Welcome to our 2019 Fall Professional Education Guide

On behalf of the 19 AMITA Health hospitals and the Behavioral Medicine service line, I am happy to give you our fall lineup of workshops. You will note that in addition to our NIU/Hoffman Estates site, we have added four workshops in Hinsdale/Westmont and one fall workshop in the city of Chicago at our St. Joseph’s hospital Lincoln Park location. We continue to see record numbers of attendees each semester and look forward to networking with you this fall. We value each and every relationship and hope we will continue to be your first choice in meeting your educational needs.

We will begin the fall series with an international speaker on marriage and marital treatment. Michele Weiner-Davis will kick off the fall on September 6th for an all day workshop that addresses both healing from infidelity and the sex-starved marriage. Michele has published many books in this area including her original book, *Divorce Busting*, over 25 years ago. Michele is a sought after speaker whose humor and style have engaged audiences throughout the world.

As always, we are here to assist you with your continuing education in both ethics and cultural competency for your licensure requirements. On September 13th, Dr. Toni Tollerud will present a three-hour workshop on ethics in professional counseling. We are happy to have the engaging Mark Sanders back to present his workshop on cultural competency in evidenced-based practice on November 1st. Mark’s humor and easygoing style are always a hit with the audience.

International speaker Dr. Bennet Davis will be here to discuss the connection between pain and trauma on September 27th. Dr. Jess Shatkin, author of *Born to be Wild* address the challenges of today’s teens on November 13th and nationally known presenters Dr. Gene Combs and Dr. Jill Friedman will discuss narrative therapy on December 6th. Riley’s Wish founder Margaret Sisson will join our very own Dr. Patrick McGrath to discuss the impact of anxiety and substance abuse in late November. As always, we will continue to offer free webinars each month and the LCPC supervision series throughout the fall.

Finally, we are proud to announce that we will begin a transition to electronic check in and evaluations this fall. We will be sending you information about logging into our new platform, which will allow you to check in for each workshop, see the power point, and do your evaluation. Over the course of the fall, our hope is to transition from paper to electronic gathering of information. Thank you for your interest and partnership with AMITA Health Behavioral Medicine Institute and Alexian Brothers Behavioral Health Hospital. Although our “family” has grown, we hope to provide you with the individualized attention you require when you refer a patient to one of our facilities and hope to see you soon at one of our workshops.

Sincerely,

Steve Hunter, LCSW, LMFT
Associate Vice President, AMITA Health Behavioral Medicine Institute
Center for Professional Education: 2019 Winter/Spring Program Registration Information

**Registration**

Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482) to register

If fees apply, you may pay by credit card online or over the phone. If your organization plans to mail a check (payable to ABBHH) for your participation, please mail the check to:

AMITA Health Behavioral Medicine Institute Center for Professional Education c/o Steve Hunter, LCSW, LMFT 1650 Moon Lake Blvd. Hoffman Estates, IL 60169

Check-in and networking begins 30 minutes prior to each program.

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**Continuing Education Information**

<table>
<thead>
<tr>
<th>CEU Grouping</th>
<th>Description</th>
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<tr>
<td>A</td>
<td>LSW/LCSW, LPC/LCPC, LMFT</td>
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<td>B</td>
<td>IAODAPCA (CADC)</td>
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<td>Psychologists</td>
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<td>D</td>
<td>CPDU (School Personnel)</td>
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<td>Nursing</td>
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<td>F</td>
<td>Dietitians</td>
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<td>G</td>
<td>Nursing Home Administrators</td>
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**Licensed Social Workers/Licensed Clinical Social Workers**
Approved provider through the Illinois Department of Financial and Professional Regulation #159.000944

**Licensed Professional Counselors/Licensed Clinical Professional Counselors**
Approved provider through the Illinois Department of Financial and Professional Regulation #159.000944

*According to IDFPR Professional Counselors/ Administrative Code Section 1375.200 C.1.R, CEUs for LSW/LCSW are reciprocal for LPC/LCPC

**Licensed Marriage and Family Therapists**
Approved provider through the Illinois Department of Financial and Professional Regulation #168.000166

**CADC/IAODAPCA**
For selected programs, we apply for IAODAPCA credits. Check each program description for reference to those credits.

**Psychologists**
Approved provider through the Illinois Department of Financial and Professional Regulation #268.000021

**School Personnel/Continuing Professional Development Unit**
For select programs, we will apply for CPDU credits. Check each program description for reference to these credits. Approved provider through the Illinois State Board of Education #080916103644232

**Nurses**
Approved provider through the Illinois Department of Financial and Professional Regulation #236.000058

**Dietitians**
For select training programs, we will apply for Illinois Dietetic Association CEUs. Check each program description for these credits.

**Nursing Home Administrators**
Approved provider through the Illinois Department of Financial and Professional Regulation #139.000233

