents has been found to correlate with hopelessness, negative self-concept as well as negative externalizing behavior in children. This very elusive phenomenon has gone under the radar for far too long. It is critical that counselors and counselor educators understand the correlations and implications of parent hopelessness as well as the theoretical assumptions, best practices, tools, and interventions that can be used to combat parent hopelessness and counteract its effects.

Sexual Trauma in the LGBT+ Community

Andrew Tienan

This training will focus on same-sex vs. opposite-sex sexual trauma in the LGBT+ community. Multicultural considerations will be age, race, sex, and gender of the victim. This training should be considered because of its wide application range to school counselors, couples & family counseling, as well as many others. In a recent review done by Harvard Journal of Law and Gender, it found that jurors are more likely to have a negative view homosexual identified individuals (Shay, 2014). Furthermore, little research has been done examining same-sex vs. opposite-sex trauma in the LGBT+ community, which is what this training will primarily focus on. Finally, attention will be to how likely an LGBT+ victim is to report being sexually assaulted. What research that has been conducted, specifically with LGBT+ identified members of the military, has found that victims are less likely to report sexual trauma (Romaniuk & Loue, 2017).

Food Addiction: A Case for the DSM?

Becca Van Loan, BA

In this poster presentation, the nature of food addiction will be explored across diverse populations. Given that food addiction is not in any of the past DSM editions or current DSM-5, food addiction can be widely defined as individuals consuming calorically dense and processed foods with the inability to stop despite adverse biological consequences. Food addiction has often been compared to Alcohol and Substance Use Disorder criteria seeking to understand if future DSM editions could implement such a diagnosis. Food addiction poses a unique explanation for individuals with comorbidity of other disorders and if this could be considered a true addiction. In exploring food addiction, researchers and clinicians can better understand how this concept impacts treatment and other areas of individual's lives as well as if food addiction could be added to a future DSM as a diagnosis.

65 Roses

Jennifer L. Betkis, Graduate Student at Northern Illinois University in the Rehabilitation Counseling Program

The term "65 Roses" started in 1965 when a child with cystic fibrosis mispronounced cystic fibrosis as "65 Roses." The term is now regularly used by children to pronounce the name of their disease ("The 65 Roses Story," n.d.). Cystic Fibrosis is the most common fatal genetic disorder in the United States affecting approximately 30,000 people. Cystic Fibrosis causes the body to produce a thick sticky mucus that clogs the lungs and other organs of the body ("Learning About Cystic Fibrosis," 2013). Tremendous progress has been made in diagnosing and treating cystic fibrosis over the last twenty years. The life expectancy for cystic fibrosis patients has more than doubled since 1970 when the average of survival was sixteen (Agrawal et al., 2017). As the life expectancy has increased so has its prevalence. With each generation of patients living longer, it raises the question of how to provide services for a group of people that in the past often did not require them.

Counseling Individuals with Chronic Pain: Overcoming Fear-Avoidance Behavior

Laura Belmonte, MS, CRC Graduate; Amanda McCarthy, Ed.D., CRC, CVE, LCPC

Professional counselors frequently encounter clients with chronic pain. Individuals with chronic pain are at risk for depression and often experience anxiety, frustration, and anger (Marini, Glover-Graf & Millington, 2012). These feelings can lead to a client feeling hopeless about recovery and impact the likelihood of a successful outcome. It is critical for counselors to identify thought patterns that may be occurring with clients who experience chronic pain. One of these negative thinking patterns is conceptualized with the Fear-Avoidance (FA) Model (Vlaeyen & Linton, 2012). The model was introduced as a way to describe how pain, distress, and physical disuse develop as a result of avoiding a stimulus. This poster will present the Fear-Avoidance Model and its signs and symptoms so professional counselors can recognize and address these thoughts with clients.

Counseling Undocumented Latinx Immigrant Adults

Lena Budinger, MA

Undocumented Latinx immigrant adults in the United States struggle to access affordable, culturally sensitive counseling. This presentation reviews recent literature on best practices for this population, including (1) culturally specific assessments and theories, (2) addressing migration status and trauma histories, (3) building community relationships to build competency and trust, and (4) individual advocacy efforts to support clients. It also makes suggestions for further research that supports those who are not protected under DACA or not students, which is the dominant area of interest in the literature today.

