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The Spirit of Creative Counseling

November 9-11, 2017
Lisle Hilton, Lisle | Naperville, IL
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Dr. Sandra Kakacek is a Licensed Clinical Professional Counselor and Director of Training for Clinical Mental Health and Rehabilitation Counseling and core faculty professor at Adler University in Chicago. She has been a practicing private practice counselor for over thirty years of which thirteen have included working as an equine-assisted psychotherapist. Dr. Kakacek has many published journal articles as well as countless workshop presentations. She has a chapter in a counseling textbook and two chapters in a marriage and family counseling encyclopedia. Her expertise ranges from counseling clients from a juvenile justice center, to individual children, adolescents, adults, couples, and families. Dr. Kakacek is the current ICA President. She is also an active member in the International Association of Counseling and American Counseling Association.

Please join us for a wonderfully creative counseling conference. The variety of counseling issues across all ages and cultures is exciting, and spans from agencies, private practices, colleges, universities, and schools.

We have two wonderful keynote speakers this year. On Friday, Dr. Jeffrey Kottler, brings his spirit of change and experiences from connecting with creative counseling techniques from around the world. His keynote is The Secrets of Exceptional Counselors. He has always been a storyteller, and his all day workshop on Thursday, The Power of Stories in Counseling —and Everyday Life, hones in on utilizing narratives for change with clients, and of course, ourselves.

Dr. Thelma Duffy, ACA Past President and author/editor of The Journal of Creative Mental Health Counseling, joins us Saturday morning to share her expertise in her keynote, Ignite the Spirit and Feed the Soul: Using Creativity in Counseling Practice. Her passion and enthusiasm will certainly spread the spirit for the day.

Thursday afternoon we welcome Dr. Lori Chapin-Russell and her husband Ted Russell in meaningful work about mindfulness. Dr. Chapin-Russell received a much deserved award from ACA in March, The Gary Walz Trailblazer Award, for her originality and creativity in counseling.

Our Friday awards night is expected to be fascinating. We start the evening with a jazz sextet, Nate & Friends. We will honor those in memorium while listening to the peaceful sounds of Peruvian Singing Bowls played by Dr. Toni Tollerud and Linda Slabon.

We then celebrate the awards from divisions, regions, and chapters. We also have many awards from ICA and hope to have the evening full of joy with recipients. Following the awards, Nate & Friends will resume their creativity with jazz to end the evening with positive notes.

I have been most impacted by our upcoming conference integrating diversity and current issues that face us all as counselors. Celebrating and seeing you all November 9, 10, and 11 is just the tip of the iceberg. The dedication and passion with all ICA members and friends fills one with a sense of joy at knowing we all strive for the best in the spirit of creative counseling, every minute, hour, and day of our lives.

Thank You and See You Soon!

Dr. Sandra Kakacek
President of ICA
2018 ISCA Annual Conferences
Mark Your Calendars!!!

“Be The Champion for ALL Students”

APRIL 13, 2018
Springfield, IL – Crowne Plaza Hotel

APRIL 20, 2018
Rosemont, IL – Donald E. Stephens Convention Center

IMHCA
Annual Conference
April 6-8, 2018

featuring
Dr. James Garbarino
Skokie, IL (18 CEs)

and
March 2-3, 2018
Dr. Fredrike Bannink
Solution Focused Brief Therapy for Common Client Problems
Skokie, IL
Earn up to 12 CEs

For information or to register: T 815.787.0515 • F 815.787.0505
myimhca@gmail.com • www.IMHCA.org
The Meaning of Membership

You belong to a unique group of helping professionals. School counselors, mental health counselors, career counselors and counselor educators can come together in fellowship and community within the umbrella of the Illinois Counseling Association.

By becoming a member, you are supporting the counseling profession through our work in Springfield and Washington D.C. promoting the profession’s interests through legislation that affects how you do your job. Your membership makes our work as your advocate possible!

Membership also gives you a conduit to share and receive valuable information, be it about laws or rules that affect you, or insight into new counseling techniques or technology. The more you know, the more effective you can be.

Belonging also makes possible networking opportunities and quality professional development opportunities at affordable prices, through conferences and workshops throughout the year and throughout the state.

If you aren’t a member, we ask that you consider supporting your profession by using the membership application on the last page of this publication.

Be a part of something larger than yourself! Join the Illinois Counseling Association!

No man is an island entire of itself; every man is a piece of the continent, a part of the main.

~John Donne

For Whom The Bell Tolls: Segregating Mentally Ill Offenders

By: Victoria Nelsen, LPC

America represents 5% of the world’s population but incarcerates 25% of the world’s prisoners. While these figures are shocking and disproportionate, the subject of mass incarceration has received much attention of late, ensuring heightened public awareness. In contrast, the phenomenon of solitary confinement, or segregation, remains relatively obscure, even though the stressors associated with segregation are now understood to be akin to physical torture.

A 2013 YouGov poll indicated that 56% of Americans believe segregation is an appropriate punishment and that this may tap into underlying beliefs about crime, punishment, and moral judgments on who “deserves” humane treatment. Mental health professionals are likely to take a more compassionate view, one I felt John Donne encapsulated. He wrote “no man is an island entire of itself, each is a piece of the continent, a part of the main”, thus, “each man’s death diminishes me, for I am involved in mankind. Therefore send not to know for whom the bell tolls, it tolls for thee.” Interpreting his words in the context of segregation argues for perspectives of community concern: when our fellow man is abused, marginalized, or oppressed we need not ask for whom the bell tolls. We are connected by the common bonds of humanity; it tolls for us all.

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I grew up in the United Kingdom where segregation in prisons is a relatively rare phenomenon, so learning how the practice proliferates in the US was a shock. To offer some context, Solitary Watch, a non-profit US watchdog organization, estimates that the UK has approximately 500 individuals in segregation at any one time. Considering that the total number of prisoners in the UK, currently 85,994, is roughly equivalent to those segregated in US prisons, and the scale of this practice is further contextualised. While segregation is arguably cruel and unusual punishment for anyone, the practice of segregating the mentally ill seems to me particularly deplorable and in urgent need of reform.

Although the fragmented nature of US corrections makes it hard to interpret the data, a 2014 Amnesty International report identified forty US states holding 25,000 inmates in isolation within supermax prisons or segregated housing units. An influential report released in 2015 by Yale Law School’s Arthur Liman Public Interest Program and the Association of State Correctional Administrators indicated 80,000 to 100,000 inmates were in segregated units in 2014. Even more disturbing are studies showing that incarcerates with a mental illness are placed in segregation at a disproportionate rate. Stern’s 2014 study characterized segregation of mentally ill incarcerates as an epidemic, asserting they represented 28 to 50% of the segregated population in some US states.

The amount of time incarcerates spend in segregation is also troubling. Many incarcerates endure segregation for years at a time. A 2011 European Court of Human Rights (ECHR) inquiry revealed that a sample of 100 incarcerates at a supermax facility in Colorado were detained in segregation units for an average of 8.2 years.

Segregation units are characterized by isolation, including eating and exercising alone, and it is not unusual for inmates to spend up to 23 hours a day without hearing or seeing another person.

Incarcerates typically lack access to personal items, reading materials, and have little opportunity for physical and mental stimulation. From the perspective of mental health, the lack of social interaction is troubling as this limits opportunities to develop coping skills,
derive support, hope, as well as mental and emotional stimulation. It is especially damaging for those experiencing psychosis or paranoia, as it removes opportunities for reality testing. A study by Arrigo & Bullock (2008) found long-term isolation can result in a paradoxical desire to socially withdraw, thereby exacerbating these issues.

The physical environment is problematic also as units are typically small, lack windows, and are illuminated by artificial light, denying occupants an opportunity to observe the natural cycles of dawn, dusk, and the seasons. This can prove extremely disorienting for inmates experiencing perceptual confusion, delusions or insomnia. Paranoia may be induced or exacerbated in some occupants and segregation is notable for elevating the risk of suicide or self-harm. A study by Holton (2003) observes the key clinical features of Borderline Personality Disorder, including suicidal behaviors and self-harm, are exacerbated by solitary confinement.

The deleterious impacts of segregating mentally ill incarcerates are vividly illustrated in a 2014 Amnesty International report. Over a ten year period one inmate lacerated his scrotum, bit off his finger, stapled his forehead, cut his wrists, sliced off his earlobes, sawed through his Achilles tendon, mutilated his genitals, impaled his head on a metal protrusion, and fractured his skull, sustaining a traumatic brain injury.

While benefits are cited as staff and inmate safety, increased security, and behavioural modification, studies show the punitive nature of solitary confinement can increase violence against staff and the dehumanizing conditions have also been found to reduce staff attentiveness and general standards of care. Therapeutic interventions are often intermittent or absent due to impoverished resources and a low ratio of mental health staff to inmates.

In 2015, Barrack Obama became the first sitting president to visit a Federal prison. Reforms initiated through his administration include a 2016 ban on the segregation of juveniles in federal facilities and recommendations to divert mentally ill inmates to secure mental health units. While this gave hope to advocates and watchdog organizations, the reforms applied to Federal and not state facilities, and were therefore limited in their application. It was hoped that where Federal facilities led, state and private facilities would follow but activists and watchdog groups fear the present administration will not support sustained change and may even reverse previous reforms.

If segregation of mentally ill prisoners is to end, the mental health community has a responsibility. How this will manifest is unclear; it appears the issue is currently addressed in a political versus mental health context, yet it is mental health practitioners who are on the front line in prisons, addressing the needs of a vulnerable population. While some reforms have been made, it is clear further change is required. Dostoevsky stated the degree of civilization in a society can be judged by entering its prisons. If so, we may wish to prioritize efforts to end the segregation of mentally ill prisoners.

Victoria Nelsen is an LPC and senior counselor at the Aspire Women’s Residential Program at Gateway Foundation. She is a PATH International Therapeutic Riding Instructor and has a special interest in Equine Therapy for PTSD and complex trauma. She lives in Chicago with her husband, step-children, horse (baby), and a very spoiled cat.
Triggers—

Anniversaries, Birthdays, Holidays

By: Dee Stern, PsyD, LCPC

What are Triggers? Triggers, or “grief spasms” as they are often called, occur when everything seems to be going along okay and the bereaved are finally beginning to feel they “have a handle” on their grief. It is at that point when an anniversary of a marriage, death or even when the diagnosis occurred that the bereaved seem to take one step forward and three steps back.

Birthdays and holidays seem to have the same effect on the bereaved as anniversaries and other special days, because for the bereaved it really makes no difference, it is still difficult. However, anniversaries, birthdays and holidays are not the only triggers that cause the bereaved to “shutter in their tracks.” A phone call from a business or telemarketer who wants to speak to Mr./Mrs. and the bereaved have to explain that they have died. When a magazine continues to be mailed with the deceased’s name on the cover and the bereaved spouse has already canceled the subscription. When the bereaved are walking down the street, in a store or at the mall and see someone wearing the same outfit that their loved one wore and they think it could be them — still alive. When the bereaved are at church or driving or walking and see a couple holding hands and realize that this is no longer possible for them with their loved one. Perhaps they just turned on the radio playing the song that their loved one enjoyed singing or dancing to. These triggers can go on and on for the bereaved and cause a setback in their grief if they are not careful.

