If you have a professional counseling or social work license in the state of Illinois, you need continuing education credits.

The Continuing Education Network is FCS’s way of helping you meet your need for continuing education. We bring you thought-provoking and informative seminars to keep you up to date with our profession’s best practices and new ideas.

As a licensed CEU sponsor, Family Counseling Service is able to offer continuing education credits to Illinois Social Workers, Illinois Professional Counselors and Illinois Licensed Marriage and Family Therapists.

3.0 CEU Hour Seminars $59  
6.0 CEU Hour Seminars $98

Family Counseling Service is an approved CEU provider for the following:  
Illinois Social Workers - license # 159.001.044  
Illinois Professional Counselors - license # 197.000145  
Illinois Licensed Marriage & Family Therapists - license # 168.000189

If you have any questions or suggestions for topics or speakers, call Erin at 630.844.6247.
Most mental health professionals have received very little training in sexuality or sex therapy. Consequently, clients may be struggling in silence with these issues. The goal of this seminar is to give participants a greater familiarity and level of comfort with the concepts and value of sex therapy.

(Of note, this course is designed for the purpose of preparing participants to deal professionally with various sexual issues/problems in an explicit manner in order to best serve clients. If you would be uncomfortable with this, it would not be appropriate to take this course.)

About the Presenter:
Steve Eisenberg, LCPC

Steve Eisenberg is a licensed Clinical Professional Counselor specializing in the area of sexual therapy issues. Steve has been providing sex therapy for thirty year, having extensive training from the Loyola University Medical School, Sexual Dysfunction Clinic. In addition to his long standing private practice he also is a Certified Family and Divorce mediator and teaches in the graduate program at Benedictine University.
This day-long workshop outlines a process for helping professionals to use as they support their clients in reaching their goals. Participants will learn how to help their clients set meaningful goals and track daily progress toward those goals. Attendees will also learn how to analyze events in the client’s life that may hold useful information about how clients can maximize their motivation and support system in ways that keep them progressing in their valued direction. We will practice clarifying values and designing measurable goals connected to those values, explore several user-friendly ways that clients can track their behavior throughout the week, and discuss environmental variables that can impact valued behaviors for better or worse. Clinical examples and interactive learning activities will be included to build fluency of these new skills.

About the Presenter:

Fawna Stockwell, PhD, BCBA-D
Fawna Stockwell is the Director of Research and Programs at Upswing Advocates, a nonprofit organization that provides coaching, trainings, groups, and research opportunities for the LGBTQIA community. They also serve as Associate Research Director in the Applied Behavior Analysis department at The Chicago School of Professional Psychology.

Worner Leland, MS, BCBA
Worner is the Director of Development and Promotion at Upswing Advocates, a nonprofit organization that provides sliding scale coaching, groups, trainings, and research opportunities that focus on the LGBTQIA community. Worner is also an Adjunct Faculty member at The Chicago School of Professional Psychology.

Learn more about our Continuing Education Network
www.aurorafcs.org
Cognitive Behavioral Therapy (CBT) and Mindfulness are two methods on the cutting-edge of evidence-based psychotherapy today. Together these techniques are highly effective in the treatment of anxiety and depressive disorders. Even disorders found to be often resistant to treatment, such as substance abuse and personality disorders, are responding to this unique integration of therapeutic skills.

By attending this one-day seminar you will learn not only to the basic techniques in CBT and Mindfulness, but also the application of more advance methods. This approach is design both to inform those who are new to this field as well as provide more advanced clinical options to those already familiar with the basics. The seminar will include PowerPoint slides, case examples and experiential learning.

About the Presenter:
Dr. Daniel J. Moran

Dr. Daniel J. Moran is the founder and executive director of the MidAmerican Psychological Institute, and founder of Pickslyde Consulting. He co-authored ACT in Practice, the canonical case conceptualization manual for Acceptance and Commitment Therapy. Dr. D.J. has appeared on The Learning Channel, Animal Planet, and FOX News discussing anxiety disorders and hoarding. Dr. D.J. is also a Recognized ACTrainer, Board Certified Behavior Analyst, and the current president of the Association for Contextual Behavioral Science, the worldwide Acceptance and Commitment Therapy group.

Register online at:
www.aurorafcs.org/seminars
Ethical competency is not just about doing “what’s right”, it’s about critically thinking how and what leads one to a particular decision. We will explore an ethical decision model, professional ethical standards, personal bias, values and obstacles to ethical decisions. We will also explore HIPAA compliance, confidentiality, boundaries, and FOID. Other factors will surface through case studies, discussions and interactive and engaging activities, as well as experiential exercises. Disclosure of experiences of these activities is voluntary.