Expanding Counseling Services to Homeschooling Families

Leslie Contos, MA, LPC, NCC

Approximately 1.8 million children in the United States are homeschooled, yet these families' needs are often overlooked and have not yet been addressed in counseling literature. Parents from diverse backgrounds homeschool their children for a variety of reasons, in a range of styles, and with multiple time pressures and family stressors. Counselors with a professional focus on wellness, developmental needs, and client centered multicultural competence, are uniquely situated to offer services to homeschoolers.

Islamophobia: Trauma, Counseling and Changing the World View

Jahaan Abdullah, M.A., LPC, NCC

Islam is a widely practiced religion worldwide. With Islam being the fast growing religion globally, the a need for counselor competence regarding religious experiences of Muslims is increasing. Although many Muslims remain committed to Islam, many have experienced trauma, rejection, and emotional harm due to Islamophobia. In this presentation basic information regarding Islam and Islamophobia will be offered. Additionally, perspectives on trauma associated with Islamophobia and interventions when working with Muslim identified clients will be discussed. Further, the need to increase research and scholarship to inform counselor practice will be explored.

Poster Sessions

Friday

Backpacks Down: Helping College Students Upon Re-Entry to Campus After Study Abroad

Mandy Kellums Baraka, PhD, LCPC; Valencia Wiggins, PhD, LPC

The American Counseling Association endorsed multicultural competencies that include the standards to address cultural and social issues in counseling and underscore the professional commitment (Ratts, Singh, Nassar-McMillan, Butler, & McCullough, 2015). One manifestation of the multicultural competencies with little research conducted occurs in college counseling centers with students who experienced international immersion through brief participation in study abroad programs. For these students who chose to study abroad during their collegiate career, the transition back to life at college can be full of excitement as well as challenging. Re-adjustment to the campus pace of life and to familiar yet different places in relationships can create confusion and conflict. Counselors can work with student clients who experience challenges to their frames of reference and points of view to promote personal growth and navigate the experience of transition in a healthy manner.

Is Addiction Contagious? The Effect of Social Network Theory on Addiction

Mary Collins, LPC, CADC

In this poster presentation, the examination of the significance of our daily interactions, relationships, and social networks will occur as well as how these factors influence the expansion of substance abuse. As addiction quickly became a widespread epidemic and is currently endangering our community this presentation explores the factors that caused this expansion to occur. This exploration takes place through the lens of the Social Network Theory. Addiction will be explored through the spread of substance abuse within an individual's social circle. Multiple characteristics of this dissemination will be explored including education, geographic location, culture, and familial traits. Lastly, this presentation will offer clinicians with the latest treatments and techniques for working with those struggling with addiction.



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Poster Sessions

Saturday

Recognizing and Cultivating Resilience

Maren Whipple, MSEd, NCC, CCMHC, LCPC

Almost all of us will experience at least one potentially traumatic experience during the course of our lives and all of us will experience some adversity and distress. Following adverse events some people will develop mental health symptoms (such as those associated with Post-Traumatic Stress Disorder), show delayed development, or experience other loss in functioning. However, data shows (Bonanno, 2004; Masten, 2014) that most people do not experience a significant loss in functioning that persists. Most of us do just fine, or experience a brief down-turn followed by recovery. Others end up even better than before the event. This is referred to as resilience. Increasing resilience is one way to prevent or mitigate the negative effects of adverse events. This presentation will discuss the protective factors associated with the characteristic of resilience and how to target those factors with interventions intended to increase resilience in ourselves and our clients.

Recommended Approaches to Counseling Teens and Young Adults Affected by Social Media

Caitlin Ruby Miller, MA; Shayne Schumacher; Colleen Jackson; and Jennie Hegwood

In our presentation, we propose to approach the newly emerging field of counseling populations who are dealing with negative interactions in Social Media (primarily on Instagram and Facebook) and their consequent deleterious effects on the psyche. We intend to approach with evidence-based practices, as well as a focus on cutting-edge counseling techniques. Further, we intend to explore and educate our colleagues on the myriad of consequences that our new, digital, social media filled world is having on our clients as a whole.