The anticipation of birthdays, anniversaries or the holidays are often more troublesome than the actual event. However, with the holidays there are more constant reminders such as holiday decorations in all the stores, greeting cards on the shelves, holiday displays and discounts on toys and other gifts, holiday movies, Christmas trees being sold on every other street corner, discussion about gifts and parties. In other words, no matter where you go or what you do you can’t hide from the holidays before they arrive or try to make changes before the holidays actually arrive, or can you?

There are several ideas that can help the bereaved during the holidays as well as approaching birthdays and anniversaries. It is a matter of taking control back of the situation and being prepared:

• You are not obligated to go to every party or any party— You decide.
• If everyone always comes to your house for dinner— suggest their house or going out to dinner this year.
• If you have always sent Christmas cards, decorated the house, or done a lot of baking, this might be the year for a change. Perhaps, you could either send no cards or not as many; don't decorate as much or not at all and instead of baking this year just go out and buy that pie or dessert.
• Take care of yourself and don’t put expectations on yourself that will cause you additional stress.
• Do something to honor your loved one's memory such as giving money in their name to a charity they liked, having a mass said for them, lighting a candle in memory of them, going to dinner and raising a glass in memory of them, having a scholarship set up in their name for a student in the same area as the deceased, donating books in their memory to a library if they loved to read.
• Try very hard to keep only positive people around you especially during the holidays, and other special events in your life— those people who will allow you to cry without telling you to move on or get over your loved one’s death.
• If you had been to a support group before, it might be a good idea to go again during the holidays for some extra support.
Dr. Camille Wortman (2009) warned of four holiday season dilemmas to be aware of. The first is being Happy and Cheerful. There seems to be an expectation that everyone should be happy and cheerful during the holidays. Please allow yourself to feel what you want—happy, sad, cheerful, unhappy not what others expect of you. The second is the Mine Field of Social Exchange. The innocent comments of others may cause a great deal of pain to the bereaved. The bereaved can be thrown off by the comments of complete strangers by such as comments as “Hope you and your family have a wonderful holiday.” This sounds like a wonderful greeting but when someone has died this greeting is very difficult to hear. The third is the Complexity of Decisions. The bereaved must decide what to do and what not to do when it comes to dealing with decisions about family activities and rituals. For example, a simple gesture such as whether or not to hang a stocking of the young child that died or sending holiday cards to family and friends may cause problems for the bereaved. Last, the Ambush. These are events that are unexpected and unpredictable. They are often called grief attacks or zingers. An example would be a parent taking out ornaments for Christmas and noticing an ornament that their child who died last year had made in school. It was a print of their hand. The ornament and the memories that went with this print would be enough to cause the parent to be overwhelmed with grief and cause an unexpected finding which could feel like an ambush from the past.

It is very important for counselors and therapist to be aware of how easy it is for these season dilemmas to appear for someone who is bereaved. Something so simple as “Hope you and your family have a wonderful Christmas,” or finding an unexpected ornament or hanging or not hanging up a stocking can be very devastating for a bereaved family. It is also very helpful to help the bereaved to have a plan to help them ease the tension, anxiety and pain that often accompanies the holidays for them.

References:
All Day Workshop
Jeffrey A. Kottler, PhD

The Power of Stories in Counseling — and Everyday Life

In one sense, counselors, therapists, and teachers are professional storytellers, whether the anecdotes are offered in the form of self-disclosures, metaphors, parables, case examples, or illustrative examples. In addition, novels, movies, television shows, biographies, have a profound effect on people. As therapists and counselors, we attempt to influence and persuade people through the power of stories, as well as “hold” the stories of those we help. This program reviews the ways that stories are an integral part of counseling and therapy and how we can be far more effective, skilled, and creative in the ways we approach our efforts to maximize our impact.

Learning Objectives

1. Study how stories hold personal and cultural identities, for better or for worse
2. Review all the ways that stories have had an impact on people’s lives, and even changed the world!
3. Learn about the neurophysiology of the brain that maximizes coding, memory retention and access, through storied narratives.
4. Explore ways that stories have been a significant within indigenous and multicultural contexts.
5. Understand trauma in terms of disordered or fragmented stories
6. Discuss ways to be more skilled and effective at creating and sharing stories within helping relationships
Lori Russell-Chapin, PhD, LCPC & Ted Chapin, PhD

Neurocounseling and Mindfulness-Based Therapies: The Neuroscience of Attention and Resiliency

Neurocounseling bridges the brain and behavior. There are many neurocounseling theories and interventions that are evidenced based. In this workshop participants will better understand several of the available mindfulness-based therapies such as Mindfulness-Based Stress Reduction (MBSR) and mindfulness biofeedback. The neuroscience of attention will also be emphasized along with the important work on resiliency and allostatic load. Demonstrations of neurocounseling techniques will be practiced.

PM Half Day Workshop

Jonathan Nye, JD

Mental Health Law and Ethics:
Understanding Family Law, HIPAA, Tele-Health, Social Media and the Dangers They Represent

This presentation will provide the participants with a comprehensive understanding of the confidentiality requirements of both HIPAA and the Illinois mental health and developmental disabilities confidentiality act. Participants will also learn the basics of the new amendments to the family law statutes in Illinois, tele-health and social media concerns, and understanding best practices to identify software that will help maintain HIPAA compliance.
Jeffrey A. Kottler, PhD

The Secrets of Exceptional Counselors

Who and what are exceptional counselors and how do I become one? This talk explores the factors, traits, and skills that distinguish extraordinary practitioners from those who are merely competent. Based on interviews conducted over the last decade with more than 100 of the world’s most prominent therapists, Jeffrey will highlight personal qualities and seminal attributes that make the greatest difference, especially those "tricks of the trade" that are more subtle and often overlooked. As much as what we do with clients, and apart from any favored interventions, it is who we are as human beings that is so influential and powerful. It isn’t just what we do that matters most but who we are.

Objectives
1. Review the research and literature related to excellence in clinical practice.
2. Discuss the personal attributes, traits, and skills that make the most difference.
3. Look at themes of congruence, authenticity, caring, and relational skills as critical factors.

Thelma Duffey, PhD

Ignite the Spirit and Feed the Soul: Using Creativity in Counseling Practice

Creativity. What is it and how is it relevant to professional counseling? Moreover, what does it mean to a counselor’s work when one is connected to or disconnected from one’s creativity? The situations that motivate clients to seek counseling are as varied as they are often complex. The creativity that both clients and counselors bring to counseling can inspire compassion and insight, propel problem solving, motivate a shift in perspective, support healing, and promote growth and resiliency. In this keynote address, Dr. Thelma Duffey will discuss the relational dimensions of creativity, common misconceptions about its role in counseling, and the resiliency and healing that can come when creativity is core to the counseling experience. Using case examples, Dr. Duffey will share the joy and meaning-making that can be experienced when the spirit of creativity is welcomed and embraced in counseling practice.

Thelma Duffey, Ph.D. is Professor and Chair in the Department of Counseling at the University of Texas at San Antonio and served as the 64th President of the American Counseling Association. Dr. Duffey is a Licensed Professional Counselor and a Licensed Marriage and Family Therapist in Texas, and she is the owner and managing partner of a multidisciplinary private counseling practice since 1990. Dr. Duffey works with individuals, couples, and families facing a myriad of issues, including crisis, trauma, grief, and loss; relationship counseling, and addiction counseling. She was the Founding President of The Association for Creativity in Counseling, a division within The American Counseling Association, and she is Editor for the Journal of Creativity in Mental Health. Dr. Duffey, an ACA Fellow, has over 60 publications in the areas of creativity in counseling, innovations in crisis, trauma, grief and loss counseling, relational competencies (Relational-Cultural Theory), Developmental Relational Counseling (DRC) and addictions counseling. She has received numerous leadership and research awards from professional organizations, such as the Association for Counselor Education and Supervision, the American Counseling Association, the Texas Counseling Association, the Southern Association for Counselor Education and Supervision, the Association for Creativity in Counseling and the Texas Association for Counselor Education and Supervision. She is editor and co-editor of three books: Creative Interventions in Grief and Loss Therapy: When the Music Stops, A Dream Dies, A Counselor’s Guide to Working with Men, and Child and Adolescent Counseling Case Studies: Developmental, Systemic, Multicultural, and Relational Contexts.
The Spirit of Creative Counseling

ICA 69th Annual Conference

The Hotel: The Hilton Lisle/Naperville, IL hotel is conveniently located in the Naperville and Lisle area, just outside downtown Chicago. Hotel guests are able to take advantage of a complimentary shuttle bus service the nearest metro station. Hotel guests can choose from one of the standard or accessible rooms, or a spacious suite. Upgrade to the executive floor, and take advantage of the exclusive lounge offering weekday continental breakfast and evening hors d’oeuvres. The property features the on-site local dining favorite, Allgauer’s Restaurant, offering American cuisine with a delectable twist. Take a dip in the oversized indoor pool and whirlpool spa, and keep up with your fitness routine in the fitness center.

The City: Extend your stay and visit the Morton Arboretum. Connect with nature in this 1,700-acre outdoor oasis of spectacular woodlands, wetlands, prairies, lakes, and meadows. The arboretum is the perfect place to walk, bike, take a guided tour, see art exhibits, capture the beauty of nature on canvas or on film, or bird watch. Lose yourself in the serenity of the awe inspiring woods and scenery autumn offers.

Conference Activities: A Total Conference Experience!

Workshops: 3 Pre-Conference workshops and 64 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!

2017 Conference Schedule of Events

Thursday,
7:30am Pre-Conference Registration
9:00am Pre-Conference Workshops
12:00pm Lunch (on own)
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 – Jeffrey A. Kottler
10:00am Morning Content Sessions
12:00pm Networking Lunch, Exhibitors and Poster Sessions
1:30pm Afternoon Content Sessions
4:45pm Division Meetings
8:00pm ICA Awards Reception
9:30pm Activities Conclude

Saturday,
7:30am Main Conference Registration
7:30am Continental Breakfast
9:00am Keynote – Thelma Duffey
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.