*Illinois Department of Financial and Professional Regulation requires that participants attend the entire workshop to receive full credit. AMITA Health recognizes that our attendees may arrive late or need to leave early. We will be happy to provide you an amended certificate based on actual hours attended.*
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<td>Sep. 6</td>
<td>Trouble Behind Closed Doors: Infidelity and Sex-Starved Marriages</td>
<td>Michele Weiner-Davis, MSW</td>
<td>NIU Conference Center 5555 Trillium Blvd. Hoffman Estates, IL</td>
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<tr>
<td>Sep. 24</td>
<td>The Successful Parenting Workbook: Create Your Custom Plan for Raising Independent Children into Adulthood</td>
<td>Jacqueline Rhew, LCPC, CADC, Robin Choquette, PsyD</td>
<td>AMITA Health Hinsdale Hospital 120 N. Oak St. Hinsdale, IL</td>
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<tr>
<td>Sep. 27</td>
<td>The Pain of Trauma, The Trauma of Pain: Medical Consequences of Psychological Trauma</td>
<td>Bennet E. Davis, MD, Sarah Briley, EdD LCPC, CADC</td>
<td>NIU Conference Center 5555 Trillium Blvd. Hoffman Estates, IL</td>
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<td>Sep 27</td>
<td>Perinatal Networking Breakfast Perinatal Mood Disorders and Pelvic Floor Dysfunction</td>
<td>Teri Elliott-Burke, PT, DPT, MHS, PRPC, BCB-PMD, Catherine J. Hunter LCSW, CADC, PMH-C</td>
<td>NIU Conference Center 5555 Trillium Blvd. Hoffman Estates, IL</td>
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<td>Oct. 4</td>
<td>Eating Disorders and Athletes: Achieving Balance in Mind and Body</td>
<td>Lacey Lemke, PsyD, Jenny Conviser, MS, PsyD, CEDS, CMPC, Audrey Grunst, MSW, LCSW, Kelly Kenefick, Ashley Hansen, PhD</td>
<td>NIU Conference Center 5555 Trillium Blvd. Hoffman Estates, IL</td>
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<td>Oct. 10</td>
<td>Hospice and Palliative Care: Questions and Answers</td>
<td>Mark Pappodopoli, MD, Ellen Norton, MS, APRN, ANP-BC, ACHPN, Victoria Storm, MM, MT-BC</td>
<td>AMITA Health Hinsdale Hospital 120 N. Oak St. Hinsdale, IL</td>
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<td>Oct. 18</td>
<td>Navigating Competency and Advanced Directives in Older Adult Behavioral Medicine</td>
<td>Amy Gjesdahl, JD, Christina Blodgett Dycus, PhD</td>
<td>NIU Conference Center 5555 Trillium Blvd. Hoffman Estates, IL</td>
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<td>Oct. 18</td>
<td>Vicious Cycle: Addressing Co-morbid Trauma and Addiction</td>
<td>Kim Pinkston, LCPC, CADC, BC-DMT, GL-CMA, Don Pinkston, LCSW, CADC, ATE, Michael Baldinger, MD</td>
<td>AMITA Health Saint Joseph Hospital 2900 N. Lake Shore Dr. Chicago, IL, Boikan Conference Center</td>
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<td>Nov. 1</td>
<td>Integrating Cultural Competence into Evidence-Based Practices</td>
<td>Mark Sanders, LCSW, CADC</td>
<td>NIU Conference Center 5555 Trillium Blvd. Hoffman Estates, IL</td>
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<td>Nov. 5</td>
<td><strong>Sports Related Concussions: A to Z</strong></td>
<td>Hossam AbdelSalam, MD</td>
<td>AMITA Health Hinsdale Hospital 120 N. Oak St., Hinsdale, IL</td>
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<td>Nov. 13</td>
<td><strong>Born to be Wild</strong></td>
<td>Jess P. Shatkin, MD, MPH</td>
<td>NIU Conference Center 5555 Trillium Blvd. Hoffman Estates, IL</td>
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<td>Nov. 20</td>
<td><strong>Riley’s Wish: The Push to Treat OCD, Anxiety and Substance Abuse</strong></td>
<td>Margaret Sission, Patrick B. McGrath, PhD, Sarah Briley, EdD. LCPC, CADC, Salahuddin I. Syed, MD, Kumudini Ginde, MD</td>
<td>NIU Conference Center 5555 Trillium Blvd. Hoffman Estates, IL</td>
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<td>Dec. 6</td>
<td><strong>Marijuana: Miracle or Myth?</strong></td>
<td>Sahib Gill, MD</td>
<td>AMITA Health New Day Center 740 Pasquinelli St., Ste. 104 Westmont, IL</td>
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<td>Dec. 6</td>
<td><strong>Narrative Therapy: The Social Construction of Preferred Realities</strong></td>
<td>Jill Freedman, MSW, Gene Combs, MD</td>
<td>NIU Conference Center 5555 Trillium Blvd. Hoffman Estates, IL</td>
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<td>Sep. 21</td>
<td><strong>LCPC Supervision Series: Workshops 1, 2 and 3</strong></td>
<td>Toni Tollerud, PhD, LCPC, NCC, NCS, ACS</td>
<td>AMITA Health Alexian Brothers Women and Children’s Hospital 1555 Barrington Rd. Hoffman Estates, IL</td>
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<td>Oct. 19</td>
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**Fall 2019 Webinars Learning Series**

Online learning through the AMITA Health Alexian Brothers Center for Professional Education is available for your convenience. One (1) CEU credit will be awarded upon successful completion of the webinar’s evaluation for LSW/LCSW, LPC/LCPC, LMFT and Psychologists. **Attendees must register using links provided on this page.**

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<td>Aug. 21</td>
<td><strong>Addiction and Anxiety</strong></td>
<td>Patric B. McGrath, PhD, Sarah Briley, EdD. LCPC, CADC</td>
<td><a href="https://attendee.gotowebinar.com/register/8713988490947071243">https://attendee.gotowebinar.com/register/8713988490947071243</a></td>
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<tr>
<td>Sep. 18</td>
<td><strong>Eating Disorders Behaviors, Anxiety and Compulsive Behaviors</strong></td>
<td>Lacey Lemke, PsyD, Kathleen Torres, LCSW</td>
<td><a href="https://attendee.gotowebinar.com/register/109506890139811083">https://attendee.gotowebinar.com/register/109506890139811083</a></td>
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<td>Oct. 10</td>
<td><strong>ADHD: Ask the Doc</strong></td>
<td>Michael Feld, MD, Jacqueline Rhew, LCPC, CADC</td>
<td><a href="https://attendee.gotowebinar.com/register/633681936467820043">https://attendee.gotowebinar.com/register/633681936467820043</a></td>
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<td>Nov. 6</td>
<td><strong>Understanding the Disease Concept</strong></td>
<td>Carol Trejo-Kroeger, LCPC, Clark Lawson, MS, MFT, QMHP</td>
<td><a href="https://attendee.gotowebinar.com/register/2881802784246549771">https://attendee.gotowebinar.com/register/2881802784246549771</a></td>
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Trouble Behind Closed Doors: Infidelity and Sex-Starved Marriages

Friday, September 6, 2019
9 a.m. – 4 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Michele Weiner-Davis, MSW
Director
The Divorce Busting® Center

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 6.0
Groups: A, C, E

Cost: $50
Includes program materials, continental breakfast and snacks

Reserve a Seat
Register online at
AMITAhealth.org/BehavioralMedicine/AB/Register
or call 1.855.MyAMITA (692.6482)

Description
If you work with couples, you’re no stranger to the impact of infidelity on relationships. You are also likely asked for help overcoming one of the most common underlying problems in marriage—a sexual desire gap. The problem is, specific training on how to help couples navigate these painful problems is rarely offered in graduate schools. This is incredibly unfortunate because both betrayal and unhappiness with sex leaves couples feeling lost, hopeless and vulnerable, and in desperate need of clear, concrete guidance. Generic couple’s therapy skills simply aren’t enough. This workshop will consists of two parts.

Instructions for new platform

We’re going to be using a new product called Conferences i/o that will allow you to sign in, complete your evaluation and collect your CEU certificate all from your mobile device. Using any mobile device (smartphone, tablet, laptop, etc.) you’ll be able to easily participate by going to a simple website at amitabmi.cnf.io.