Benefits of Infusing Mindfulness into The Basic Counseling Skills Course

Carissa Porcaro, BS; Amanda McCarthy EdD, CRC, LCPC, CVE

Mindfulness can increase self-esteem, emotional stability, attention/mental focus, self-acceptance, and one's psychological well-being (Fulton, 2018). Incorporating mindfulness training into a counseling skills course can improve attending behaviors, self-care, confidence, and empathetic behaviors (Greason & Cashwell, 2009). Furthermore, Buser, Buser, Peterson, and Seravdarian (2012), found individuals who utilized mindfulness techniques outperformed those who neglected mindfulness practices when developing a therapeutic relationship with their clients. However, the integration of mindfulness into the counseling skills course has not been fully explored. Therefore, the purpose of this poster is to review the literature on the benefits of mindfulness and explore how mindfulness can be beneficial in the counseling skills course, including meeting CACREP standards.

Counseling People Who Are Blind Or Visually Impaired

Dymond B Hollins, B.S.

According to Varma, et al. (2016), as of 2015, 1.02 million Americans are blind and 3.22 million Americans are visually impaired. Chan, Friedman, Bradley, and Massof (2018), predict by 2050, the numbers of these conditions will double to approximately 2.01 million people with blindness and 6.95 million people with visual impairments. Despite the high prevalence of persons who are blind or visually impaired, there continues to be a lack of trained professionals prepared to provide mental health counseling services for this population. Additionally, there continues to be insufficient research into the effectiveness of evidenced-based psychological interventions for this population (Thurston, 2010). Of the literature that does exist, there is a consensus that among persons who are blind or visually impaired, their treatment outcomes are generally poorer compared to their sighted peers. This underrepresented population reports a negative perception towards counseling (Thurston, 2010).

Outreach Strategies to Increase Participation of Latinos in Public Vocational Rehabilitation Counseling Services

Karina Perez, B.A

Latinos with disabilities have historically been underrepresented in disability-related advocacy efforts. Underserved populations can face many barriers which can prevent them from seeking vocational rehabilitation (VR) services. Latino™s with low socioeconomic status, language barriers, criminal records, and citizenship issues are less likely to engage in any VR services (Dowden, Ethridge, & Brooks, 2016). Latinos have not been the focus of many studies of VR. However, one study found that Hispanic clients were deemed eligible to receive services at a higher rate than non-Hispanics (Wilson & Senices, 2005). This poster will outline outreach strategies and interventions already researched within the field of VR and suggestions for future interventions as the Latino population in America continues to rise.

The Psychological Impact of Mental Illness

Katie Liquori, B.S.

Mental illness affects 18.1% or 43.6 million Americans (SAMHSA, 2017), and has a profound psychological impact on the individual experiencing the condition, their families, friends, coworkers, etc. Although symptoms are dependent upon the psychiatric disorder, what remains the same, is the stigma generally associated with having a mental health disorder, which increases psychological distress and diminishes self-concept. Stigma may also be placed on family members of individuals with mental illness, which in turn leads to higher psychological distress and lower levels of closeness in the family. Cultural views of mental illness also affects the psychological impact of mental illness as the condition may reduce one™s willingness to receive mental health treatment, leading to decreased emotional and social development. To overcome the psychological distress of a mental health condition, insight about the condition and the overall acceptance of the condition is essential for recovery.

Working with Nontraditional College Students with Psychiatric Disabilities: Considerations for Counselors

Megan Malone, BS

Nontraditional students (i.e., students 25 and older) make up nearly one third of the United States undergraduate population (Markle, 2015) and nearly half of all college undergraduate students report a mental health concern related to a diagnosable disorder (Conley, Shapiro, Kirsch & Durlak, 2017). Nontraditional students with psychiatric disabilities experience significantly higher levels of life stress than their peers (Trenz, Ecklund-Flores and Rapoza, 2015). In order to address the needs of this population and encourage them to seek help for their concerns, it is important for counselors to be aware of the unique needs of nontraditional students and mental health disorders. The purpose of this poster is to review the literature related to nontraditional college students with psychiatric disabilities and identify gaps where additional research is needed.