Bring your resume and questions. Schedule your appointment at 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.
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<td>Anthony Gliffe</td>
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<td>Counseling the Aging Adult: Understanding Trauma</td>
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<td>Grief due to Police Brutality: Experiencing the Grieving Process while seeking Social Justice</td>
<td>Brittany S Hall</td>
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<td>Investigating the Impact of Knowledge of Sexuality Development on School Counselors’ Attitudes Towards Gay Male K-12 Students</td>
<td>Ryan Liberati</td>
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<td>Play Therapy Techniques for Non-Play Therapists</td>
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<td>LaToya Patterson</td>
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<td>“Sometimes Counselors Can Do Everything and Still Come Up Short:” A Response to 13 Reasons Why</td>
<td>Kimberly Riley</td>
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<td>The Life Skills of Basketball: Applications with At-Risk Youth</td>
<td>Josh Zettel</td>
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<td>Trauma Backgrounds among Women who have been Charged with Prostitution and Currently Enrolled in an Alternative Court Program</td>
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<td>Using Exposure Therapy for Trauma and Phobias: A Protocol for Counselors</td>
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<td>Who Helps the Helpers? Self-Care Training as a Buffer Against Vicarious Trauma Among Crisis Line Volunteers.</td>
<td>Bradley Cramer</td>
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Friday: (Workshop presentations subject to change)

SESSION 2

Becoming an LGBTQIQA-2S Ally: What Counselors Need to Know
Tamieka Bell, PhD, LCPC(IL), NCC

Becoming an ally for the LGBTQIQA-2S community is a constant commitment to change and erode systemic heterosexism, bi-erasure, sexism, and racism. The 2014 ACA Code of Ethics, the Multicultural and Social Justice Counseling Competencies, the ALGBTIC LGBOQQA and Transgender Competencies provide counselors with a framework and an ethical obligation to engage in advocacy efforts with and on behalf of our LGBTQIQA-2S clients; however, what does this mean in practice? The purpose of this presentation is to identify what it means to be an ally, clarify the roles of an ally, and distinguish between ally and advocate. Participants will be introduced to ally identity development models and practical implications for the counseling profession. You will also learn to distinguish between ally and advocate and identify the benefits and challenges with committing to being a LGBTQIQA-2S ally. We will provide tasks, activities, and resources for counselors seeking to integrate advocacy efforts and ally role into their practice.

Powerful Exercises to Help Male Clients Work Through the Relationship Recovery Process
Ken Oliver, PhD, LPC

In this program, participants will be introduced to the current iteration of the The Journal of Counseling in Illinois: New directions and practical steps toward publication.  Ken Oliver, PhD, LPC. In this program, participants will be introduced to the current iteration of the Journal of Counseling in Illinois, learn about manuscript submission requirements and innovative directions for the journal, and hear from published authors about the submission/feedback process. Whether you’re considering becoming an author for the first time or a seasoned academic writer, all are welcome to join us for this lively and informative session on publishing in JCI. Handouts will be provided.

Counseling Clients Struggling with Infertility
Alison Moran, LCPC

In 10 reproductive age adults trying to conceive will experience infertility, according to the American Society of Reproductive Medicine (ASRM). If you are working with clients of reproductive age, it is likely that you have already or will encounter a client dealing with infertility. Research tells us that infertility is a trauma for the individuals experiencing it and often impacts many facets of life. Come learn more about the common issues that arise and how to work with clients going through the ups & downs of infertility. Learn the prevalence, general terms, and processes encountered with an infertility diagnosis and use of assisted reproductive technology (ART). Hear about the common issues that individuals dealing with infertility often experience; understand techniques for providing counseling with people struggling with infertility; take away a resource list for further learning.

SESSION 3

Innovative Strategies for Addressing the Counseling Needs of International Students
Teresa A. Fisher, PhD, NCC

International students come with a range of challenges and strengths, which have implications for the counseling space. If counselor educators are to support counselors-in-training by building on strengths and offering counseling in a culturally competent way, they must first understand the needs of this growing population. This presentation is designed to raise awareness regarding the personal, academic, and social challenges encountered by international university students. This research, based on a qualitative study, identifies innovative approaches for enhancing the strengths of international students. Furthermore, these results will help increase the skill set of Counselor Educators and Counselors-in-Training who will come in contact with international students in the classroom and as potential clients.

Collaboration Between Mental Health & School Counselors for Best Practices
Joyce Marter, LCPC

This lively and interactive presentation encourages participants to discuss & explore how mental health and school counselors can work together to improve the wellbeing of students/clients and their families. Actual case examples will be presented and processed. Recommendations for when and how to communicate & collaborate for collaboration will be provided. You will learn to increase communication & collaboration between mental health & school counselors for greater success in addressing the needs of students/clients and their families.

Integrating Counselor Competencies: Developing a Creative Approach for Military Populations
Katherine Wix, PhD, LPC, NCC, ACS, PEL - School Counseling

As counselors, it is imperative that we understand the unique characteristics of the military population and culture, and employ culturally competent, creative,
and relevant strategies when assisting military members and their families. The Competency Task Force for the Military and Government Counseling Association was formed in the Fall 2016, and soon counselors will be provided with a document that focuses on eight competencies: Advocacy, Counselor Self-Awareness, Cultural, Ethics, Identity Development, Presenting Problems, Systems Features, and Treatment. In attending this workshop, counseling professionals will gain awareness as to their strengths, areas of growth with respect to cultural competence, and creative interventions in working with military populations.

Leading Psychoeducational Groups: Dealing with Depression, Honoring Your Inner Voice, and Dream, Dare, Do It
Susan Savage, LCPC
Installing hope, imparting information, creating a sense of belonging—leading groups is an amazing experience. Offering groups to your clients is another tool for their healing. Offering groups at your practice can be another revenue stream. Leading groups requires confidence and preparation. Come explore your intimidation factors and then delve into three, ready-to-use psychoeducational groups. These groups are well-researched and well-designed. You can quickly and affordably add them to your practice. Clients dealing with depression, searching for their inner voices, or needing to create a new dream for their lives can work together in small groups effectively to reach their goals. Life change happens in small groups.

Legislative Update for Professional Counselors in Illinois
Toni R Tollerud, PhD LCPC, NCC, NCSC, ACS, PEL
Come hear the latest updates regarding legislation for professional counselors practicing in Illinois in both school and agency settings. Subjects include FOID, licensure after convictions, school code changes, telehealth services and more. Handouts will be provided and time will be given to answer questions. This session will focus on: 1) Addressing the most current legislation that impacts our profession, 2) Clarify misperceptions about current laws and codes, 3) Provide handouts of some of the laws so they can be shared with colleagues after the conference, 4) Allow time for questions and comments to the information.

The Spirit of Hip-Hop: A Creative Model for Working with African American Male Youth
Darrick Tovar-Murray, PhD
Hip-hop can be used as a creative bridge for counselors working with African American male youth living in low-income urban settings. This presentation will focus on the creative spirit of hip-hop in counseling using two recent theoretical models of hip-hop: The Hip-Hop Therapy and The Social Consciousness. The presenters will also illustrate the applicability of hip-hop in counseling from their own personal experiences with the hip-hop culture and/or their professional experiences using hip-hop to counsel urban African American male youth.

Understanding Intimate Partner Domestic Violence: Education and Intervention For Clients Stuck in the Cycle of Abuse
Nicole Ping Ticknor, LPC, ICDVP
An overview of the dynamics of intimate partner domestic violence including the cycle of violence, power and control tactics, and reasons why victims remain in abusive relationships. Understand common presentations of both victims and perpetrators of domestic violence and why couples counseling should not be utilized in relationshipships where domestic violence exists. Participants will learn about the dynamics of intimate partner domestic violence and gain an increased understanding of how to provide treatment to populations involved in intimate partner domestic violence.

Youth Voice on Mental Health: How Professionals and Educators Can Better Support Our Youth
Alllyson Adams, MA
Mental Health America of the NorthShore in conjunction with their Youth Advisory Board conducts a yearly high school essay contest that garners over 150 entries including essays, art work and videos. These materials are then analyzed entries including essays, art work and videos. These materials are then analyzed and data is collected to make conclusions regarding the state of adolescent mental health. This years contest was themed “The Masks We Wear.” As part of the presentation, Allyson Adams and Cristina Ramirez (MILANs Youth Advisory Board Co-Facilitators) and members of the Youth Advisory Board will talk about their impressions and conclusions regarding mental health and youth. The youth will also share personal experiences and ways that counselors, mental health professionals, school staff, parents and community members can better support youth.

SESSION 4

Empowering Conflicted Couples to Co-Createtheir Ideal Relationship Through Couples Counseling
Tony Victor, DMin LCPC
This breakout session will provide the participant with a lens to see the creative tension of growth when couples present for relationship counseling. Drawing on mindfulness practices and brain science teachings, this breakout session will provide the participant with practical and meaningful ways to engage both partners in co-creating a new relationship based in mutual support of each other through a healing and growth process. This process leads the couple to a new vision, and passionate excitement for their relationship.

Key Interventions for Counseling Domestic Violence Survivors
Carolyn Khan, LCPC, CDVP
With years of experience as a domestic violence counselor, this presenter will share her key effective interventions. This workshop is designed for counselors with a basic understanding of domestic violence and the cycle of abuse. We will go beyond these basic concepts to teaching counseling interventions. We work on safety planning. But the main focus will be the training of specific interventions that this counselor has used with domestic violence survivors. Attendees create an original musical based on their life stories. Through a balanced progression of performance-based drama therapy sessions, clients advance through the creation of lyrical and music expression, character development and connection, improvisational story writing, choreography development, rehearsals and performance, all while learning how to balance their own emotions, resolve conflict, creating a space for healing and change within their own lives. Through the exploration of Creative Clinical Consulting’s current project, TRAIN, a musical about connection and self-expression developed by students at Trinity High School, participants will learn about the TPI model’s theoretical framework, walk through the creation of an original musical through experiential learning, group discussion and observation of past TPI model role participants. Current participants involved in TRAIN’s creation will share their three-year creative journey through video clips, performance, journal entries and discussion. Participants will learn about drama therapy and the Therapeutic Performance Initiative model and its many creatively therapeutic interventions with multiple populations and settings. Participants will learn how to implement drama therapy techniques in their practice in individual, couples, group and family marriage therapy. Participants will also obtain insight into theory, techniques, and experientially engage in drama therapy in which clients and communities create original pieces of performance art based on their life stories.

Creative Grieving: A Map to Mindfulness, Dreaming, and Personality Change
Janis Clark Johnston, EdD
Loss and grieving are important topics for counselors. Loss survivors initially may disconnect from their emotions, making it difficult to attend to school and/or work. Learning a concrete counseling technique, Personality Mapping, can assist counselors in working with parents and children/adolescents who experience grieving. By naming personality roles, it is possible to calm emotional circuitry in the brain. The Pixar movie Inside Out is a delightful exploration of 5 emotional parts of personality: sadness, joy, anger, disgust, and fear/surprise. As shown in the child-to-adult movie, we are composites of many personality roles constantly flowing one moment we feel with joy. In the next moment despair or anger roles may flood our bodies, but sadness and joy eventually can learn to work together. This is the goal in creative grieving. We will introduce mindful meditation practices as a therapeutic technique for grieving, describe the benefits of dream journals as part of a creative grieving process, and draw Personality Maps as an experiential exercise.

