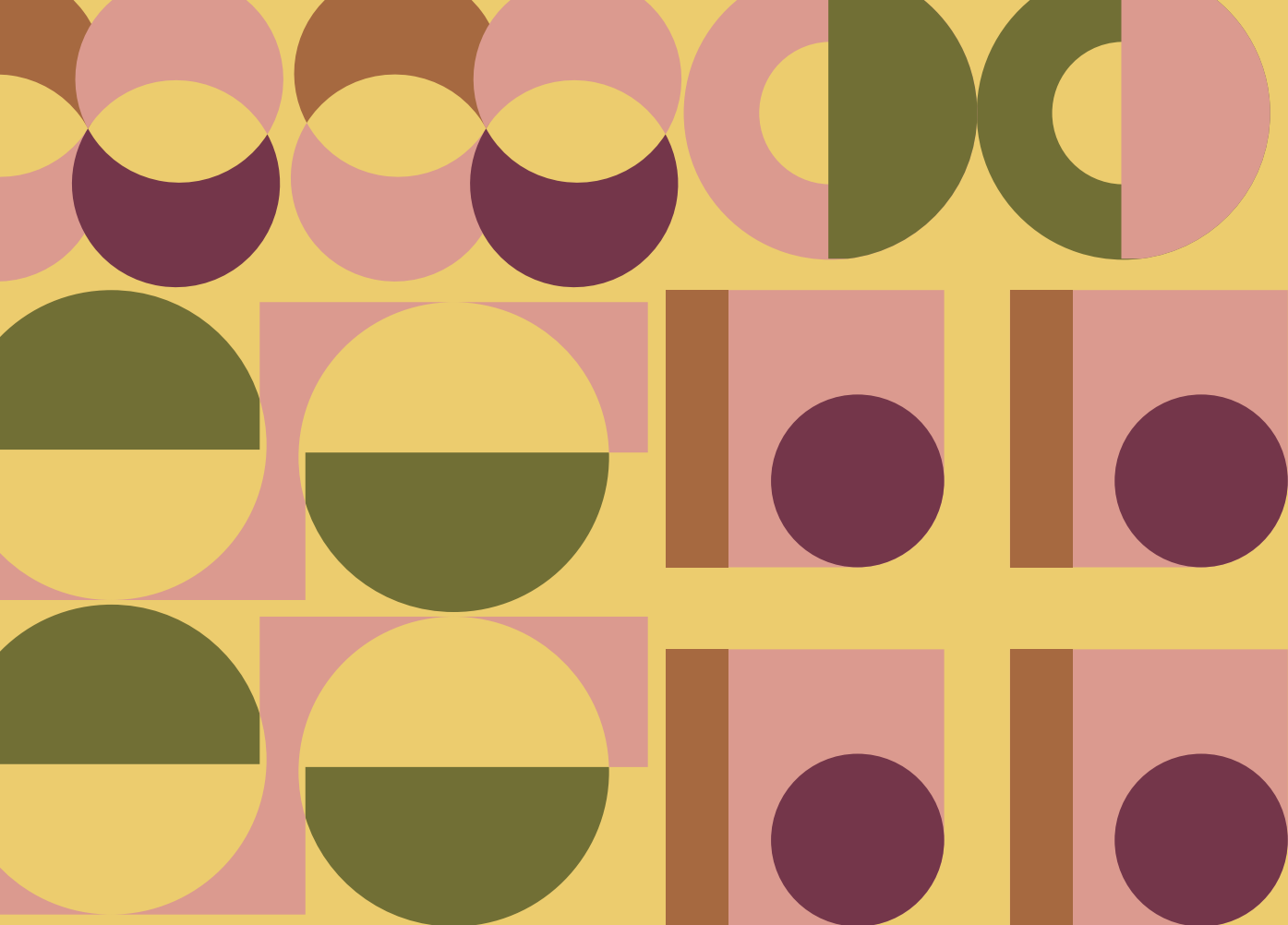




Nourishing Families In Crisis: From Devastation to Unification?

ILLINOIS ASSOCIATION FOR
COUPLES AND FAMILY COUNSELING

1ST ANNUAL CONFERENCE, CHICAGO, IL

APRIL 27, 2023
VIRTUAL CONFERENCE
and

APRIL 28, 2023
LOYOLA UNIVERSITY
COFFEY HALL

Division of ICA

Welcome Message



On behalf of the 1st Annual Illinois Association for Couples and Family Counseling (IACFC) Conference we want to extend a warm welcome. This year's theme is "Nourishing Families in Crisis: From Devastation to Re-Unification."