Poster Sessions

Saturday

Using Conversational Therapy Techniques to Help Improve Communication between Counselors and other Health Professionals

Sabha Sims, Graduate Student

It is believed language intervention is vital since language is essential in life. It is estimated that there are 180,000 new cases of aphasia per year in the United States (National Institute on Deafness and Other Communication Disorders [NIDCD], 2015). Although most professionals consider aphasia as incurable, literature hypothesizes that through early treatment and methods of intervention, individuals diagnosed with aphasia will be able to communicate and have a maximum functional capacity within their environment. Restoring individual's ability to communicate effectively through specific therapies such as Conversational Therapy, as well as using Picture Exchange Communication System (PECS), is believed to lead to a restoration of positive self-esteem, independence and become fully capable of engaging in personal relationships again. It is imperative for mental health professionals to understand the techniques around supporting and serving individuals with Aphasia and their family.

The Higher Betrayal Trauma, The Greater Likelihood for Revictimization?

Victoria Stroz, Student

Betrayal Trauma is characterized as interpersonal trauma or abuse perpetrated by someone close to the victim with whom the victim depends on for support or survival. The severity of trauma and betrayal correlates to the degree of interpersonal attachment to the perpetrator, ranging from no betrayal (i.e.: a natural disaster), to low betrayal (i.e.: assault by a stranger), to high betrayal (i.e.: abuse or neglect by a close caregiver). High betrayal trauma inflicted by close caregivers cause severe violations in trust and can negatively impact an individual through childhood, adolescence, and into adulthood, significantly increasing the likelihood of future revictimization. By assessing the connection between the victim and the perpetrator, revictimization in adulthood may prove more likely the closer the victim's relationship to their caregiver.

Maternal Mental Health Counseling: A Multidisciplinary Approach in Early Intervention and Treatment

Suzie Hester, Clinical Mental Health Graduate Student; Donna Kirkpatrick Pinson, EdD, LCPC, NCC, NCSC, PEL

The impact of maternal mental health is far reaching and there has been a growing awareness of the need for more comprehensive maternal mental health interventions. It is essential that counselors address maternal mental health from multiple points of access to meet the needs of families and work with medical providers to introduce early interventions and education. This can be done by integrating mental health into childbirth education classes and creating curriculum about the postpartum experience. Even with a greater awareness, stigma can be a barrier for individuals seeking treatment. Trauma and traumatic birth experiences can also be a barrier to treatment. Counselors can help facilitate a multidisciplinary approach to early intervention and treatment by working with providers to address barriers to treatment, providing education on fostering an alliance with patients, and working closely in consultation with medical professionals.



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Awards

Outstanding ICA Chapter Award

This award was established in 1982 to annually recognize the ICA chapter that contributes most to the promotion of professional counseling in Illinois and that promotes ethical and professional standards of professional counseling practice.

1982	Blackhawk	2003	Governors State University
1983	Land of Lincoln	2006	Lewis and Clark Chapter
1989	Lake County	2007	Lewis and Clark Chapter
1990	Lake County	2008	Governors State University
1991	Northwest Suburban	2009	Lewis and Clark Chapter
1998	Blackhawk	2010	National Louis University
1999	Northwest Suburban	2013	Northern Illinois University
2000	Lake County Chapter	2015	Northern Illinois University
2001	Chicago Counseling Association	2017	Black Counselors Association

Leo G. Bent Award (Outstanding Professional Counseling Program in Illinois)

This award was established by ICA in 1977 to honor Leo G. Bent., an ICA cofounder who was responsible for developing standards in Illinois. This award is presented to recognize an outstanding professional counseling program.