This URL will be shared at the event so no need to memorize it, but you’re encouraged to bookmark it for easy access later on. The Conferences i/o app will allow you to ask questions, complete your evaluation and retrieve your certificate as well as respond to polls when they appear on your device, all in real time. When you visit the website noted above, you’ll see a list of sessions sorted by date and time. We will have more information for you at our first workshop!
Michele Weiner-Davis, MSW, is an internationally renowned relationship expert, best-selling author, marriage therapist, and professional speaker who specializes in helping people change their lives and improve important relationships. She is the author of seven books including her best-selling book, *Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again*, and *The Sex-Starved Marriage: A Couple’s Guide to Boosting Their Marriage Libido*. Michele was the recipient of the American Association of Marriage and Family Therapy's prestigious Outstanding Contribution to the Field of Marriage and Therapy Award and Smart Marriages’ Impact Award. She has made countless media appearances on shows such as, Oprah, 48 Hours, 20/20, The Today Show, CBS This Morning, CBS Evening News, CNN, and Bill O’Reilly.

**Part I: Healing from Infidelity**
In this section of the workshop, we’ll go over an array of post-affair issues, including ways to deal with intense emotions, whether to discuss the details of the betrayal, how to begin rebuilding trust in the aftermath of the discovery, whether to have clinical ultimatums about ending affairs, how to handle setbacks, and how to deal with residual feelings for the affair partner. You’ll learn methods for overcoming the most common therapeutic impasses and discover the nuances involved in deciding how much disclosure is best for each couple. By the time you leave, you’ll know how to coach couples through a healing process that’s flexible and adaptable.

**Part II: The Sex-Starved Marriage**
It is said that one in three couples experience a sexual desire gap, a difference that often wreaks havoc in every aspect of marital life. When you add to this the compelling statistic that one out of ten couples has a sexless marriage, it’s easy to understand why so many couples are losing touch both literally and figuratively. A marriage that is void of healthy intimacy and physical connection risks divorce and/or infidelity. Beyond the usual “build your emotional foundation and your sex life will improve” advice, learn several concrete methods for helping couples bridge the desire gap and bring passion back to their marriage.

**Program Objectives**

**Participants will:**

- List three tasks the unfaithful spouse must do to heal from infidelity
- List three tasks the betrayed spouse must do to heal from infidelity
- Identify one strategy for dealing with setbacks
- Identify which partner controls the sexual relationship
- Describe a new way to think about the stages of the human sexual response cycle
- List two approaches that can be used by both the high and low desire spouse

**Guest Faculty Bio**
Michele Weiner-Davis, MSW, is an internationally renowned relationship expert, best-selling author, marriage therapist, and professional speaker who specializes in helping people change their lives and improve important relationships. She is the author of seven books including her best-selling book, *Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again*, and *The Sex-Starved Marriage: A Couple’s Guide to Boosting Their Marriage Libido*. Michele was the recipient of the American Association of Marriage and Family Therapy's prestigious Outstanding Contribution to the Field of Marriage and Therapy Award and Smart Marriages' Impact Award. She has made countless media appearances on shows such as, Oprah, 48 Hours, 20/20, The Today Show, CBS This Morning, CBS Evening News, CNN, and Bill O’Reilly.
This workshop will focus on professional ethics and best practices that are critical for social workers, counselors, and other professional therapists/clinicians who work in a school or clinical setting as clinicians or supervisors. It is the responsibility of all therapists to possess the necessary skills and knowledge to deliver competent and ethical services to clients. It also ensures the responsibility of the profession to protect the welfare of every client.

**Program Objectives**

**Participants will:**

- Increase knowledge regarding current changes in the ethical codes for social workers and professional counselors that affect clinical behavior and responsibilities

- Review and apply a decision-making model to help make sound clinical decisions

- Explore common ethical problems concerning confidentiality, boundaries, counseling relationships, and documentation that can cause difficulty for clinicians

- Update knowledge of the most recent state legislation on issues that impact the role of professional clinicians in the State of Illinois

- Review the Illinois Administrative Code of Conduct that could jeopardize a clinician’s professional license in the State of Illinois

**Guest Faculty Bio**

Dr. Toni R. Tollerud is a professor in the Department of Counseling, Adult and Higher Education at Northern Illinois University. She received a Presidential Teaching Professorship Award in 2008. In her 25 years at NIU, she has coordinated and served as Director of Internship and the School Counseling Program. She is an accomplished counselor educator and consults all over the state on issues related to supervision, career development, and school counseling.
A New Look at Student Interventions: Best Practices for Schools and Communities

Friday, September 20, 2019
9 a.m. — 12 p.m.
Check-in begins at 8:30 a.m.

**Guest Faculty**
Matthew Liberatore, MA, MSEd, LPC
Director of Student Services, School District 214

Michelle Fisher, DSW, LCSW
School Social Worker, Cary Grove High School

**Faculty**
Jacqueline Rhew, LCPC, CADC, Clinical Consultant
Mili Sheth, MSW, Therapist
Stella Wilson, LCSW, Clinical Coordinator

**Location**
NIU Conference Center, Hoffman Estates Campus
5555 Trillium Blvd., Hoffman Estates, IL 60192

**CEUs Offered:** 3.0
Groups: A, B, C, D, E

**Cost:** FREE
Includes program materials, continuing education and continental breakfast

**Reserve a Seat**
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

**Program Objectives**
Participants will:
- Learn about a comprehensive approach to student services and ways to take a trauma sensitive approach, using restorative practices as an option for discipline
- Understand ways to support our transgender youth in the school and clinical setting
- Address the childhood vaping epidemic, using effective interventions both at school and at home

**Description**
If you work with children and adolescents in a school, community or clinic setting, this workshop will be a valuable resource for you. Many of us realize that we spend a lot of time and energy being reactive rather than proactive in our approaches, while trying to help our young people be “ok.” This free three-hour workshop, hosted by a team of experts from school and clinical type settings, will take a look at ways school personnel and clinicians can start shifting their mindset, using a more unified approach, to provide interventions that are more purposeful and relevant to some of the stressors our youth are facing. Finally, this seminar will offer a panel discussion for questions.

**Guest Faculty Bio**

**Matt Liberatore**
Matt Liberatore is the director of professional learning and student services for Township High School District 214, president-elect of the Illinois School Counselor Association, board member on the Directors of Counseling and Student Services of Suburban Chicago, and senior advisor to Intellispark. Over the last decade, Matt has served as a school counselor, counseling department chair and assistant principal for student services.