Creativity and Counseling Children & Adolescents: Strengths-Based Experiential Activities
Teresa Fletcher, PhD, LPC, ACS
This session is based on experiential learning, or “learning by doing, followed by reflection,” to promote positive change among the child and adolescent population. The presenters will also share a variety of activities based on how clients are referred to counseling, client and counselor strengths and interests, as well as how to integrate family and community resources. This presentation is designed to give clinicians a variety of ideas and interventions to use with a diverse population and a variety of presenting problems and issues. The primary goal is to present the foundational theories that inform best practices for incorporating experiential activities in counseling children and adolescents. You will also learn to identify how activities can be chosen, processed and skills are transferred from the counseling session to home and school to maximize rapport, trust, and effective counseling. Lastly, the third goal is to provide examples of activities and demonstrate how counselors can creatively engage children and adolescents to promote positive change.

Balancing the Performance: The TPI Model of Therapeutic Theatre
Azizi Marshall, LCPC, BCT-RDT, REAT
The TPI model is a step-by-step process in which clients and communities would work through the creation of lyrical and music expression, character development and connection, improvisational story writing, choreography development, rehearsals and performances all while learning how to balance their own emotions, resolve conflict, creating a space for healing and change within their own lives. Through the exploration of Creative Clinical Consulting’s current project, TRAIN, a musical about connection and self-expression developed by students at Trinity High School, participants will learn about the TPI model’s theoretical framework, walk through the creation of an original musical through experiential learning, group discussion and observation of past TPI model role participants. Current participants involved in TRAIN’s creation will share their three-year creative journey through video clips, performance, journal entries and discussion. Participants will learn about drama therapy and the Therapeutic Performance Initiative model and its many creatively therapeutic interventions with multiple populations and settings. Participants will learn how to implement drama therapy techniques in their practice in individual, couples, group and family marriage therapy. Participants will also obtain insight into theory, techniques, and experientially engage in drama therapy in which clients and communities create original pieces of performance art based on their life stories.
Maximizing Results with Anxious Patients Utilizing Exposure and Response Prevention Therapy
Patrick B McGrath, PhD
Many counselors list that they do Cognitive Behavioral Therapy, yet most focus on the cognitive aspects of CBT and not the Behavioral pieces. This talk will walk counselors through how and why to introduce ERP to their patients. This will be a hands on experience, as we will practice ERP exercises during the talk. Attendees will also learn a rationale to present to their patients so that their patients will even look forward to challenging their maladaptive, anxiety based, behaviors.

Stress Wellness: A Different Conceptualization
Serena Wadhwa, PsyD, LCPC, CADC, RYT
Creative counseling also applies to our ability to conceptualize age-old concepts in new ways. This workshop explores a new conceptualization for assessing and working through stress. The model combines energy psychology (specifically chakra energies), Bronfenbrenner's Ecological Model, and various other counseling approaches in a comprehensive approach to assist clients in assessing and working with stress. The workshop identifies six layers to stress, evidence-based approaches for these, and tools to implement to work through the layers. The workshop presents a foundation for the tools and how there are over 400 tools to prevent, manage, reduce and embrace stress.

Workplace Bullying: Creating Action Plans for Targets
Judy Skorek, EdD
Along with identifying and defining workplace bullying, this workshop will provide the venue to begin the creation of action plans for targets. Action plans are a collaborative effort between a counselor and a target (client). Action plans vary dependent on targets’ circumstances The work of a counselor can be very isolating. It seems that we have few opportunities to share our experiences and knowledge with other helping professionals. Enhance your current counseling toolbox by joining us and your colleagues to share ideas and interventions through case studies.

SESSION 5

Standing in Your Truth “Lessons Learned from a Black Same Gender Loving Intervention!
Cal Spinks, EdD
Project 2G aims to decrease community HIV viral load and HIV risk behaviors and enhance mental health within HIV-positive BM/MSM ages 18-49 through the utilization of cultural, linguistic and holistic educational and prevention methods. The intervention name, “2nd Genesis”, which means rebirth, is the process that Black Same Gender Loving (SGL) men go through on their journey to love and affirm themselves. 2G created an organic, peer-driven framework to address the burden of HIV disease, that is driven by internalized oppression and unhealthy coping mechanisms, that also impact BM/MSM by combining theory and best practices to influence this homegrown intervention. The 2G project promotes interventions and activities that promote healthy self-concept, sexual health, positive decision making, and cultural affirmation among same gender loving (SGL). 2G’s goal is to affirm, educate, and enhance the mental health of its’ participants, while providing tools for self-assessment, community responsibility, self-actualization and the prevention of health threats (e.g. HIV, substance abuse, depression and low self-esteem).

Gwendolyn J Sterk, JD
The landscape of Family Law has changed significantly over the last 3 years. 2017 brought significant additional changes in the area of child support which can have an impact on families. The shared income model adopted in Illinois will have consequences on the support received or paid. Further, the allocation of parenting time can impact in certain instances the amount paid. The program will also focus on the issue of supporting a special needs child including the option for continuation of support after the standard emancipation of a child. Understanding tools available for parents to implement for a special needs child such as a supplemental needs trust will be addressed. The need for collaboration between counselors and the legal community will also be discussed.

Barrington SET Program—Real Jobs for Real People
Brittany Rotelli, MA, NCC
The Barrington Summer Employment Transitions (SET) is a training and employment program focused on providing paid summer employment to individuals with intellectual and learning disabilities. This revolutionary program has created a partnership between local businesses, college students, and individuals with disabilities to provide work experience, opportunities to build resumes, and a model to bridge the gap for those that are affected by their disabilities stigma. This presentation will outline the preparation, implementation, and results of Barrington SET’s summer 2017. Finally, presenters will provide materials and suggestions for participants interested in starting this program in other communities.

Contemporary Themes in Assessment and Treatment of Clients who Sexually Offend
Mark Carich, PhD
The field of assessment and treating clients who sexually offend has changed dramatically over the last five to eight years. Historically, the primary approach has been Cognitive Behavioral Therapy (CBT) with a punitive shame based confrontational approach. Today, the leaders in the field emphasize a more humane approach using CBT. The humanistic Good Lives Model (GLM) has been integrated into CBT with a non-confrontational approach utilizing the Risk-Needs-Responsivity principle. This is a positive strength based approach. The field will be surveyed, focusing on useful details. The presenters will focus on the following: (1) current static & dynamic factors used in assessment; (2) overview of risk assessment, utilizing static instruments and dynamic factors; (3) treatment planning; and (4) overview of current treatment including, philosophy/ theory (i.e., CBT integrated with the GLM), key treatment targets (based upon dynamic risk factors) and components of treatment. This includes effectively sequencing programs.

Ease in Intervention: Engaging Clients, Changing Lives
Jonathan Simon, LCPC
This workshop will explore creative tools for intervening with individuals, couples, families, and groups. This model takes a new look at what it means to be affirmative, using a cognitive-behavioral approach, and to challenge clients to be in the moment while adding an element of fun. We will look at numerous tools that focus specifically on: (1) interrupting destructive emotional cycles of interaction, (2) addressing negative internal dialogue, (3) utilizing stress signals to identify unmet needs, and (4) exploring the importance of dynamic “progressed selves.” For those interested in working with children, we will address the “I am a bad kid” syndrome and introduce the “Feeling Monster.” This workshop will include experiential exercises to practice the tools being introduced.

Infidelity: A Practitioner’s Guide to Working with Couples in Crisis
Shea M Dunham, PhD
This presentation will focus on the trauma of infidelity and implementing Emotionally Focused Couple Therapy as an empirically validated model to work with infidelity. The beginning of the presentation will focus on the basics of Infidelity and the challenges therapist face. The presenters will also define Emotionally Focused Couples Therapy (EFT), adult attachment, and attachment injuries. Next, they will discuss how the model of EFT is used (with video examples) to work with couples faced with infidelity. The end of the presentation will be used to discuss EFT and the process of forgiveness in order to help clients heal broken attachment bonds and establish a safe haven in the relationship.

Responding to the Opioid Epidemic: Clinicians’ Role on the Interprofessional Team
Serena Wadhwa, PsyD, LCPC, CADC, RYT
Opioid prescriptions for pain reduction have increased significantly over the past two decades, resulting in growing misuse, addiction, overdose, and death. Clinicians can play a critical role in addressing this opioid epidemic by promoting the use of counseling and other interventions in assessing risk, treating pain, and addressing substance use and substance use disorders

When Love Becomes A Disorder: Understanding What Makes Love An Addiction
Nicole Lucy Thompson, EdD, LPC
Love addiction has been described as the inability to regulate, curb, or change obsessive thoughts and fantasies about being in love and/or the continuous search for love despite social, financial, and legal consequences. This presentation is an analysis of love addiction treatment in four areas. The first area will be a review and exploration of the concept of love and love addiction. Secondly, an examination of the precursors and additional factors which appear to correlate with this addiction. Thirdly, current literature, gestalt and emotion focused therapy theoretical approaches, assessments, and clinical practices to assist clients with love addiction. Finally, cultural and ethical considerations of treating individuals with love addiction.
Emphasizing the Bio in The Biopsychosocial: Important Considerations for Physiology in Counseling  
Matthew Głowiaik, PhD, LCPC, CAADC, NCC  
Today’s psychopharmacology seems to have a pill for just about everything, depression, anxiety, and stunted sexual performance among other things. However, has so much reliance on modern day medications led us astray from our natural physiology, which can help prevent and cure much of what concerns us today? After all, Hippocrates, the philosopher who we so revere once stated, “Let food be thy medicine, and medicine be thy food.” A popular contemporary theme is that of holistic counseling, an integrated approach that considers the mind-body connection. This interactive presentation will provide attendees with insights regarding a true integrated approach, one that combines clinical theory with that of our natural physiology. By combining the knowledge from our ancestors’ with what we know today, we may have the ability to successfully treat clients in ways we had never thought previously possible.

Addressing Power and Privilege in the Counselor Training Process  
Kate Bellingar, LPC  
We are often acutely aware of multiple layers of power and privilege between our clients and ourselves. However, we are often unsure of how to address it in the therapeutic relationship. This profession pushes us to face the implicit or unexamined aspects of power and privilege in our society and ourselves. We hope to encourage and cultivate in making the hard choice to turn toward uncomfortable power dynamics, knowing that when we hold privilege, we also hold choice. These are intensely personal and private experiences that are happening within the counseling relationship all the time that touch upon issues of competency and integrity. Through this presentation we aim to foster a dialog to counter the sometimes isolating and intimidating experience of creating a multicultural identity with humility.