1978	Springfield Public Schools, Springfield, IL
1980	Counseling and Student Development Center, Northern Illinois University, DeKalb, IL
1981	Robert Saltmarsh, Eastern Illinois University, Charleston, IL
1982	Methodist Medical of Illinois
1984	Rich South High School, Richton Park, IL
1985	Counseling Center, Western Illinois University, Macomb, IL
1987	McDonough District Hospital, Macomb, IL
1988	June Mann and Martha Levey, Argenta-Oreana High School Argenta, IL
1989	Rock Valley College Counseling Center, Rockford, IL
1991	Outcomes Based Education Student Service Program, High School District #214
1993	Amboy High School Student Assistant Program, Amboy, IL
1995	Bradley University Counseling and Human Development Program, Peoria, IL
1999	Blackhawk Chapter Counselors for the Development Education Curriculum, K-12
2001	Deerfield High School Counseling Department
2002	Highland Park High School, Counseling Department, Highland Park, IL.
2003	Bremen Township Community High Schools
2004	Harper College Career Center
2006	Buddy's Place Northern Illinois University Department of Counseling, Adult and Higher Education
2007	Chicago Public Schools - School Counseling Program
2009	Pillars, Berwyn, IL
2012	Northern Illinois University
2014	Adler University
2016	The Family Institute at Northwestern University
2017	Quincy University Masters of Science in Education Program

McGinn/Clark ICA Outstanding Illinois Elected Public Official

This award was established in 1996 to recognize the Illinois Legislator who contributes the most to advocacy, public policy, and legislative recognition for professional counselors and their clients in Illinois. The award is named for two women who have been consistently active in local, state, and national level public policy and legislation for professional counselors. Pat McGinn had been the Executive Director of IMHCA and CICO. Joyce Clark had been President of IAMC and Chair of the ICA Public Policy Legislation Committee. The Nomination is open to any current or former legislator in Illinois, regardless of political party affiliation.

1996	Dennis Hastert	2008	Attorney General Lisa Madigan
1997	Representative Frank Mautino & Senator William Peterson	2009	Senator Richard J. Durbin
1998	Senator Kathleen Parker	2010	Representative Sandy Cole & Senator Jacquie Collins
1999	Senator Christine Radogno Representative Vincent Persico	2011	Senator Heather Steans
2000	Senator Thomas Walsh	2013	Representative Bob Prichard & Senator William Delgado
2001	Senator Kathleen Parker	2014	Senator Iris Martinez & Representative Mike Bost
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2006	Representative Jack Franks & Senator Pam Althoff		
2007	Representative Kathy Ryg & Senator Dan Cronin		

Awards Continued

Wendell S. Dysinger Award (Outstanding Professional Counseling Publication)

This award was established by ICA in 1982 to honor and recognize the professional counseling contributions made by Dr. Wendell S. Dysinger, one of ICA's founders. The award is given to a person(s) for an outstanding published article in professional counseling, human development, student affairs, and/or related areas.

1983 John DeVolder, Western Illinois University
1984 Noah M. Imbody, Northeastern Illinois University
1985 Richard L. Hayes, Bradley State University
1989 Judith Cooney, Governors State University
1995 Kathleen Bisbee, Normal, IL
1996 Dr. William E. Gorman and, Dr. Lori Russell-Chapin, Bradley University
1997 Dr. Michael Lewis, Governors State University
1999 Dr. Michael Illovisky, Western Illinois University
2000 Dr. Diane Kjos, Governors State University
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2003 Dr. Richard Hendriksen, Western Illinois University
2005 Pat Kozik
2006 Maria McCabe and Toni Tollerud

2007 Dr. Anita Thomas and Dr. Sara Schwarzbaum, Northeastern Illinois University
2008 Article Award: Cherie Barnes
2008 Book Award: Dr. Jeffrey Edwards and Anthony Heath
2009 Book Award: Dr. Julia Yang, Dr. Alan Milliren and Dr. Mark Blagen
2010 Drs. Leslie O'Ryan & Bill McFarland
2012 Dr. John D'Anca
2014 Ross Rosenberg
2017 Dr. Serena Wadhwa

C.A. Michelman Award (Outstanding Service to ICA and Professional Counseling)

This award was established by ICA to honor C.A. Michelman, a pioneer of professional counseling in Illinois who was responsible for developing professional counseling programs in Illinois schools and agencies. The award is presented to a professional counselor who has given outstanding service to ICA and professional counseling.