There is so much excitement about this year's conference. We see this conference as a tribute to our past boards, members, and everyone who supported us over the last 27 years which maintained the existence of this division.

After the past three years of the pandemic, (which included either a force or self-imposed separation from our families, friends, students, colleagues etc.,) as well as a geographical separation that existed before the pandemic (Northern and Southern Illinois) we are attempting to meet the needs by having our conference in-person and virtual platforms.

From our keynote speaker, to the workshops selected, is a representation of the resounding voices of our members and the counseling community. On behalf of the IACFC board, we want you to know that we heard your voice, and this conference is just one of the many things we have in store for you.

This conference will include educational workshops from members of our international chapter the International Association of Marriage and Family Counselors (IAMFC). There will also be opportunities to take part in networking and social activities.

The only thing I ask is when you see us at the conference, please stop and introduce yourself. We would love to connect a name with a face.

Dr. Nicole Thompson, LCPC
IACFC President 2021-2023

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2023 IACFC Conference Schedule

April 27, 2023
(Virtual)

9:00 am - 12:00 pm

Session 1 - Clinical Considerations in Working with Stigmatized Sexual Identities and Interests: LGBTQIA+, non-monogamous/polyamorous, kink/BDSM, and sex-industry work

Dr. Hayat Nadar, PsyD; Christy LK Darcangelo, MA, LCSW (3 CEUs)

12:00 pm - 1:00 pm - LUNCH

1:00 pm - 4:00 pm

Session 2 - The Class of LIFE: Couples and Family Edition

Dr. Melissa Franzen, LCPC (3 CEUs)



Workshop Sessions



DR. HAYAT NADAR, PSYD



**CHRISTY LK DARCANGELO, MA,
LCSW**

**CLINICAL CONSIDERATIONS IN WORKING WITH STIGMATIZED SEXUAL IDENTITIES
AND INTERESTS: LGBTQIA+, NON-MONOGAMOUS/POLYAMOROUS, KINK/BDSM,
AND SEX-INDUSTRY WORK**

(3 CEUS)

Exposure to stigmatized sexual identities and interests with a focus on understanding clinical and diversity considerations, exploring therapist bias and potential harm ensued unto these populations, and learning

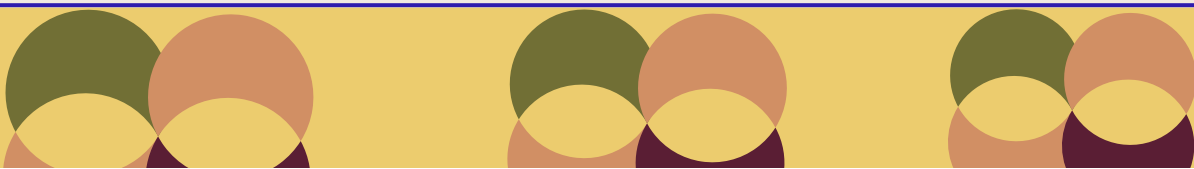


DR. MELISSA FRANZEN, LCPC

**THE CLASS OF LIFE: COUPLES AND FAMILY EDITION
1:00 PM - 4:00PM**

(3 CEUS)

Piloting an experiential learning approach applied to a Master's level Couples and Family Therapy course. Why is it needed? What are the rules? How did the course play out? Hear from students and faculty on their lived experiences of this new approach. Explore what is working and what needs to be improved and who the real winners were.



2023 IACFC Conference Schedule



8:00 am - 9:00 am

Pre-Conference Registration

9:00 am - 10:00 am

Keynote Speaker - Dr. LaKisha Hudson, Ph.D., LCPC, CRC presents S.U.G.A.R. We Can Get Through This: Creating a Space for Families to Heal and Learn to Thrive
(In person/1 CEU)

10:15 am- 11:15 am

Session 1 - Treating Infidelity: An Evidence Based Approach- Paul Peluso, PhD, LMHC, LMFT; Taylor Irvine, PhD, LMHC, NCC
(Virtual Presentation/(1 CEU)

11:30 am - 1:00 pm

Session 2 - Interpersonal Violence in the Social Digital Age- Crystal Murdock LCPC, PhD, MA (In person/(1.5 CEU)

1:00 pm - 2:00 pm - LUNCH

2:15 pm - 3:15 pm

Session 3 - The road to recovery: an overview of how to create unification for devastated families with use of trauma-informed care practices- Felicia Smith, LPC
(In person/(1 CEU)