Creative and Crucial Exploration of the Relationship Between Classism and Career Choice  
Lucy Parker, LPC, NCC  
Current statistics reflect both an economic disparity and a disparity of educational access to students of color and working class. Lack of access to resources is in part known as classism. The most salient goal of this study is to further understand the possible outcome of perceived classism and factors influencing one’s career choice decision. Other constructs, such as, one’s socioeconomic status, general self-efficacy, general confidence, familial issues, general well-being, modeling of careers, and gender are already established predictors to an individual’s career choice and will supplement this main research goal. In addition to added knowledge, other practical goals of this educational session include finding coping strategies that may serve as protective factors for students facing classism and to create more robust and equitable academic and career opportunities for all students. Participants will be able to identify the importance of increased inclusion and multicultural competence as these relate particularly to experiences of classism in higher education and will be able to learn new and creative ways to facilitate classroom and counseling sessions with increased awareness honoring all students’ career choices. Additionally, participants will be able to identify gaps for growth in higher education, specifically counseling education, to increase multiculturalism in particular relation to the intersection of class.

Marriage Disparities: A Case for the Single African American Women’s Life Cycle Model  
Kashunda McGriff, EdD, LPC, NCC  
Demographic trends over the past 60 years show a steady decline in African American marriages. Furthermore, African American women are the least likely demographic to ever marry. Approximately 67% are single, while nearly 50% have never been married. In this workshop, a conceptual framework characterizing the developmental life cycle of single African American women will be presented. Four stages of development and associated tasks along with implications for counseling practices will be addressed.

Real Connections-Building Rapport with African American and Latino Students in Diverse Communities  
Antoinette M. Schrader, LPC, NCC  
In recent years, most communities in America find the populations seeking mental health services growing in diversity. Many school-based counselors feel ill prepared to relate to and build rapport with students of color and lack the support for adequate training and experience to do post-graduate training. This often results in a dynamic where school based counselors of color are challenged to respond to the needs of students of color leading to higher burn out rates and job turnover. The goal of this program is to present current research on counseling students of color, to help school based clinicians to understand the needs of students of color, and to provide workshop attendees with creative interventions to use in work with clients of color as well as to advocate for students of color.

Strengths Based Techniques for Latinx Transgender Youth  
Heidi A. Truax, LPC  
The national political platform has had many hot topics in the last year, including transgender rights (particularly in schools) and issues of immigration specific to Mexican and all Latinx people. At the crux of these topics are young clients experiencing these interlocking systems of oppression. Counselors with transgender and/or gender variant immigrant or first generation Latinx youth clients often find their clients at an intersection of cultural resistance both from their family’s country of origin and from the USA. This presentation seeks to provide techniques and raise counselors awareness about issues specific to gender variant and Latinx youth and their families. Counselors will be able to identify heightened risk factors for Latinx and will be able to meet multicultural competencies in ethical service to Latinx & gender variant youth. Counselors will have techniques and strength based models to integrate into their practice.

Survivor! The Gamification of Social Emotional Learning  
Leslie Contos, LPC, NCC  
This experiential session is presented in a fun live-action role play (LARP) format which demonstrates first-hand how game like elements can increase engagement when teaching social emotional skills to youth. Attendees will learn how to gamify group learning, and will experience specific exercises which engage social emotional skills. Through a PowerPoint narrative adventure integrating hands-on exercises, participants are stranded in small groups on an island. They must practice cooperative learning and social emotional understanding of self and others for their group to survive and be rescued. The learning exercises utilize everyday materials so the program can be offered with little expense. This format actively engages participants in learning and practicing the social emotional skills that research indicates increase positive life outcomes.

What kind of cupcake are you? Utilizing creative interventions in a university-based grief counseling group.  
Timothy “TT” Schoonover, MS  
In contrast with individual grief work, group grief counseling offers unique benefits to clients such as social support, interpersonnal learning, and meaning making. Creative, art-based interventions have been shown to be an effective intervention for clients to identify and process multiple feelings related to grief. This presentation will discuss a grief support group that was created on a university campus. The presenters will discuss rationale for the group, recruitment for group, and the group process. In addition to this, the presenters will discuss two creative interventions utilized during the group. This presentation will discuss one specific intervention that was used, which utilized cupcakes as a metaphor to assist clients in identifying feelings related to grief.

The Cost of Caring: Recognizing Compassion Fatigue, Vicarious Trauma, and Burnout  
Kasia Wereszczynska, LPC, RYT  
Counselors give much of themselves day in and day out. Whether on the front line or any other point along the way, counselors open themselves up to absorb an array of emotions from external as well as internal stimuli. Unfortunately, it can become increasingly challenging for counselors to return to their baseline without regular self-care. Therefore, recognizing compassion fatigue, vicarious trauma, and burnout is an important step toward the prevention and intervention of such debilitating effects. The rest entails thoughtful action. This interactive presentation will define compassion fatigue, vicarious trauma, and burnout; define their symptoms; and discuss activities one may engage in to avoid them.

Dissenting Voices: Creative Ways to Fostering a Diverse Spirit in Counseling Education  
Elisa M Woodruff, LPC, NCC  
Counselor education programs and academia—at-large are often perceived as having a “liberal bias” in their focus on promoting diversity, advocacy, and human rights. In doing so, students and applicants with a conservative value system have reported feeling unable to express their personal truth for fear of being castigated by classmates and professors for not falling in line with the dominant narrative. Participants will: 1. Learn about a successful model for facilitating dialogue and creating a learning environment that promotes growth and development for all, including those ideas not typically comfortably expressed

continued...
in counselor education. 2. Learn results from a study in which students who had dissenting voices from their instructors expressed comfort with and growth from the class, and how that occurred. 2. Receive and brainstorm strategies for increasing dialogue among students with diverse and dissenting voices in counselor education classrooms. 3. Examine own, and apply to own programs. 4. Recognize the importance of students who may have felt marginalized for having a value system that appears to run counter to the perceived dominant narrative in counselor education.

**Grief in a “Trumpian” Era**

Mitsuoge Kapalama, MS

As a counselor practicing in the field, there has been an increase in clients who have presented with anxiety as a result of the recent results of the election. Clients as young as 8 years old have presented with symptoms of grief resulting in their loss of self efficacy or value to their identity. Immigrants losing loved ones in countries included in recent travel bans have a different type of grief that includes the loss of their loved ones but also the loss of freedoms to travel to their homes. An increase of violence and negative rhetoric in the media has affected people’s trust resulting in further types of complicated and disenfranchised grief which requires our profession to take a stance and identify ways to address this problem that seems to only be growing. This program is designed to start the dialogue about identifying these types of griefs and treating them ethically and professionally while addressing our own bias.

**Paranormal Counseling for Therapists and Other Counseling Professionals**

Jacqueline J. Madison, LPC, CAPS

This presentation is an introduction to therapeutic treatment for individuals who have experienced paranormal trauma. Clients who have experienced paranormal events report that symptoms of paranormal trauma may include but are not limited to kidnapping, assault, rape, drugging, delayed memories even for decades, issues with memories of the time frame. The counseling session can be conducted just like a regular session utilizing an eclectic therapeutic approach tailored to the client’s individual needs.

**Play Therapy Based Group Counseling for Grieving Preschool Children**

Adam Carter, PhD, LPC, NCC, ACS, CCMHC

Preschool aged children are unique in the way they interact with the world thus the way therapy would be expected to help them is unique. This presentation will highlight how developmentally appropriate death education combined with child-centered group play therapy can be used to support grieving preschool aged children. Attendees will be given information on how to structure an 8-week group series that covers death education topics such as what dies, the permanency of death, and expressing our thoughts and feelings followed by how to use child-centered group play therapy to create a space for the group members to process their individual grief experiences. Ways to educate and involve caregivers in the children's grief process will also be discussed.

**Supervision of Trauma Counselors: A Neuroscience-based Approach**

Shedeh Tavakoli, PhD, LCPC, CCMHC

Counselors who work with survivors of trauma are at higher risk for vicarious trauma and the possibility of being triggered due to their own past traumas. The counselor's ability to maintain emotion regulation in a counseling session is imperative for sustaining a therapeutic relationship. Increased insight, self-awareness, and relationship-focused knowledge are rudimentary in the development of complex counseling skills. Via examples and live demonstrations, we highlight the essential elements of neuroscience and their application in supervising counselors who work with survivors of trauma. In this session we will discuss new developments in the field of supervision and the role of neuroscience in training counselors, learn about neuroscience-based supervision interventions via examples demonstrated by presenters, and application of these interventions in case examples and role-play activities.

**The Choice Point: A Brief Counseling Intervention for College and School Counselors and other Mental Health Professionals in Brief Counseling Settings**

David Barreto, LPC, NCC

Counselors who work in colleges and high schools are often working from a brief counseling model. Time limits, additional responsibilities and other constraints usually restrict the use of interventions that are typically used in more traditional counseling settings. These constraints often encourage counselors to be more creative in designing interventions. This workshop will review The Choice Point, which is based and developed from acceptance and commitment therapy (ACT). ACT is an acceptance and mindfulness-based therapeutic approach that aims to encourage individuals towards values-based actions. The Choice Point provides a simple conceptual framework that can help students identify and effectively cope with difficult thoughts and emotions, gain clarity about their personal values, and make values-based decisions that allow them to live more meaningful and purposeful lives. Other tools will be reviewed that can be used in conjunction with and to augment The Choice Point.

**Utilizing Tenets of Feminist Theory to Infuse the Spirit of Creativity in Group Supervision**

Suzy Wise, EdS, LPC, NCC

In this program, presenters will share how utilizing feminist tenets within a specific and unique group supervision course encourages students to develop self-efficacy and autonomy. This group supervision is focused on graduate students who teach an undergraduate career planning course, and it is conducted in a team-based environment to foster many of the tenets of critical feminist theory, including, 1) the personal is political, 2) egalitarianism, 3) reflexivity, 4) social action, 5) debunking of the banking system of learning, 6) analysis of power differentials, 7) challenging traditional assumptions regarding sources and/or definitions of knowledge, 8) incorporating lived experience into the classroom, and 9) giving voice to those who have been marginalized.

**SESSION 9**

**Anger Healing Through Catharsis & Satire**

Bob Zima, LCPC

Many professionals in the helping fields don’t want to work with angry clients or shy away from working with the most authentic and genuine behavior of them all: Anger. Duh! When people are angry they are existentially screaming, through their behaviors, “I need counseling....NOW! It HURTS! Help Me!” Anger is symptomatic indicating that someone can not manage their fear and/or heal without help. Thus, for many in counseling, anger is the doorway to healing. Anger is therapeutic gold. Anger is the fastest way to someone’s trauma and all of the other million reasons someone turns to a counselor. However, anger in session is counter-productive. So, how to you leverage the power of anger behaviors without bringing them into session? Catharsis and Humor, Satire to be exact. This program helps attendees learn how to leverage humor and catharsis through the use of REBT, Gestalt, Choice Theory and other evidenced based practices, theories and techniques to jump start someone’s healing by starting with their anger expressions.