1963 Merle Olson
1964 Ron Deabler
1965 Harold Robbins
1966 Wendell Dysinger
1967 Leo Bent
1968 Robert Zeller
1969 George Blacker
1970 Frank Sievens
1971 George Weigel
1972 Donna Chiles
1973 W. David Whiteside
1974 Donald Moler

1975 Stephen J. Horvath, Jr.
1977 John Storey
1978 Merlin Shultz
1979 Charles W. Lewis
1980 Lenora W Hylander
1981 Cani Ratcliff
1982 Eugene O'Thole
1983 Raymond Hylander
1985 Harvey Welch, Jr.
1986 Bea Wehrly
1988 John DeVolde
1989 David Livers

1990 Michael Alterkruse
1991 Robert Nejedlo
1992 Twyman Jones
1993 Donald Waterstreet
1994 Noah M. Inbody
1995 Pat McGinn
1996 Toni Tollerud
1997 Richard Longfellow
1998 Dr. Kim Cannon
1999 Stephany Joy-Newman
2000 Brenda Stadsholt
2001 Patricia H. Merriweather

2002 Marlyse Anderson & Lynn Turovetz
2003 Melanie Rawlins
2004 Harvey Kelber
2005 Kris Sandra Wheatley
2006 Dale Septeowski
2007 Marie Bracki
2008 Pat Kozik
2009 Francesca Giordano
2010 Yonah Klem
2011 William McFarland
2012 Janet Katschke-Hanson
2013 LaCleta Hall
2017 Pam Arnold

Robert J. Nejedlo Distinguished Leadership Award

2008 Dr. Robert J. Nejedlo
2009 Patricia F. McGinn

2010 Dr. Toni Tollerud
2011 Melanie Rawlins

2013 Dr. Francesca Giordano & Dr. Stephanie Joy-Newman

Bea Wehrly Human Rights Award

2002 Anna Marie Yates
2003 Bea Wehrly
2012 Pam Arnold

Dr. Mary Arnold (posthumously)
2010 Ray Piagentini
2014 Cathy Gilham
2016 Estella Pledge

2014 Norm Dasenbrook
2017 Carolyn Khan

ICA Traveling Trophy

1996 Governors State University
1997 Western Illinois University
1998 Olivet Nazarene University
1999 National Louis University
2002 Western Illinois University
2003 Governors State University

TRAVELING TROPHY FOR GRADUATE STUDENT PARTICIPATION

2009 Argosy University
2010 Northeastern Illinois University
2011 Northern Illinois University
2012 Northern Illinois University
2013 Northern Illinois University
2014 Northern Illinois University

2015 Northern Illinois University
2016 Northern Illinois University
2017 Northern Illinois University

Special Awards

Special Recognition Award for Legislative Work 2016 Northern Illinois University

2007 Daniel Stasi

2016 Outstanding Emerging Leader Anna Themanson

Outstanding Service to the Illinois Counseling Association as President

2007 Lynn Turovetz

2008 Dr. Scott Wickman

Heart Award

2008 NIU Counseling Faculty: Dr. Toni Tollerud, Dr. Scott Wickman, Dr. Fran Giordano Dr. Deb Pender;
ICA Executive Director Ronna Heinig; IMHCA/ISCA Executive Director Daniel Stasi



SAVE THE DATE

March 22, 2019

9th Annual Southern Conference

The Many Branches of Counseling

DoubleTree Hotel, Collinsville, IL

SAVE THE DATE

November 7-9, 2019

**71st Annual ICA Conference
The Dynamic of Shared Experiences:
In and Around Professional Counseling**

*Holiday Inn Chicago Northshore
Skokie, IL*



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 specialty 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 LCPCs 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
815-787-8787 • fx 815.787.0505
ILCounseling.org@gmail.com
www.ilcounseling.org

Illinois Counseling Association Membership Application

Name _____

Address _____

City _____ State _____ Zip _____

Work Location _____

Position _____

Business Address _____

City _____ State _____ Zip _____

Phone (H) _____ (M) _____

Email _____

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# _____

☐ 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

IAARC Illinois Assessment and Research in Counseling and Education

\$12.00

\$6.00

IAADA Illinois Association for Adult Development and Aging

\$12.00

\$3.00/\$6.00

ACACI Association for Child and Adolescent Counseling in Illinois

\$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 Issues in Counseling

\$12.00

\$6.00

IAMC Illinois Association for Multicultural Counseling

\$15.00

\$5.00

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

\$15.00

\$10.00

Donation to the Illinois Counseling Association 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 _____