3:30 pm - 5:00 pm

Session 4 - Nourishing and Supporting Families Involved in the Court System - Roseanne Oppmann, LCPC, LMHC, NCC, CCJTS, Family Reunification Counselor and Attorney Maureen Lawson
(In person/1.5 CEU)

5:00 pm - 7:00 pm

Networking Mixer/Cocktail Hour

1st Annual IACFC Conference

"Nourishing Families In Crisis: From Devastation to Unification"
Loyola University, Coffey Hall, Chicago, IL



**S.U.G.A.R. WE CAN GET
THROUGH THIS: CREATING A SPACE FOR
FAMILIES TO HEAL AND LEARN TO THRIVE
8:00AM - 9:00AM - IN PERSON**

As therapists and counselors, we know how important it is to create a safe, supportive space for our clients as they work through their individual therapeutic journeys. The same need for acceptance, understanding and sustained healing holds true when working with families. Within family therapy sessions lies an opportunity to listen deeply and increase each family member's capacity for creating stronger bonds while working on the deeper issues that can tear them apart. Acknowledging all voices within a family and helping them heal together – something we excel at in the counseling profession – opens up doors of knowledge that foster resilience and ultimately allow families to learn how to thrive despite any tumultuous life circumstances they may encounter. This presentation will be a re-centering in and reminder of the framework we need to provide in order for every other aspect to align and fall into place.

KEYNOTE SPEAKER

Dr. LaKisha Hudson, Ph.D., LCPC, CRC

Dr. LaKisha "Dr. KiKi" Hudson obtained her Bachelor of Science degree in Psychology from the University of South Carolina. She also earned her Master of Education degree in Guidance and Counseling and an Education Specialist degree in Counseling from the University of South Carolina. She has also earned a graduate certificate in Forensic Psychology from The Chicago School of Professional Psychology. She completed her Master of Science degree in Clinical Mental Health and Clinical Rehabilitation Counseling at Thomas University. Her Doctor of Philosophy in Transpersonal Psychology, with a Creative Expression endorsement, was earned at Sofia University. Dr. Hudson is currently a Licensed Clinical Professional Counselor in Illinois, a licensed teletherapist in South Carolina and Vermont, a certified Clinical Rehabilitation Counselor, and Licensed K-12 School Counselor for South Carolina and for Department of Defense Education Activity (DoDEA). She is the owner and CEO of Zen'n'ish, LLC, an online clinical therapy private practice, and is also employed as an Instructional System Specialist for School Counseling where she is responsible for the comprehensive School Counseling program for 18 schools spread throughout 4 countries in the Europe West District.

Workshop Sessions



PAUL PELUSO, PHD, LMHC, LMFT



TAYLOR IRVINE, PHD, LMHC

TREATING INFIDELITY: AN EVIDENCE BASED APPROACH 9:15AM - 10:15AM (VIRTUAL)

Infidelity—physical, sexual, or emotional affairs—are all potentially devastating to a relationship. It tears away the trust between two people and leaves them feeling lost and vulnerable. Often couples want to know how it could have happened or why it happened. As a result, many couples will (sometimes reluctantly) turn to couples counseling. Unfortunately, many couples counselors aren't specifically trained—and don't feel very comfortable—treating couples where infidelity is the primary issue. Researchers have shown that clinicians who have the ability to provide a systematic conceptualization that helps the client understand the causes of infidelity and then have a planned method of treatment that they can readily articulate to couples have significantly better outcomes with clients. This training will overview evidence-driven, systemic approaches to treating infidelity, which can provide both an explanatory and treatment model for couples seeking affair recovery.



CRYSTAL MURDOCK LCPC, PHD, MA



SHARAZAZI DYSON, PHD, LPC

INTERPERSONAL VIOLENCE IN THE SOCIAL DIGITAL AGE 10:30AM - 12:00PM (IN PERSON)

The Etiology of domestic violence is a complex question to answer. Research has suggested that each partner involved in a domestic violence relationship is taking on a psychological role (Williams, 2012). It could be further postulated that domestic violence affects both the victim and the subsystem of the nuclear family and that of the community around it. The social digital age has greatly affected how interpersonal violence manifests itself for. As a result of the new technological age there is a need to explore etiological markers that influence symptom presentation and treatment strategies. This research will analyze intergenerational factors influencing the expression of interpersonal violence. Furthermore, this research will explore a family treatment model for interpersonal violence. The importance of this work is rooted in the conclusion of researchers that domestic violence can lead to undeveloped and or underdeveloped emotional regulation and social skills (Afolabi, 2015).