**Couples Counseling and PTSD: One Size Does Not Fit All**

Sara Schwarzbaum, EdD, LCPC, LMFT

The mental health needs of clients with Posttraumatic Stress Disorder (PTSD) are multilayered and demand attention on several levels. Many clients diagnosed with PTSD tend to have high levels of distress in their relationships but they are often not referred for couples counseling. Interpersonal issues are affected by, and in turn, affect the symptoms of PTSD. Research has clearly demonstrated a correlation between PTSD symptoms and family problems, including conflict between couples. Our presentation will discuss the unique challenges and benefits of couples counseling with clients diagnosed with PTSD. Basic methods of assessment, treatment planning, and interventions will be reviewed and demonstrated by using case examples.

**Energizing the Spirit with Hypnosis and the Five Senses**

Christina Matthews, LCPC, CCHt, NCC

This presentation will explain the research basis for the effectiveness of hypnotherapy in the clinical setting. Various clinical applications such as habit reversal, phobias, medical pain management, memory, and performance will be demonstrated. Additional integration of sensory experiences in Color, Sound, Aroma, Taste, and Touch will help participants bring a new level of care to clients who are being treated for PTSD, trauma, anxiety, depression, and OCD.

**Exploring and Utilizing Diversity Factors to Embrace Supervision Effectiveness between Culturally Different Supervisor and SUPervisee Dyads**

Tsui-ye-ch Chow, EdD, LCPC

This presentation will help guide participants to explore diversity factors underlying cross-cultural supervision. Two culturally different presenters will provide an interactive forum for participants to share their perspectives and experiences, and to reflect on different scenarios. We look at cultural differences as assets and bases for more enriching and creative supervision experiences for both supervisors and supervisees. This presentation also aims at supporting and empowering supervisees from ethnic minority backgrounds to work with supervisees from mainstream cultures.

**Mom Guilt: Social Media Has Created A Monster**

Ashley Cosentino, EdD, LCPC, NCC

Social media has created a stereotype of what a mom is supposed to look like and act like. Her kids should be clean and well dressed. They should be invited in multiple activities at one time. She should keep the house clean, work, and be on top of all school and extra curricular activities. A healthy meal should be provided 3 times a day. Oh and don’t forget Pinterest should also displayed throughout her life. You get the picture. This idea is believed to be true by so many women. Except they think all the other moms have it together and they don’t feel like they are failing because McDonalds was for dinner and they let their kids watch too much tv so they could attempt to get organized. On top of that they forget it was show and tell and haven’t showered in three days.
Many women can relate to the later description. Because they can’t seem to stay on top of the “perfect mother” they feel guilty. This guilt is leading to huge amounts of anxiety and depression. As counselors we may see these women in our office and need to help them debunk the myth of this unrealistic expectation. Even if we don’t see these women there are ways we can help society realize what a true mom looks like!

No One Gets Out Alive: End-of-Life Conversation, Education, & Planning

Kathy A Miller, LCPC

Everyone dies. You, me, and everyone we know and don’t know. Yet we avoid thinking about it, talking about it, and, generally, planning for it. We choose to deny our own impending demise, as well as the fact that death can come at any time. Imagine a client showing up in your office with this level of avoidance and denial. Imagine that these symptoms are related to anything other than death and dying. Imagine that they’re related to a specialty you treat. You’d be on it, right? You’d be confident that you could help the client work through these symptoms, that you could help him/her/them learn, explore, and create a new way of thinking, feeling, and being. Let’s invite death to the party. Let’s talk about talking about death and dying, educate ourselves about the practical aspects of end-of-life, and explore the variety of information and options out there designed to help us to actively prepare for our ultimate destination.

The Critical Mental Health Needs of Older Adults: Creating Counselor Awareness

Donna Kirkpatrick Pinson, EdD, LCPC, NCC, NCSC

In 2014 people over the age of 65 made up one in eight US adults. Today they make up one in seven, and by 2060, it is estimated that they will make up one in five. The presenters will cover the alarming statistics that show how older adults suffer from depression, anxiety, and substance abuse in disproportionate numbers. They discuss how current events and political issues are effecting this population and how counselors can weigh in on these issues. They will discuss the special considerations that go into assessment of mental health status of older adults, intersectionality considerations, and will suggest areas for counselor training. Workshop participants will walk away armed with strategies to advocate for older adult mental health, suggestions for working with this population, and ideas for further training.

Using Expressive Arts Therapy When Counseling Children and Adolescents Who Have Experienced Trauma

Adam W Carter, PhD, LCPC, NCC, CCMHC, ACS

The Greek origins of the word trauma is literally “wound.” When a child or adolescent experiences this level of psychological distress it can alter the way his or her brain experiences the world around them. This connection to trauma and the brain is rarely in the client’s level of awareness and it may not be understood developmentally even if it was. During this presentation we will discuss how the brain processes, stores, and relives trauma and how using expressive arts counseling techniques can help the brain re-process trauma in a way that helps to heal the wound. This presentation will demonstrate five expressive arts techniques that you can start using with your clients today! These techniques will use items that you may already have on hand and do not require a Picasso level artist’s eye to facilitate.

SESSION 10

Conceptualizing the Counseling Session: A Professional Method for Progress Notes

Rhonda Sutton, PhD, LPC, LPCS, NCC

Clinical documentation is a critical component of a counselor’s responsibility. However, many counseling professionals are not taught how to write progress notes or what to include (and NOT include) in their documentation. This session will begin with an overview of the American Counseling Association’s (ACA) 2014 Code of Ethics section on “Records and Documentation”. From there, a role play will be presented and the important factors counselors need to consider when conceptualizing the counseling session will be discussed. Strategies for how to take efficient, organized and ethical notes will be given. The “STEP” framework for taking notes will be provided along with guidance on how to write notes, what to include and how to utilize notes to improve the therapeutic work counselors undertake with their clients.

Consultation to Refine Therapist’s Perception and Skills

Jay Einhorn, PhD, LCPC

Consultation is one of the best ways that therapists refine our perception and skills. Consultation can be with a mentor or peers, individually or in groups, time-limited or ongoing. As consultants, we have an opportunity to choose our consultation providers. Unlike supervision, where the supervisor has clinical and legal responsibilities for the supervisee’s work, consultation takes place between fully licensed professionals, and the consultant is a helper or mentor, not a gatekeeper. Consultation can be psychodynamic, cognitive-behavioral, or integrative. We refine our therapeutic perceptions and skills through consultation relationships. We will overview the consultation process, do live demonstration consultations with the presenter, and then do peer consultations with one another.

Creatively Counseling the “New Nurturant Father”: How Fatherhood and Emotional Intelligence (EI) Converge in the Counseling Relationship

Mark Vander Ley, LCPC

Fathers who live with their children are more involved in care giving than ever before, yet nearly 24% of fathers live separately from their children seeing them for only a few hours a week. Despite this contrast research demonstrates that aspects of the father-child relationship play an important role in child development. This workshop provides a critical evaluation of fathers in the family and society, followed by a review of the research on parenting styles and emotional intelligence. We then synthesize the research to understand how counselors can creatively engage men in becoming the “new nurturant” father.

Experiential Career Decisions Utilizing Equine-Assisted Psychotherapy

Sandra Kakacek, EdD, LCPC

Equine--Assisted Psychotherapy has continued to grow as a new creative counseling methodology. This workshop will explore the relationship of equines with clients exploring career decision-making models. The process will include a live experiential session with an equine. Metaphorical language tools will be demonstrated to explain how changes occur with four principles of equine-assisted psychotherapy and the application of Solution-Focused Counseling.

Human Sexuality Course: Queer Couple Co-Teaching

Frances McClain, LCPC, NCC

Human Sexuality is an essential aspect of the human experience. Despite the acknowledged importance of training on human sexuality there continues to be a scarcity of sufficient training for counselors around sexuality. This presentation provides a description of a human sexuality course offered in a counseling graduate program which uses a postmodern feminist framework as described by Buber and Murray (2001). The variety of activities utilized to engage the students will be reviewed. This course is taught by a married, queer couple in a mixed marriage. One is a counselor and the other is a social worker with different styles of teaching but a shared passion for mental health work and preparing the next generation of clinicians.

Meet the Other One Percent: Creating Counselor Knowledge, Awareness, and Skills for Work with Asexual Identified Individuals

Elisa M Woodruff, LPC, NCC

In 2004, Anthony F. Bogaert found that one percent of the population answered yes to the question “I have never felt sexually attracted to anywhere”, revealing the prevalence of asexuality in modern world. This workshop will start by briefly reviewing foundational concepts related to asexual identities, sexual normativity/privilege, and common misconceptions about asexual populations. Then the bulk of the workshop will discuss what recent literature and the robust asexual online community tells clinicians about needs of the population and the assessments and interventions that will be useful in practice. Asexual identity development will be addressed as a framework for client conceptualization and goal-setting. Handouts will include practical book, online, academic literature, and film viewing suggestions for clinicians, clients, partners, families, and allies.

Raising the Bar: Multicultural Awareness, Proficiency and Inclusion in the Mental Health Field

Rachel Baker, LPC

This workshop aims to foster clinicians’ understanding of ways to include diversity when building rapport with clients. Participants will explore concrete methods of developing and implementing this understanding. Facilitators will present and discuss various aspects of multicultural growth while supporting participants in forming their individual multicultural-proficiency action plans. This workshop will introduce new skills on how to better apply multicultural proficiency in the clinical setting and foster an environment of diversity inclusion. Knowledge around developing a personalized action plan and identifying resources will also be introduced.

Transgender Students of Color: Safe Spaces or Dangerous Spaces

Jalaine Hart, LPC, NCC

Today as an icebreaker please say your name, preferred pronouns, and an interesting fact about yourself. Stating one’s pronouns is an option that many progressive educators offer to their students in hopes for providing a safe space. While this disclosure provides a safe space for many, it allows a vulnerable space for other students. As we progress as educators and attempt to be inclusive we must not forget the that there is still a large population that remains uneducated about transgender issues and a population that is not in support with the topic of transgender individuals. The primary goal of this session is to address barriers and potential dangers for transgender women of color in educational environments and provide innovative alternatives for transgender women of color to be safe in educational environments.
Make your own hotel reservations by October 18, 2017 directly with the Hilton Lisle using the link on the ICA website www.icacounseling.org. The group code is ICA and the rate is $94/night plus tax.