By the end of this presentation, participants will:

- Identify personal values and the influence on ethical decision making
- Identify one personal obstacle to implementing appropriate ethical decisions
- Identify components of the ethical decision making process
- Explore factors complicating ethical dilemmas
- Identify protective and risk factors to ethical decisions
- Understand FOID obligations

About the Presenter:
Serena Wadhwa, Psy.D., LCPC, CADC, RYT

Serena Wadhwa works in a variety of roles as a local and global presenter and trainer; consultant, creator, lecturer, radio show host, yoga instructor, blogger, and author. She recently authored Stress in the Modern World: Understanding Science and Society. Other books include topics on grief and the topic of substance use. She is working on completing her 2nd book on stress. She continues to work in other roles as an educator and supervisor, the chair of the ICA Webinar Taskforce, and a book reviewer. Her website is www.drserenawadhwa.com.

Classes fill quickly. REGISTER NOW!
Based on the work of Brené Brown, Ph.D., become introduced to shame as a state of being and learn how to recognize it when it comes into the therapy room. We’re not immune to the messages our clients’ tell themselves. Within every person, shame lurks everywhere and can be debilitating personally and professionally. In this workshop, you’ll learn the conditions that create the perfect storm for shame, how to recognize when we’re activated and when our clients are activated and how to de-arm yourself and help our clients de-arm in order to access it, address it and become more “shame-resilient” personally and professionally.

About the Presenter:
Lisa Pisha, MS, LMFT

Lisa Pisha is a Certified Daring Way™ and Rising Strong™ facilitator through Brené Brown’s organization The Daring Way™. She runs groups based off of Brené Brown’s years of research on shame, vulnerability and living wholeheartedly. Lisa is also a Licensed Marriage and Family Therapist, and owner of Grow, a boutique private practice in downtown Naperville where she and her small group of associates work with individuals, families and couples through therapy services, coaching and groups and workshops.
Nobody comes into therapy because things are going well. The nature of our jobs is that we are dealing with people who are in pain, to some extent. And we want to help them have some relief of symptoms.

But what about those especially difficult to work with clients? How do we get past the barrier they seem to be putting up to having an effective working relationship?

This workshop will discuss ways to get around those barriers and have a productive therapeutic experience.

About the Presenter:
Sharon Gilbert, LCPC

Sharon Gilbert is a psychotherapist with over 21 years’ experience in practice. Her work experience includes social service, corrections, psychiatric hospital and group practices. She has had her own private practice for over 6 years. In addition, she is an Adjunct Professor of Psychology at North Central College and Elmhurst College, and has been teaching for over 19 years.

Look for the 2018 Winter/Spring CEU catalog in December!
September 29, 2017 • 6.0 CEUs • 9 a.m. - 4 p.m. • Kate Evans

Supporting the Divorcing Woman

Statistics tell us that 70-80% of divorces are filed by women. These women, as well as the remaining 20-30%, find themselves in a position that is foreign and frightening for many reasons.

By the end of the day you will:
- Feel more confidence in understanding the complexity of the legal process of divorce.
- Be able to counsel your clients from a layman’s viewpoint as to how to navigate the legal and logistical aspects of divorce including finances, child custody and visitation, and different types of divorce.
- Know when to direct them to seek counsel from their legal advisors and other professionals.
- Have a greater understanding of the emotional process of the divorcing woman from her decision-making through the stages of grief and other emotion states like shame, guilt, excitement, loneliness and relief, finally taking her through her post-divorce transition into her new life.
- Be able to normalize her emotional experience based on your new knowledge of the breadth of experiences other women have had.
- Know how to help her with boundary-setting in one of the most highly emotionally charged life experiences one can go through.

About the Presenter: Kate Evans, LCPC

Kate Evans is the owner of Evans Counseling private practice in St. Charles, where she specializes in women’s support, trauma and divorce support. Kate has been in private practice for 9 years and is an EMDR certified therapist. She has also worked in not for profit agencies as a therapist for the YWCA, and as a therapist, then Clinical Supervisor for the Larkin Center Residential Facility. Kate is passionate about a number of counseling areas including low libido in women, sensory sensitivity in adults, pre-natal and post-partum care, as well as general care for women who need skills in caring for, and advocating for themselves, and their needs.

Seminars held at 70 S. River St. Aurora, IL 60506
FREE Parking available in the lot at the corner of Lake St. & Benton
In this seminar, you will learn what constitutes trauma, how trauma interferes with functioning across the life span, and what impact traumatic events have on crucial areas in the brain and nervous system, and therefore on development in general. Important concepts such as adverse childhood experiences (ACEs), core negative beliefs associated with trauma, traumatic stress responses, and trauma related symptoms or PTSD will be explained in such a way that it can be used to help clients understand “Why I am the way I am,” “Why I behave the way I do,” or “Why I feel stuck.”

This seminar will address key components to trauma informed care and will discuss what to do and what not to do when a client is experiencing trauma related symptoms. The training will provide real-life examples, hands-on experiences, and several handouts that can be applied effectively and immediately in your own setting.

About the Presenter:
Marloes Verhoeven, Psy.D.