**Dr. Michelle (Shelley) Fisher**
Dr. Michelle (Shelley) Fisher earned her Bachelor’s degree from James Madison University and her Master’s degree in Social Work from Boston College. She received her Doctorate in Social Work from George Williams College where she focused on LGB and transgender adolescents.

Dr. Fisher’s 25-year social work career includes child protective services, adoption, medical and forensic social work, teaching, private practice and, for the past 10 years, school social work.
Description

This program is intended to equip professionals to provide parenting presentations, an eight-week parenting class and to provide parent and family coaching in individual and family-type sessions. In addition, the training manual will increase professional skills to better serve families and parents. Schools and agencies have found this program particularly helpful when supporting parents dealing with issues such as anxiety, depression, school refusal, ADHD, and other behavioral issues with their children. Participants will receive a copy of Jackie and Robin’s new workbook, *The Successful Parenting Workbook: Creating Your Custom Plan for Raising Independent Children into Adulthood.*

Program Objectives

**Participants will:**

- Learn how to teach parents strategies and interventions and assist parents in developing an individualized family value-driven plan to raise healthy young adults
- Learn The Successful Growth Model, as well as how emotional and cognitive development influences implementation of parenting strategies
- Learn to support parents and children to improve parent-child interactions and communication

Tuesday, September 24, 2019
9 a.m. – 11 a.m.
Check-in begins at 8:30 a.m.

Faculty

Jackie Rhew, LCPC, CADC
Clinical Consultant, Child and Adolescent Services
AMITA Health Alexian Brothers Behavioral Health Hospital

Robin Choquette, PsyD
Clinical Liaison, AMITA Health Behavioral Medicine-South Region

Location

AMITA Health Hinsdale Hospital
120 N Oak St.
Hinsdale, IL 60521
5th Floor Regional Boardroom

CEUs Offered: 2.0
Groups: A, C, E

Cost: $10
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)
More than the pharmaceutical companies, it is the way western medicine teaches us to think about pain that has fostered overprescribing of opioid. Our concept of pain has had other consequences, it has led us to assume that the recent increase in overdose deaths is the consequence of an epidemic of addiction. But our nation’s response, which should work if we are in fact dealing with a crisis of addiction, has backfired: reducing prescription opioid and introducing addiction resources has not stemmed the crisis. Just the opposite, CDC statistics show that the crisis has deepened. We must be missing something. Perhaps the way we view pain has not only led us into an overprescribing disaster, perhaps it is preventing us from finding the way out. This presentation illuminates a way out. Dr. Davis builds on what we know about pain to explain why so many “chronic pain patients” have pain without tissue damage that responds to opioids. This population is defined then compared and contrasted to people with painful tissue pathology and to “addicts” with opioid use disorder.

**Description**

The Pain of Trauma, the Trauma of Pain: Medical Consequences of Psychological Trauma

**Friday, September 27, 2019**

9 a.m. — 12 p.m.
Check-in begins at 8:30 a.m.

**Moderator**

Sarah Briley, EdD LCPC, CADC
Clinical Director, Center for Addiction Medicine

**Guest Faculty**

Bennet E. Davis, MD
Director, Pain Recovery Program, Sierra Tucson

**Location**

NIU Conference Center, Hoffman Estates Campus
5555 Trillium Blvd., Hoffman Estates, IL 60192

**CEUs Offered** 3.0
Groups: A, B, C, E

**Cost: $30**
Includes program materials, continuing education, continental breakfast

**Reserve a Seat**
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

**Guest Faculty Bio**

Bennet E. Davis, MD, is the director of the Pain Recovery Program at Sierra Tucson. He is board certified in anesthesiology and pain medicine. Dr. Davis completed his undergraduate work at Stanford University in Stanford, CA, and received his medical degree from Case Western Reserve University in Cleveland, OH. He then trained in orthopedic surgery and anesthesiology at the University of New Mexico and University of California, Irvine. He completed his fellowship in Manchester, England, after finishing residency training. Dr. Davis served as founder and director of the University of Arizona Pain Center from 1995 to 2002, where he was also director of the Pain Fellowship Program and co-founding faculty of the Arizona Cancer Center.

**Program Objectives**

Participants will:

- Develop an understanding of the opioid crisis and our current approach
- Review statistics on effects of severe psychological trauma in the context of addiction
- Describe a trauma informed diagnosis and approach to the opioid crisis
Perinatal Networking Breakfast

Perinatal Mood Disorders and Pelvic Floor Dysfunction

Friday, September 27, 2019
9 a.m. — 11 a.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Teri Elliott-Burke, PT, DPT, MHS, PRPC, BCB-PMD
Associate Professor, Midwestern University

Catherine J. Hunter LCSW, CADC, PMH-C
Owner, Catherine Hunter & Associates, LTD

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 2.0
Groups: A, C, E

Cost: $10
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Program Objectives
Participants will:
• Describe the current research pertaining to PFMD and perinatal mood disorder
• Define pelvic floor muscle dysfunction and common signs and symptoms associated with it
• Identify the role of the physical therapist in treating PFMD and how to source the appropriate therapist
• Consider the interprofessional practice of a behavioral medicine professional and a physical therapist

Guest Faculty Bios

As a social worker for over 30 years, Catherine Hunter’s personal specialty is treating adult women in outpatient counseling. She specializes in treating depression and anxiety and mood disorders including postpartum depression and hormone induced depressive disorders. She has vast experience treating post-traumatic stress disorders due to trauma including incest, sexual abuse, rape and abortion. She treats adults affected by divorce as well as helps clients process their own parents’ addictions or divorce.

Teri Elliott-Burke PT, DPT, MHS, WCS, Associate Professor and Academic Coordinator, received her undergraduate degree in Biology and Psychology from North Central College, an entry-level Physical Therapy degree from Northwestern University, a Master of Health Sciences degree from the University of Indianapolis and a Doctor of Physical Therapy from the College of Saint Scholastica. Dr. Elliott-Burke has more than 40 years of patient care and managerial experience in outpatient physical therapy.