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

Circle Pre-Conference Payment Choices

ALL DAY:  (Circle choice & amount)
Dr. Jeffrey A. Kottler: The Power of Storytelling
Member: ...................................................$75................. $95
Non-Member: .........................................$125................. $145
or Both Half Day Workshops for the Full Day Fee
HALF DAY ONLY:  (Circle choice & amount)
Half Day AM: Neurocounseling and Mindfulness-Based Therapies
Half Day PM: Mental Health Law and Ethics
Member: ...................................................$50................. $60
Non-Member: .........................................$70................. $80

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

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

ICA Members

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

- IAACE Assessment
- IACADA Adult Development
- IACFC Couple & Family
- IALGBTIC LGBT Issues
- IAMC Multicultural
- IASGW Group Specialists
- ACACI Children & Adolescent
- ICCE College Counselors
- ICDA Career Development
- ICES Counselor Educators
- ICSJ Social Justice
- IMHCA Mental Health
- ISCA School Counselors
- ISERVIC Spirituality & Religion

Special Needs:
Contact ICA in advance of the conference 877.284.1521

Cancellation Policy: Refunds, minus a $25 processing fee, will be made upon written request to ICA received on or before October 20, 2017. No refunds will be given for late cancellations. ICA shall assume no liability whatsoever in the event that a workshop(s) is canceled, rescheduled, or postponed due to a fortuitous event, Act of God, unforeseen occurrences or any other event that renders performance of this conference impracticable, illegal or impossible. This shall include, but not limited to: war, fire, labor, strike, extreme weather or other emergency. Speakers and topics were confirmed at the time of publishing, circumstances beyond the control of the organizers may necessitate substitutions, alterations or cancellations of the speakers and/or topics. As such ICA reserves the right to alter or modify the advertised speakers and/or topics if necessary without any liability to you whatsoever. Any substitutions or alterations will be updated on our web page as soon as possible.

Pre-Registration must be received before October 18, 2017 to take advantage of the early registration discount.

Pre-Conference & Conference Registration

Pre-Registration must be received before October 18, 2017 to take advantage of the early registration discount.
The Better Angels of Our Nature

Submitted by the ICA Non-violence Task group • Written by Chuck Hughes, LCPC

The good news: according to author Steven Pinker, we are now living in the most peaceful, least violent time the human race has ever experienced.

When I first heard this, I was incredulous. I live in Oak Park, a nine-minute drive from Austin Boulevard which separates Oak Park from the Austin Neighborhood of Chicago. According to the Chicago Tribune, Austin ranked 13th of Chicago’s 77 neighborhoods in violent crime during June, 2017. In August, 2016, Elijah Sims, a 17-year-old Oak Park student was shot and killed in Austin.

Austin is a dangerous place judging by crime statistics. The fact that it in my back yard does not mean the human race, as a whole, is more violent than it used to be.

That, asserts Pinker in his book, The Better Angels of Our Nature, is the problem. We “know” what we hold in our immediate mental space. Our beliefs are formed, not from an objective survey of all the data, but from what we hear on a daily basis. Pinker’s book gives us a comprehensive view of the historical data. It will surprise you.

It all started when I stumbled on a one-hour podcast about Pinker’s book. It inspired me to start reading the book itself, a daunting task. Pinker is a Canadian Cognitive Scientist at Harvard University. The book is over 800 pages packed with research and data sets supporting Pinker’s conclusion that violence in our past was far worse than it is today.

As co-chair of the ICA Non-violence Task Group (ICAN), I assumed the exact opposite. It is encouraging, no, downright inspiring to learn that we may not be The Killer Angels that Michael Shaara refers to in his novel by that name. I wanted to pass this along to you because our understanding of who we are and what our world is like is tuned partly by our perception of our progress or lack of progress in reducing violence.

If I continue to see violence as pervasive in human relationships, there is little incentive to try to do something about it. If the data says that most forms of violence are far less prevalent today than they used to be, the task does not seem so impossible.

After making his case that violence in our time is less than in our past, Pinker examines the social, political, and psychological forces that promote violence, as well as those that mitigate against it. He suggests why he thinks violence has declined.

To entice you, let me provide just one point that Pinker makes. He provides an extensive lesson in the neuro-anatomy of the brain. We have circuits that warn us of danger, circuits that allow us to feel fear as well as anger. We even have a rage circuit. There is, however, no brain structure that has specifically been identified as supporting violent behavior.

Quite the contrary, there are structures in the brain that promote non-violent behavior. For example, our mirror neurons allow us to sense other people’s feelings and thereby promote empathy. Our Pre-Frontal Cortex allows us to do cost-benefit analysis and make non-violent choices. Consider that we tiptoed our way through decades of The Cold War, yet not one missile was fired.

The famous case of Phineas Gage provides the exception that highlights the rule. After an accident caused severe frontal lobe damage, Gage went from being an amiable fellow to, in the words of his doctor, “No longer Gage.” The balance between his “intellectual faculties and animal propensities” seemed gone. He could not stick to plans, uttered “the grossest profanity” and showed “little deference for his fellows.”

I feel compelled to bring this book to your attention and I did not want to wait until I finished an 800-page book. I am a really slow reader. The podcast will give you the most important points. You can find it at:

“Name Thy Demons: The Roots of Human Violence”

Catherine Wells, LCPC
ICAN Co-Chair

Chuck Hughes, LCPC
ICAN Co-Chair
Couples break up for a variety of reasons. If they have been attending couples counseling, often they stop, on the wrong assumption that couples counselors can only help them if they want to stay together. Couples distress during the dissolution of a relationship constitutes both a private crisis and a public health issue. Well trained couples' counselors can play a crucial role in all stages of the dissolution process even though that has not traditionally been the focus of their work.

When working with couples who want to improve their relationship, there are enough models couples' counselors can rely on. But when it comes to helping couples dissolve their relationship the options are less well known. Couples counselors can help each partner understand their mutual interactional patterns, implement negotiation skills, and create rituals. They can inoculate partners against shame and guilt. They can increase couples chances of ending the relationship emotionally intact instead of emotionally destroyed. Dissolving a relationship with dignity and creativity may prevent couples from feeling mutually victimized or like pawns of the legal system.

There are at least five stages in the separation and divorce process: pre-divorce, initial, middle, end, and post divorce. To make matters more complicated, each partner can be at different stages or move back and forth between them. The more out of sync the couple is, the higher the anxiety and the more challenging it is to get through the process.

The following are some suggestions on how couples' counselors can be helpful for couples during the dissolution stages. Obviously, counselors need to assess suitability for joint sessions. With careful preparation, communication management, and well defined goals, most couples can tolerate the mix of individual and joint sessions, achieving decreased reactivity, and increased ability to self soothe or manage anxiety. The first is Pre Divorce counseling. Ironically, in order to separate or divorce well couples may need to implement communication strategies they hadn't used, which may have contributed to the break up in the first place: less emotional reactivity, less defensiveness, more empathy, a platform for finding solutions as a team.

Discernment counseling. Unlike traditional couples or marriage counseling that assumes both partners are willing to improve the relationship, discernment counseling helps people on a short term basis decide whether to work on it or keep moving towards ending it. The focus is not on solving problems but on sorting things out and getting on the same page. The counselor works to understand both partners, even if they see things very differently. Discernment counselors help each party to see his or her own contributions to the problems.

The partner who initiates the divorce (the “leaning out” partner) is usually ahead of the other and wants to speed thing up. They tend to want to rush the process without too much empathy for the partner who is not there yet (the “leaning in” partner), who in turn, may want to slow thing down. Sometimes, both partners engage in behaviors that polarize the other even further. Counselors can help a couple get on the same page during the discernment counseling process. They can help the “leaning in” partner to accept lack of control, grieve, and move forward without revenge. The “leaning out” partner can be helped to slow things down. Divorces tend to be less destructive when couples are on the same page. Discernment counseling is considered successful when people have clarity and confidence in their decision and are more or less in sync.

The second is Divorce counseling. Getting divorced is a process, not an act, and requires forethought, planning, and a cool head. The process forces a person to choose a path. One can be mutually destructive; the other can be the catalyst for building strength, wisdom and awareness. Working with a couples' counselor during the divorce can give the parties more control over the outcome, manage their anxiety, and feel...
less mutually victimized. Some stages are more anxiety producing than others. The initial stage and the last appear to be the hardest. In the best case scenarios, anxiety stems from lack of information regarding finances, worry about the children, and sadness about impending loss. In the worst case scenario, aggressive, revengeful or bullying tactics are supported by an anti-relational culture as effective divorce strategies.

Ironically, in order to separate or divorce well couples may need to implement communication strategies they hadn’t used, which may have contributed to the break up in the first place: Less emotional reactivity, less defensiveness, more empathy, a platform for finding solutions as a team. The counselor can facilitate difficult conversations by helping create personal manifestos or mission statements that could help couples align how they actually are behaving, with their vision of how they want to be acting to achieve a better divorce. Many couples think they have to corrupt good memories of the past in order to detach. Counselors can help articulate how the relationship has contributed to the person they are today and what was gained in the relationship.

Counselors can also help couples articulate their worst fears about finances, about the other person’s parenting, and the effect of divorce on the children. They can also help couples find the best creative scenarios for living arrangements, consistent with their budget or the needs of their children. The results of the conversations can even form the basis of a draft agreement that the couple can take to their attorneys.

It helps when counselors are familiar with the state statutes and types of legal assistance available, so they can guide their clients in choosing their legal team wisely. Some attorneys are known to drag the process along making the conflicts worse or more costly. Conversely, in the hopes of avoiding incurring in legal fees, couples may try to solve issues themselves instead of relying on their legal team. Counselors can guide the couple as to which option is the best one in their situation.

The last type is Post-divorce counseling. Post-divorce brings new challenges. Legally drafted co-parenting agreements alone are often not enough to help reduce stress, and increase the resilience that family members need to lead satisfying lives. Post divorce stages exist too, shifting according to inclusion or exclusions of members in the family or the ages of the children. In joint or individual sessions, a counselor versed in the post divorce pragmatic issues can reduce legal fees and help with negotiation of household arrangements involving children, conflicting loyalties, inclusion or exclusion of new romantic partners, establishing or changing routines and rituals, and relationship boundaries between spouses. The divorce process need not become a nightmare mired in blame and polarization. A skilled couples’ counselor can help host difficult conversations to manage anxiety and spark creative, dignified and pragmatic solutions during a difficult transition.