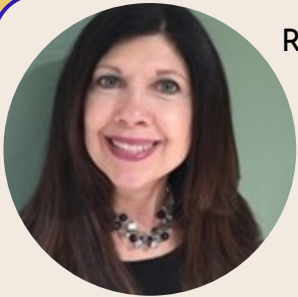
Workshop Sessions



FELICIA SMITH, LPC

**THE ROAD TO RECOVERY: AN OVERVIEW OF HOW TO CREATE UNIFICATION
FOR DEVASTATED FAMILIES WITH USE OF TRAUMA-INFORMED CARE
PRACTICES
1:15PAM - 2:15PM (IN PERSON)**

The road to recovery: an overview of how to create unification for devastated families with use of trauma-informed care practices, will be facilitated by Felicia Smith, licensed professional counselor with Relate-2-Clinic based in Houston, Texas. The workshop facilitator will explain how a family of distress may present according to the DSM-V-TR with symptomology of posttraumatic stress disorder (PTSD), depression and anxiety. Trauma-informed care and psychological first aid is delineated in the workshop. In addition, case examples will be viewed to foster support of trauma-informed care, crisis protocols and coping skills for use. A discussion of the case examples (video clips) will follow and treatment modalities. Near the conclusion of the workshop peer support will be provided to support clinical efforts when administering techniques to families in devastation needing healing and recovery. The conclusion of the workshop offers an overview of the discussion and an opportunity for Q & A.



**ROSEANNE OPPMANN, LCPC, LMHC, NCC,
CCJTS, FAMILY REUNIFICATION
COUNSELOR
ATTORNEY MAUREEN LAWSON**

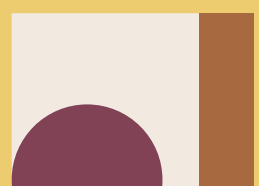
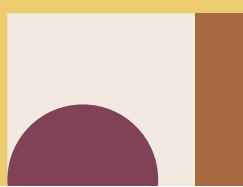
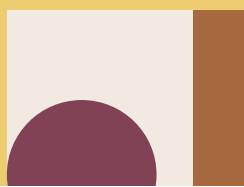
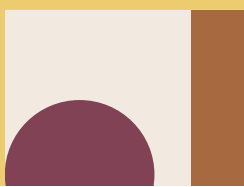
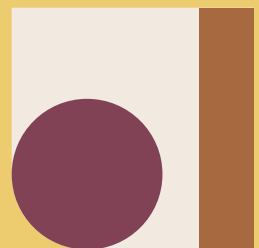
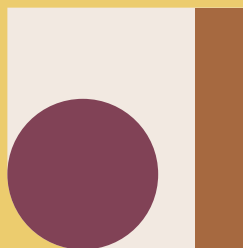
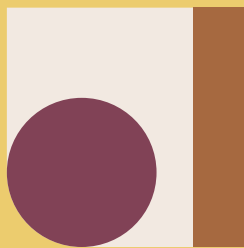
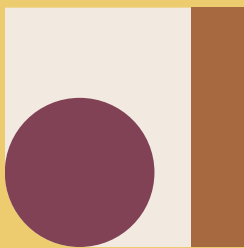


ATTORNEY MAUREEN LAWSON

**NOURISHING AND SUPPORTING FAMILIES INVOLVED IN THE COURT SYSTEM
2:30PM - 4:00PM (IN PERSON)**

Family therapy is an effective way to treat and solve many family issues. This workshop is designed for mental health professionals who are interested in learning how they can take family therapy services to another level. Working with court involved families enables mental health professionals to collaborate with multi-disciplinary professionals to maximize positive outcomes for the families they serve. An understanding about the court process can be useful when providing services to clients going through different types of family crisis. Reunification Counseling enhances a deeper understanding of family dynamics and the intense impact parental conflict can have on children. This workshop will provide a practical approach to court involved therapy and the reunification process.

On behalf of the current
IACFC board, would like to
extend a heartfelt
appreciation to the past
IACFC Presidents



Executive Board

President - Dr. Nicole Thompson

President Elect/Secretary - Dr. Latoya Patterson

Treasurer and Membership Chair - Jamesa Pruitt

Newsletter and Website Committee - Ladwina Rudolph

Community Engagement Liaison - Faith Jefferson

Bylaw Committee Chair - Maren Whipple

ICA Past President Connect - Nadia Johnson

Volunteers

Illinois Association for Couples and Families
want to say thank you to our Graduate Student
Volunteers from the following counseling
programs:

- The Chicago School of Professional Psychology
- Lewis University
- National Louis
- Bradley University





Thank you



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