Description
The perinatal client often presents with concurrent pelvic floor muscle dysfunction (PFMD). This presentation will review the relationship between PFMD and perinatal mood disorders. Many women do not receive adequate evaluation and treatment of perinatal mood disorder and/or PFMD. The role of the physical therapist in evaluation and treatment of PFMD will be discussed and suggestions given on when and how to source a PT for the perinatal client. This presentation will also describe the interprofessional practices of a behavioral medicine provider and pelvic health physical therapist. A LCSW/PMH-C and a pelvic health PT will describe their collaboration and experiences.
Your Journey to Recovery Starts Here

Eating Disorders can affect anyone and they are treatable. But each eating disorder is unique. That means your journey to recovery is different than anyone else. It’s important to remember that you’re not alone. We can help. AMITA Alexian Brothers Center for Eating Disorders program provides treatment at every step of your journey to recovery.

You’re not alone!

National surveys estimate that 20 million women and 10 million men in America will have an eating disorder at some point in their lives.
Eating Disorders and Athletes: Achieving Balance in Mind and Body

Friday, October 4, 2019
9 a.m. – 4 p.m.
Check-in begins at 8:30 a.m.

Faculty
Lacey Lemke PsyD
Service Line Director
AMITA Health Center for Eating Disorders

Guest Faculty

Jenny Conviser, MS, PsyD, CEDS, CMPC
Founder & CEO of ASCEND

Audrey Grunst, MSW, LCSW
Co-founder of SHEBE

Kelly Kenefick
Former Division I Volleyball Player & Co-founder of SHEBE

Ashley Hansen, PhD
Post-doctoral Clinical Psychology Resident
The Victory Program at McCallum Place

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 6.0
Groups: A, C, D, E

Cost: $65
Includes program materials, continuing education, continental breakfast, and lunch

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
Athletes struggle with risk factors such as perfectionism, over-exercising, and disordered eating. Both male and female athletes are at risk for eating disorders, often driven by social, cultural and relational factors. This workshop is designed to give participants access to experts in the fields of sports and eating disorders with a special focus on mind/body connections and encouraging healthy approaches and coping styles for athletes. We’ll address issues including neurological functions, risk factors, protective factors, and assisting athletes through Motivational Interviewing. The four presentations will assimilate the latest information on eating disorders and athletes.

Changes in Neurological Function Due to Over-exercise
Lacey Lemke, PsyD

Participants will:
• Understand the impact of exercise on the brain
• Recognize changes in neurological function due to over-exercise
• Learn about the similarities between the over-exerciser’s brain compared to the eating disordered brain
Overcoming Perfectionism in Female Athletes Using Relational Theory and ACT
Audrey Grunst, MSW, LCWS, and Kelly Kenefick

Participants will:

• Learn how to utilize ACT model to overcome maladaptive coping skills, such as over exercising and disorder eating

• Explore the power and influence positive role models can have on young female athletes, including the use of social media engagement and using relational model in the context of inspiring female athletes to live a healthy lifestyle.

• Identify protective factors and risk factors for female athletes to develop eating disorders and other maladaptive coping strategies.

Facilitating Change: Implementing Motivational Interviewing in Eating Disorder Treatment for Athletes
Ashley Hansen, PhD

Participants will:

• Summarize foundational overview of Motivational Interviewing (MI) and recognize the four general principles of MI

• Identify and reinforce patient language that reflects “change talk” versus resistance

• Apply four fundamental MI skills (i.e., open ended questions, affirmations, reflective listening, and summarizing)

Eating Disorder Risk Among Athletes: When More is Not Better: A Call for Cultural Change
Jenny Conviser, MS, PsyD, CEDS, CMPC

Participants will:

• Learn how to understand and manage athlete and sport specific cultural issues that influence athlete well-being and disordered eating risk

• Understand how to identify and implement strategies for the treatment of both eating disorder related symptoms and the originating illness

• Improve at identifying both athlete and treatment team specific psychosocial factors to more adeptly reduce eating disorder risk and facilitate eating disorder recovery
Hospice and Palliative Care: Questions and Answers

Thursday, October 10, 2019
8 a.m. - 11:30 a.m.
Check-in begins at 7:30 a.m.

Faculty
Mark Pappodopoli, MD
Ellen Norton, MS, APRN, ANP-BC, ACHPN
Victoria Storm, MM, MT-BC

Location
AMITA Health Hinsdale Hospital
120 N Oak St
Hinsdale, IL 60000
5th Floor Regional Boardroom

CEUs Offered: 3.0
Groups: A, C, E

Cost: $10
Includes program materials, continuing education, continental breakfast

Reserve a Seat
Register online at AMITahealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Program Objectives

Participants will:

• Learn the role of music therapy in healthcare setting
• Define Palliative Care
• Differentiate types of pain and severity

Description

This workshop will enhance the knowledge and understanding of interventions and supports for end of life and during times of serious illness. The three-part workshop is designed to provide a variety of information, including the exploration of the role of music therapy. Attendees will gain knowledge of palliative care and improve the understanding of medications used to bring comfort in Hospice care.

Music Therapy—Bridging the Gap to Support Patients and Families in Need
Victoria Storm, MM, MT-BC

This presentation will describe music therapy, assessment techniques, establishing goals, assess therapeutic experiences and determining satisfaction.

Understanding Palliative Care and Resources for Clinicians, Patients and Families
Ellen Norton, MS, APRN, ANP-BC, ACHPN

This will be an interactive PowerPoint presentation. The audience will be encouraged to engage the speaker throughout. Content will be directed to advancing understanding of the medical subspecialty with specialist care available through the AMITA Health system.

Pain Management in Hospice
Mark Pappodopoli, MD

Evaluation of pain type, severity, and frequency within the realm of end of life/hospice will be addressed. Best practice for medication use and escalation to bring about comfort and improve quality of life will also be discussed.
Navigating Competency and Advanced Directives in Older Adult Behavioral Medicine

Friday, October 18, 2019
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Amy Gjesdahl, JD
Elder Law Attorney
Dutton Casey & Mesoloras

Christina Blodgett Dycus, PhD
Founder and Clinical Director
Thomson Memory Center

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered 3.0
Groups: A, C, E, G

Cost: $30
Includes program materials, continuing education, continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
How can we determine when an older adult patient cannot make their own decisions? This workshop will explore both the legal and psychological elements of assessing those in need. Both an attorney and neuropsychologist will consider areas such as mental capacity, when to seek a neuropsychological evaluation, power of attorney and guardianship. Participants are invited to bring their questions to experts in their respective fields.