Sara Schwarzbaum, EdD, LCPC, LMFT

Sara Schwarzbaum, EdD, LCPC, LMFT, is a retired Professor of Couples and Family Counseling at NEIU, and the founder of Couples Counseling Associates in Chicago where she works with couples who want to improve their relationship as well as couples going through separation and divorce.
CICO Coalition of Illinois Counselor Organizations

Here are details of what the balanced budget package contains:

- Cuts over $3 billion from current spending levels.
- Pays down $8 billion of our backlog of old bills.
- Closes tax loopholes.
- Spends less than the Governor’s introduced budget.
- $1.4 billion in pension reform savings
- Same income tax rate as the Republican proposed tax increase (Yes, the same)
- $350 million more for K-12 education, as well as $50 million increase for early childhood education.
- Restores Research and Development Tax Credit and expands to the Manufacturing Equipment tax credit to attract new businesses and jobs to Illinois

There are 3 bills in the budget package: SB6, the spending plan which can be seen in the following (websites at the end): Balanced Budget Spending Plan, the revenue package, Balanced Budget Revenue Plan, and the Budget Implementation Bill (BIMP) BIMP Language

Here are more details on some of the major items in each:

**Budget Plan**

- $1 billion in savings from across the board budget reductions to state operations and bureaucracy
- $350 million increase for Elementary and Secondary Education as part of the Evidence Based Model of school funding reform
- $50 million increase for Early Childhood Education
- Increase in proration for Student Transportation to 84.6%
- Full funding for Bilingual Education
- $3.2 million increase for Agricultural Education
- $15 million increase to After School Programs
- $8.5 million increase to Soil and Water Conservation Districts

- $10 million increase to Cooperative Extension Services, County Fair and Agricultural Societies
- $19 million in Job Training Grants
- Both State and Federal LIHEAP fully funded
- MAP grants increased by 10%
- Operations of colleges, universities and community colleges funded at 90% of FY15 levels
- Fully fund Community Care Program for seniors (CCP). No funding for Governor’s proposed CRP program
- $10 million increase in Meals on Wheels for Seniors
- Fully funds Medicaid

- Increases funding for violence prevention, mental health, substance abuse, services for at-risk youth, after school programs and Ceasefire
- Restores Governor’s cuts to DD programs, Epilepsy Program, Autism Program, Teen Reach, Immigrant Integration and Welcoming Centers, Arc of Illinois, Homelessness Prevention and Homeless Youth services, Children’s Place, Youth Summer jobs and others
- Increases funding for HIV/AIDS and Breast and Cervical Cancer screening and treatment
- Funds the new Chicago Veteran’s Home

- Fully funds pension and group health
- Provides rate increases for disability, home service, senior services, mental health, substance abuse and SLF workers
- Restores childcare assistance to 185% of FPL and restores access to families enrolled in education or training programs cut by the Governor
- Fully funds Domestic Violence Shelters
Revenue Plan

• Individual Income Tax Rate of 4.95%, Corporate Tax Rate of 7%, The same rates as in the House/Senate GOP proposal

• Corporate Tax Loopholes closed: QPAI deduction, Combined Reporting, Outer Continental Shelf

• Means tests Education Expense Tax Credit, Property Tax Credit and Standard Exemption for high-income earners ($250,000 per year individual/$500,000 per year joint)

• Modernizes State Tax Lien Act and Revised Uniform Unclaimed Property Tax Act to increase revenue

• Doubles Earned Income Tax Credit (EITC) to provide tax relief for low and moderate income families

• Increases the Education Tax Credit by 50%

• Adds a Research and Development (R&D) Tax Credit

• Expands the Manufacturing, Machinery and Equipment Tax Credit to include graphic arts

• Creates a Classroom Supplies Tax Credit of up to $250 for teachers who use personal income to purchase classroom supplies

BIMP Bill

• Increases the Personal Needs Allowance for developmentally disabled individuals to $60 per month

• Creates a Community Care Program Task Force to work with all stakeholders to develop recommendations on strategies to reduce costs and liabilities, modernize and increase efficiencies of the CCP program

• Authorizes direct deposit (instead of transfers) of tax receipts to Local Government Distributive, Public Transit and Down state Public Transit funds

• Provides the AMTRAK operating subsidy

• Authorizes $8 billion in payments for the backlog of old bills at the Comptroller’s Office
  o $1.2 billion in interfund borrowing to be repaid within 24 months
  o $300 million in fund sweeps from a selection of funds
  o Provides up to $6 billion GO Bond authorization for back bill payment, to be repaid via a level principle method
  o Allows Drug Rebate Fund funds to be used for Medicaid payments
  o Anticipates $2 billion in Federal matching funds for Medicaid payments
  o This is in addition to over $800 million in existing cash in the Commitment to Human Services and Educational Assistance Funds which are appropriated in SB6 to pay back bills of social service agencies and higher education

• Authorizes MPEA to restructure its debt and pay back remaining deficiency payment to the State ($42 million) and a creates a reserve fund to protect against future shortfalls

• Implements several pension reforms to reduce costs and help stabilize several pension systems
  o Requires contributions from State Pensions Fund to SURS to be a portion of the certified contribution rather than in addition to them.
  o Authorizes GRF share of SERS to be appropriated directly
  o Implements a limited cost shift for high salary SURS/TRS employees whose salaries exceed that of the Governor.

continued on page 28...
Coalition of Illinois Counselor Organizations Cont’d...

...continued from page 27

- Requires recertification of the state systems to reflect Nov 1, 2017 changes
- Includes the Chicago Municipal and Laborers Pension Reform proposal from SB14
- Provides clarifying language for Chicago Firefighters Fund regarding COLAs for members in or after 1955 through 1965
- Implements a Tier 3 defined benefit plan for Tier 2 members (if they elect) and future non-covered hires in SERS, SURS and TRS
- In FY18 only, allows Governor to reserve up to 5% in OSF amounts appropriated (does not include Common School Fund, General Revenue Common School Special Account, Educational Assistance Fund, Fund for the Advancement of Education, Commitment to Human Service Fund or Bond Stabilization Fund)
- In FY18 only, authorizes 4% transferability between operation lines for Executive Branch agencies (does not include other constitutional offices, legislative or judicial branches)
- Establishes a Maintenance of Effort (MOE) for Special Education in local school districts
- Extends FY17 lapse period by 1 month to allow agencies extra time to process FY17 vouchers

Dan Stasi, MS
CICO Executive Director

ICA’s 8th Annual Southern Conference

The Joy of Counseling
Friday, March 16, 2018

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

- 24 Breakout Sessions
- Workshop proposals should be submitted electronically by October 31, 2017
- See ICA website, www.ilcounseling.org for proposal form and registration information

Balanced Budget Spending Plan:
www.ilga.gov/legislation/publicacts/100/PDF/100-0021.pdf

Balanced Budget Revenue Plan:
www.ilga.gov/legislation/publicacts/100/PDF/100-0022.pdf

BIMP Language:
www.ilga.gov/legislation/publicacts/100/PDF/100-0023.pdf
Upcoming Dates to Remember

**September 2017**
- 9/9/17 Starting, Maintaining and Expanding a Successful Private Practice–IMHCA • Skokie
- 9/15/17 NCE/LPC Test Preparation–IMHCA • Arlington Heights
- 9/15/17 DSM-5®: Elimination of the Multi-Axial Diagnostic System–IMHCA • Naperville
- 9/23/17 NCMHCE/LCPC Test Prep–IMHCA • Skokie
- 9/27/17 Assessing Boundaries and the Supervisory Relationship–IMHCA • Naperville

**October 2017**
- 10/6/17 Suicide in Schools: Prevention, Assessment, Intervention, and Postvention–ISCA • Collinsville
- 10/13/17 Youth Suicide Prevention, Intervention, and Postvention in Schools–ISCA • Rosemont
- 10/22/17 Executive Committee Meeting • St. Charles

**November 2017**
- 11/9/17 Fall Governing Council Meeting • Naperville
- 11/10/17 ICA’s 69th Annual Conference • Naperville
- 11/16/17 Addressing Ethics and Best Practices in Supervision • Itasca

**December 2017**
- 12/1/17 Starting, Maintaining, and Expanding a Successful Private Practice–IMHCA • Northbrook
- 12/1/17 NCE/LPC Test Preparation–IMHCA • Skokie
- 12/1/17 NCMHCE Test Prep–IMHCA • Schaumburg
- 12/8/17 Group, Peer, and Triadic Clinical Supervision Strategies–IMHCA • Chicago

**March 2018**
- 3/2/18 NCMHCE Test Prep–IMHCA • Chicago
- 3/2/18 Two-Day Advanced Training: Solution-Focused Brief Therapy For Common Client Problems–IMHCA • Skokie
- 3/3/18 Starting, Maintaining, and Expanding a Successful Private Practice–IMHCA • Naperville
- 3/9/18 NCE Test Prep– IMHCA • Naperville
- 3/16/18 9th Annual ICA Southern Conference • Collinsville
- 3/18/18 Executive Committee Meeting • St. Charles
- 3/24/18 Spring Governing Council Meeting–Adler • Chicago

*Check the ICA Calendar for Additional Workshops and Dates in 2018*
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, LinkedIn 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 NCMMCE 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 LCPC’s in Private Practice to list their Mental Health practice for public access as well as a Speaker Registry that allows our members to list themselves as being available for speaking engagements.

• New to the ICA website is the College and Career Counseling Registry. A place where College and Career Counselors can list their services to the public.

• Also, new to the ICA website is the “Book Nook” where members can showcase their publications and books are featured on a rotating basis on the ICA Home Page.

Networking

• Professional Associations provide many opportunities for networking and interaction with your fellow professionals. Whether it’s through working together on a committee, attending meetings, workshops and conferences, or chatting on the web site forum, you can make many connections that can lead to increased knowledge or a better position.

• ICA through its’ Chapter and Division activities as well as the ICA annual conference gives Counselors the opportunity to network with up to 500 other Counseling professionals.

Advocacy

• The whole is always greater than the sum of its parts.

• ICA is vigilant in our monitoring of legislation that can affect the Counseling Profession in Illinois and nationally. ICA is a recognized voice in Springfield. ICA is Your Voice in Springfield!

• The over 2,600 Counseling Professionals that make up the Illinois Counseling Association can share in the pride that they are, through their membership, supporting a high level of professionalism and competency in Illinois Counseling. Together with you, the Illinois Counseling Association is dedicated to making lives better through community service, educational opportunities and political advocacy.

• Being a part of ICA gives you a voice in shaping counseling in Illinois. Join TODAY!

Promote Professional Counseling In Illinois

Join The Illinois Counseling Association

P.O. Box 367 • DeKalb, IL 60115-0367
877.284.1521 • fx 815.787.0505
ILcounseling.org@gmail.com
www.ilcounseling.org

If you’re asking yourself why join a Professional Association, then read on!
## Illinois Counseling Association Membership Application

**Name** ____________________________

**Address** ____________________________

City __________ State _______ Zip _______

**Work Location** ____________________________

**Position** ____________________________

**Business Address** ____________________________

City __________ State _______ Zip _______

**Phone** (H) __________ (M) __________

**Email** ____________________________

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### ICA Membership

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<tr>
<th>Division</th>
<th>Professional</th>
<th>Student/Retiree</th>
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<tr>
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<td>Illinois Counselors for Social Justice</td>
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<td>Illinois Spiritual Ethical and Religious Values in Counseling</td>
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### Donation to the Illinois Counseling Association Foundation

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**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

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

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### 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** ____________________________

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**Thanks For Supporting Professional Counseling In Illinois!**
JOIN US FOR OUR

69th ICA Annual Conference
“The Spirit of Creative Counseling”

November 9, 10, 11, 2017
Hilton Lisle/Naperville

Friday Keynote and Thursday Pre-Conference Speaker:
Dr. Jeffrey Kottler

Saturday Keynote:
Dr. Thelma Duffy

Register Online Today!
WWW.ILCOUNSELING.ORG

Time Sensitive Materials