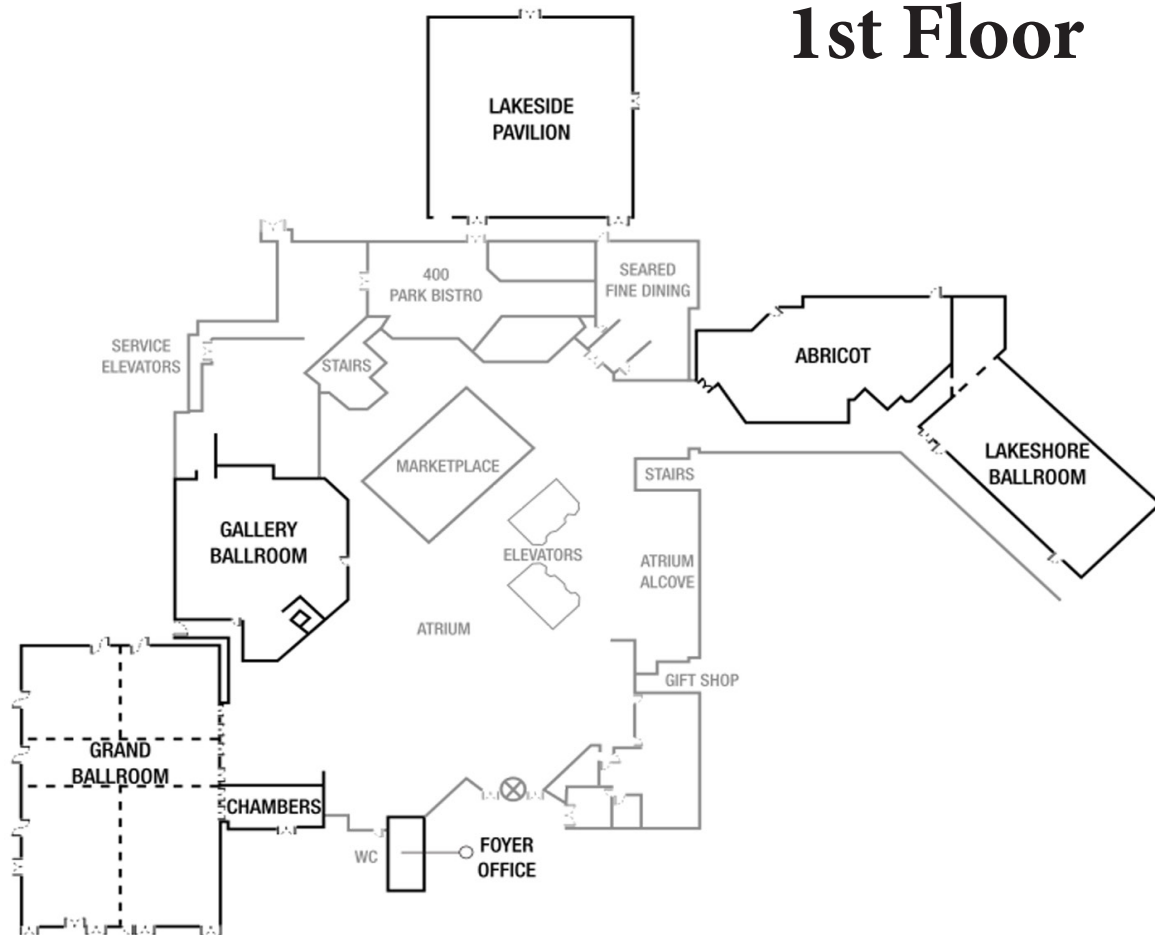
Ethics Pledge: As an Illinois Counseling Association member, I do hereby pledge to uphold the American Counseling Association Code of Ethics and Professional Standards of Practice at all times.

Applicant's Signature _____

Date _____

Thanks For Supporting Professional Counseling In Illinois!

1st Floor



2nd Floor