Program Objectives
Participants will:

• Understand how neuropsychologists objectively evaluate cognitive functioning for the purposes of diagnosis and treatment planning and when to engage a neuropsychologist

• Describe the primary uses of a neuropsychological assessment and the major domains of cognition and emotion assessed by neuropsychologists

• Determine the levels of decisional capacity needed to engage in the contract of power of attorney for healthcare and property

• Summarize the rights and responsibilities of an agent under power of attorney including those that the agent doesn’t have

• Define the guardianship process and the role, authority, and powers of a guardian
Evidence has shown a clear link between trauma and addiction. From the impact of childhood trauma on the developing brain to the self-medication of adult traumatic experiences, these disorders often go hand in hand. The challenge of these co-occurring disorders is that they often cause a vicious cycle in which one exacerbates the other. The more we understand the neurobiological mechanisms of addiction and trauma, the more effective our interventions can be. This training will focus on counteracting the physiological effects of trauma with both cognitive and experiential approaches based on the current research in trauma and addiction treatment.

Participants will be exposed to and practice interventions designed to strengthen patient’s internal coping mechanisms and develop effective external supports.

**Description**

Vicious Cycle: Addressing Co-morbid Trauma and Addiction

Friday, October 18, 2019
1 p.m. – 3 p.m.
Check-in begins at 12:30 p.m.

**Guest Faculty**
Kim Pinkston, LCPC, CADC, BC-DMT, GL-CMA
ABRAXAS

**Faculty**
Don Pinkston, LCSW, CADC, ATS
Clinical Director, AMITA Health Saint Joseph Hospital

Michael Baldinger, MD
Medical Director, AMITA Health Saint Joseph Hospital

**Location**
AMITA Health Saint Joseph Hospital
2900 N. Lake Shore Dr., Chicago, IL 60657
Boikan Conference Center

**CEUs Offered:** 2.0
Groups: A, B, C, E

**Cost:** FREE
Includes program materials, continuing education and afternoon refreshments

**Reserve a Seat**
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

**Guest Faculty Bios**

Kim Pinkston, LCPC, CADC, BC-DMT, GL-CMA, has been working in the addictions field for over 20 years. As a dance/movement therapist she focuses on using expressive therapy practices to guide her clients toward bettering their lives. In her current role as the training supervisor for Abraxas Woodridge and Southwood Interventions, Kim has focused her attention on improving client care. She has presented at various conferences on topics ranging from using expressive art therapies, cognitive behavioral therapy, supervision, and most recently trauma sensitive care.
Integrating Cultural Competence into Evidence-based Practices

Friday, November 1, 2019
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Mark Sanders, LCSW, CADC

Location
NIU Conference Center,
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, B, C, E

Cost: $30
Includes program materials, continuing education and continental breakfast

Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
In this era of evidence based practices few developers of these empirical models have been intentional and strategic about the integration of these models with culturally competent practice. In this presentation you will learn: 10 characteristics of culturally competent therapists; how to Integrate cultural competence into evidence based practices, with motivational interviewing, person centered therapy, evidence based group therapy, the use of motivational incentives and feedback informed treatment used as integrative case studies. Other topics discussed include addressing tension in cross cultural counseling; overcoming barriers to mistrust in the cross cultural counseling relationship; intersectionality and microaggressions which can occur in the midst of therapy. You will also be introduced to non-traditional approaches to therapy influenced by culture.

Program Objectives

Participants will:

- Evaluate your cultural competence in clinical practice on a 10 point scale
- Integrate culturally competent practices into 5 evidence based practices
- Be more effective in individual and group therapy when working with a diversity of clients
- Address microaggressions in the clinical relationship
- Keep clients engaged in therapy through a discussion of intersectionality
- Effectively engage clients in the cross cultural counseling relationship

Guest Faculty Bio

Mark Sanders, LCSW, CADC is an international speaker in the Behavioral Health Field whose presentations have reached thousands throughout the world. He is the author of 5 books and has had two stories published in the New York Times Best Selling book series, Chicken Soup For The Soul.

Mark is a member of the Board of Trustees at MacMurray College, Past Board President of The Illinois Chapter of the National Association of Drug Abuse Counselors and Board President of Serenity Academy of Chicago, the only Recovery High School in Illinois.
Sports Related Concussions: A to Z

**Tuesday, November 5, 2019**
**8 a.m. – 10 a.m.**
Check-in begins at 7:30 a.m.

**Faculty**
Hossam AbdelSalam, MD
AMITA Health Neurosciences Institute

**Location**
AMITA Health Hinsdale Hospital
120 N. Oak St.
Hinsdale, IL 60521
5th Floor Regional Boardroom

**CEUs Offered: 2.0**
Groups: A, C, E

**Cost: $10**
Includes program materials, continuing education, continental breakfast

**Reserve a Seat**
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

**Description**
This workshop will discuss pathophysiology, evaluation and management of sport related concussion in children and adolescents from field to Emergency Department to back to school guidelines.

**Program Objectives**
Participants will:
- Evaluate a suspected concussion case
- Initiate proper treatment plan
- Monitor concussion cases and release back to school and sport when appropriate
Texting while driving. Binge-drinking. Unprotected sex. There are plenty of reasons for parents to worry about getting a late-night call about their teen. But most of the advice parents and educators hear about teens is outdated and unscientific—and simply doesn’t work. Acclaimed adolescent psychiatrist and educator Dr. Jess Shatkin brings more than two decades’ worth of research and clinical experience to the subject, along with cutting-edge findings from brain science, evolutionary psychology, game theory, and other disciplines—plus a widely curious mind and the perspective of a concerned dad himself.

Dr. Jess P. Shatkin, MD, MPH, leads the educational efforts of the NYU Child Study Center, where he is Vice Chair for Education and Professor of Child & Adolescent Psychiatry and Pediatrics at the NYU School of Medicine. In addition to directing one of the largest training programs in the country in child and adolescent psychiatry at the NYU School of Medicine & Bellevue Hospital Center, Dr. Shatkin is the founder and director of nation’s largest undergraduate child development program, Child and Adolescent Mental Health Studies (CAMS) at NYU. His major clinical interests are mood and anxiety disorders, attention deficit-hyperactivity disorder, disruptive behavior disorders, and sleep.

A consummate physician who cares for patients each day, Dr. Shatkin is one of the country’s foremost voices in child and adolescent mental health. He has authored more than 100 articles, chapters, and published abstracts throughout his career, along with one book, *Treating Child and Adolescent Mental Illness: A Practical, All-in-One Guide*, now in its second edition and retitled *Child and Adolescent Mental Health: A Practical, All-in-One Guide*.
Riley’s Wish: The Push to Treat OCD, Anxiety and Substance Abuse

Wednesday, November 20, 2019
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Margaret Sisson
Founder
Riley’s Wish

Faculty
Patrick B. McGrath, PhD
Assistant Vice President, Residential Services

Sarah Briley, EdD. LCPC, CADC
Clinical Director, Center for Addiction Medicine

Salahuddin I. Syed, MD
Medical Director, Center for Addiction Medicine

Kumudini Ginde, MD
Medical Director, Center for Eating Disorders

Location
NIU Conference Center, Hoffman Estates Campus
5555 Trillium Blvd., Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, B, C, D, E

Cost: $30
Includes program materials, continuing education, continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
Riley Sisson was an up and coming bright light in the OCD world. He had been working on challenging his own OCD, and at the same time he was going to graduate school to become a therapist so that he could help others with their OCD. But, like 25% of people with OCD, Riley had a substance use disorder, and an overdose ultimately took him from us far too soon. Join Margaret Sisson, Riley’s mother and the founder of Riley’s Wish, along with Patrick B. McGrath, PhD and Sarah Briley, EdD, from the AMITA Health Foglia Family Foundation Residential Treatment Center, along with other experts in the OCD and Substance Abuse Community, as we discuss OCD, Substance Use Disorders (SUD) amongst individuals with anxiety based disorders, and how to best treat individuals with Co-occurring Disorders. There will be lectures, panel discussions, and testimonials about how OCD and SUD can co-occur and can be treated together.

Program Objectives
Participants will:
• Review the current literature in relation to the treatment of OCD and SUD
• Discuss the best ways to implement treatment for individuals with co-occurring anxiety and SUD
• Consult on specific case presentations

Guest Faculty Bios
Margaret Sisson is the Executive Director of Riley’s Wish Foundation. Inspired by her son’s struggle with OCD and addiction, she became an advocate for families affected by these diseases. Tragically, she lost her son, Riley, to an accidental overdose, Sept. 1, 2014. She established the Riley’s Wish Lectureship, bringing speakers, educators, and researchers together concerning mental health, SUD, and OCD. Ms. Sisson works to expand treatment, offer resources and options for families and those who suffer with OCD and SUDs.
Marijuana: Miracle or Myth?

Friday, December 6, 2019
9 a.m. – 11 a.m.
Check-in begins at 8:30 a.m.

Faculty
Sahib Gill, MD

Location
AMITA Health New Day Center
740 Pasquinelli Dr, Ste 104
Westmont, IL 60559

CEUs Offered: 2.0
Groups: A, B, C, D, E

Cost: $10
Includes program materials, continuing education, continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
Legalization of marijuana is increasing in many states for both medical and recreational use. The use of CBD oil is on the incline. This workshop will take a look at the impact of these changes and the effects on individuals.

Program Objectives
Participants will:

- Understand the changes in the industry, including legalization (i.e. medical use and CBD oil)
- Discuss the myth of marijuana and CBD
- Examine addiction treatment and how that changes with legalization
Narrative Therapy: The Social Construction of Preferred Realities

Friday, December 6, 2019
9 a.m. – 3 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Jill Freedman, MSW and Gene Combs, MD
Co-Directors of Evanston Family Therapy Center and Founders of the Chicago Center for Family Health

Location
NIU Conference Center, Hoffman Estates Campus
5555 Trillium Blvd., Hoffman Estates, IL 60192

CEUs Offered: 5.0
Groups: A, C, D

Cost: $50
Includes program materials, continuing education, continental breakfast and afternoon snacks

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Program Objectives

Participants will:

• Gain familiarity with the narrative metaphor and its implications for therapy.

• Understand how to use externalizing conversations to give people an experience of choice and power in relating to life problems.

• Recognize the difference in questions that gather information and questions that generate experience, and be able to use experience-generating questions in therapy

Description

Join us to learn about narrative therapy and the exciting ideas and effective ways to practice that it offers. We will begin with a discussion of the ideas that form the narrative worldview and then invite you to explore the implications of these ideas in practice with individuals and families. Through a combination of lecture, examples from our own work, and structured exercises, we will provide experience of how to use narrative therapy in individual and family therapy. This will be a practical workshop focused on building skills that can be used in a variety of contexts.

Guest Faculty Bios

Jill Freedman, MSW and Gene Combs, MD are Co-Directors of Evanston Family Therapy Center, as well as founding members of the Chicago Center for Family Health, an independent affiliate of the University of Chicago. Internationally recognized for their advances in narrative theory and training, they received the 2009 Award for Innovative Contribution to Family Therapy from the American Family Therapy Academy (AFTA). They have co-authored more than 30 journal articles and book chapters and three books: Symbol, story, and ceremony: Using metaphor in individual and family therapy, Narrative therapy: The social construction of preferred realities, and Narrative therapy with couples ... and a whole lot more! Jill practices therapy in the Chicago area and consults to organizations and schools. She is on the international faculty of the Dulwich Centre and teaches in the low-residency Master’s program in narrative therapy and community work offered by Dulwich Centre and the University of Melbourne.
Expedited Referrals: Exceptional Care

When there is a need identified...it is important that we respond quickly. The referral process for the Foglia Family Foundation Residential Treatment Center is just one quick call or text away. Please contact us directly with questions, referrals, or comments about our residential care options.

We offer compassionate residential care for individuals struggling with anxiety, OCD, PTSD, or addiction. Our expertise is in the care of the multi-symptomatic patient who deals with one or more of these conditions. When you contact us, please provide us with the following (if available).

- Diagnosis
- History of Issue and previous treatment
- Assessment of patient’s ability to use this level of care effectively
- Family Supports
- Location

A formal assessment and insurance verification will be completed. We accept most commercial payors and self-pay for this program. We look forward to serving the patient, their family...and you.

Shannon Stowasser
847.372.0150 (call or text)
Shannon.Stowasser@amitahealth.org

Learn more here:
https://bit.ly/2MzKIeI
LCPC Supervision Series Workshops 1, 2 and 3

Workshop 1: Saturday, September 21, 2019
Workshop 2: Saturday, October 19, 2019
Workshop 3: Saturday, December 7, 2019

8:30 a.m. – 3 p.m.
Check-in begins at 8 a.m.

Guest Faculty
Toni Tollerud, PhD, LCPC, NCC, NCS, ACS
Distinguished Teaching Professor
Department of Counseling, Northern Illinois University

Location
AMITA Health Women and Children’s Hospital
1555 Barrington Rd.
Hoffman Estates, IL 60169

CEUs Offered: 18.0
Groups: A

Cost: $180
Includes program materials, continuing education, continental breakfast and snacks

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

This program is limited to 35 participants.

Guest Faculty Bio
Dr. Toni R. Tollerud is a professor in the Department of Counseling, Adult and Higher Education at Northern Illinois University. She received a Presidential Teaching Professorship Award in 2008. In her 25 years at NIU, she has coordinated and served as Director of Internship and the School Counseling Program. She is an accomplished counselor educator and consults all over the state on issues related to supervision, career development, and school counseling.

Workshop 1: Saturday, September 21, 2019
Addressing Boundaries and Building the Supervisory Relationship
This workshop looks at the theory and strategies that focus on the supervisor/supervisee relationship. It will offer specific examples of ways to enhance the relationship and present issues representing good boundaries in supervision.

Specific Topics:
• Games played in supervision
• Concerning issues regarding multiculturalism and diversity in the supervisory relationship
• Boundaries and dual relationship
• Ethical concerns in relationships and boundaries
• Effective strategies to build a successful relationship
Role-play and hands-on opportunities are used to practice these skills.
Trauma-Informed Supervision: Strategies to Avoid Burnout

Therapists who work with populations experiencing high levels of trauma need intentional supervision that will help them address the complex issues of their clients as well as how they may be reacting psychologically and emotionally in the situations. This workshop will review the critical factors of a trauma-informed system of care and how supervisors can infuse this into their clinical supervision. It will explore theoretical approaches to trauma-informed supervision including a reflective supervision model. Additionally, participants will consider trauma within the intersectionality of gender, race, and class, and how it needs to align with the mission of social justice. Finally, participants will review the psychoeducational aspects of vicarious trauma and compassion fatigue, and look at evidence-based strategies to promote self-care and wellness with supervisees.

Learning Objectives:

As a result of participating in this workshop, professionals will:

• Review the critical factors of a trauma-informed system of care and how this informs clinical supervision

• Develop a comprehensive understanding of the effects and complexity of trauma, its potential behavioral manifestations and best practices to address the needs of clients

• Understand and recognize trauma as interpersonal and sociopolitical agent in supervision

• Consider the intersectionality of gender, race, and class, in the creation of a trauma-informed system of care and how this needs to align with the mission of social justice in clinical supervision

• Analyze how reflective supervision can be used to reduce re-traumatization and reinforce personal integrity

• Review strategies used in supervision to reduce burnout and address compassion fatigue

An opportunity to practice giving feedback and evaluating a counselor are included.

Workshop 2: Saturday, October 19, 2019

Workshop 3: Saturday, December 7, 2019

Peer, Triadic, Group and Supervision

This workshop offers insightful information and examples for doing supervision utilizing approaches other than the traditional two people, face-to-face approach. It will explore the following:

• Differences between consultation and supervision

• Group supervision

• Leadership styles in doing group supervision

• Triadic supervision, the reflective approach model

• Peer supervision

• Ethical and legal issues surrounding these approaches

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Six Convenient Professional Education Program Locations

Locations Key

**North Locations**

1. Northern Illinois University Hoffman Estates Campus  
   5555 Trillium Blvd.  
   Hoffman Estates, IL 60192

2. AMITA Health Alexian Brothers Behavioral Medicine Hospital  
   1650 Moon Lake Blvd.  
   Hoffman Estates, IL 60169

3. AMITA Health Women and Children’s Hospital  
   1555 Barrington Rd.  
   Hoffman Estates, IL 60169  
   Lower level conference room 1-2

**South Locations**

4. AMITA Health New Day Center  
   740 Pasquinelli Dr, Ste. 104  
   Westmont, IL 60559

5. AMITA Health Hinsdale Hospital  
   120 N. Oak St.  
   Hinsdale, IL 60521  
   5th Floor Regional Boardroom

**Chicago Metro Location**

6. AMITA Health Saint Joseph Hospital  
   2900 N Lake Shore Dr.  
   Chicago, IL 60657  
   Boikan Conference Center
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</tbody>
</table>

**Testimonials from Past Attendees**

“Great facility, this is where I get all my CEUs.”

“Thank you! I am grateful for your hard work on these highest of quality workshop opportunities.”

“This was a great presentation; done in a way that really captured my attention.”

“Thank you! Appreciate high quality education at an affordable price!”

“Consistently great seminars, Thanks!”

“Fast 3 hours – best presentation conference in a long time.”

“Very professional workshop – well organized”

“All the CEU presentations by AMITA have been great!”

“Thank you for your stimulating programs.”
AMITA Health Behavioral Medicine Treatment Framework (ATF)
(Adapted from Barlow's Unified Protocol (UP) for Transdiagnostic Treatment of Emotional Disorders)

**Anchoring the Present**
I will focus on the present, rather than the past or future.

**Monitoring**
I am aware of my physical sensations, thoughts, actions, & the progress I am making.

**Non-judgmental Awareness**
I observe my thoughts, physical sensations, feelings, and behaviors without judging them.

**Motivation**
I have established specific goals and I know my reasons for meeting them.

**Emotion**

**ARC of Emotions**
I understand my triggers, responses, and short and long term consequences to a particular emotion.

**Emotional Exposure**
I will sit and experience my emotions even if it is uncomfortable.

**Emotional Awareness**
I understand the interactions between my thoughts, physical sensations and behaviors.

**Behavior**

**Emotion Driven Behaviors**
I understand how I can be driven to act the same way repeatedly when experiencing a particular emotion.

**Cognitive**

**Identify Thinking Traps**
I understand I sometimes have a quick and limited interpretation of events and situations in my life.

**Identify Safety Signals**
I am aware of how I avoid facing emotions, situations and experiences, which is not always helpful.

**Cognitive Reappraisal**
I learn how to be more flexible in my thinking and see other ways to make sense of situations.

**Alternate Actions**
I know my healthy ways of responding to emotions rather than engaging in unhealthy behaviors.

**Medication Management**
I understand a combination of medication and talk therapy can often be helpful.

**Release Prevention**
I have a plan for responding to my symptoms when they re-appear.

**Family Involvement**
I will involve my family in meeting my goals and looking at changes necessary in the family system.
AMITA Health Behavioral Medicine Institute has a Centralized Clinical Intake Call Center for all behavioral medicine services. A staff of dedicated Clinical Intake Advisors is available to help patients, family members and behavioral medicine professionals with questions while maximizing service and scheduling.

For your convenience, we can assist with:

- Information about referrals and assessments for behavioral medicine and substance abuse services
- Scheduling of intake assessments
- Information about community resources and support groups
- Referrals for other behavioral medicine related services

To speak with one of our expert Clinical Intake Advisors, please call 855.383.2224 today

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