Marloes Verhoeven is a licensed clinical psychologist whose interest and training have focused on working with traumatized individuals who often qualify for diagnoses such as Post-Traumatic or Acute Stress Disorders, Dissociative Disorders, and/or Personality Disorders. She has completed extensive training in the treatment of trauma and dissociation, and is a provider of EMDR therapy (Eye Movement Desensitization and Reprocessing, a clinically proven method to treat trauma). Marloes started Oasis Mental Health in Aurora in 2013 to provide trauma informed care in the local community, and is passionate about providing support and guidance to other professionals in the helping field as well, including but not limited to mental health practitioners, teachers, medical personnel, and school counselors.

Want to be a speaker? Email ecarlson@aurorafcs.org
One aspect that is often forgotten when working with clients to achieve better balance is that part of the body that is energetic in nature. The subtle energy systems of the body have been studied and balanced for thousands of years through various healing techniques, yet are only now starting to be acknowledged by Western Medicine. Join us to learn more about the body’s subtle energy fields and simple energy therapy self-care techniques that you can use to help your clients restore and maintain better energetic balance.

About the Presenter:
Laurie DeDecker, RN, MHIA

Laurie DeDecker is a nurse, energy therapy practitioner and trainer, healthcare contractor, researcher and medical writer/editor. She has been involved in healthcare for most of her adult life and has been a Registered Nurse for 32 years, focusing on holistic nursing for more than nine years. She is a certified practitioner and trainer in the Healing in America method of energy therapy, which comes from England, where it is practiced alongside Western allopathic medicine. Her energy therapy practice includes adults, children and communities. She is also a member of the American Holistic Nurses Association.

Look for the 2018 Winter/Spring CEU catalog in December!
October 13, 2017 • 6.0 CEUs • 9 p.m. - 4 p.m. • Gary Gilles

Motivation for Behavioral Change

This workshop will explore the issues of motivation and behavioral change in relation to clinical practice, supervision, management, and personal development. Participants will apply the principles of self-motivation to their personal lives and professional aspirations through use of case studies and experiential exercises.

This workshop will strengthen participants’ ability to:

- Examine the differences between internal self-motivation and external motivation
- Learn the basic principles of self-efficacy theory
- Integrate and apply the transtheoretical model of behavioral change along with principles from motivational interviewing
- Discuss the importance of choice, ownership, autonomy, and a personal sense of competency as essential components of self-motivation
- Explore the concept of self-motivation and strategies for overcoming barriers
- Consider issues that undermine self-motivation and contribute to irresponsibility, victimization, and counterproductive learning

About the Presenter:
Gary Gilles, MA, LCPC

Gary Gilles is a Licensed Clinical Professional Counselor in private practice in Palatine, IL. He is a co-founder of Grove Center for Counseling and specializes in attachment-related disorders and chronic disease management. He has over 25 years of clinical experience and is the author of three books, including, How to be an Emotionally Intelligent Parent. He is a national speaker who teaches seminars and conducts trainings on a variety topics related to mental health. He is an adjunct faculty member at the University of Chicago’s School of Social Service Administration (SSA), Oakton Community College’s Alliance for Lifelong Learning, Trinity International University.

Learn more about our Continuing Education Network
www.aurorafcs.org
This seminar will look at the varying facets of facing parents’ aging process, how that changes relationship dynamics, and how to deal with those changes. This is not just about care-giving for ailing parents. What we will be covering begins as soon as the shift occurs in the relationships. Regardless of whether a client’s parents are more or less independent and healthy there will be emotionally charged situations that will arise and they will need help working though it all.

By the end of our morning you will:

- Have heard examples of cases ranging from low level frustrations to extreme concerns that threaten the stability of an entire family.
- Feel confident as to how to help your clients identify strategies to put boundaries in place to protect themselves and how to cope with parents who disregard those boundaries.
- Be able to normalize many of their experiences to help relieve guilt and shame over the negative emotions they are feeling toward their parents.
- Have other strategies to offer clients to help them reorganize their expectations and feel a greater sense of control.
- Be better able to help your clients process their emotional reactions to the changes they see in their parents, as well as to address history that may be attributing to the difficulties in the changing relationships.
- Feel more equipped to help them move from feeling stuck to acceptance of what now is, which can release them and give them the opportunity to move forward.

About the Presenter: Kate Evans, LCPC

Kate Evans is the owner of Evans Counseling private practice in St. Charles, where she specializes in women’s support, trauma and divorce support. Kate has been in private practice for 9 years and is an EMDR certified therapist. She has also worked in not for profit agencies as a therapist for the YWCA, and as a therapist, then Clinical Supervisor for the Larkin Center Residential Facility. Kate is passionate about a number of counseling areas including low libido in women, sensory sensitivity in adults, pre-natal and post-partum care, as well as general care for women who need skills in caring for, and advocating for themselves, and their needs.

Classes fill quickly. REGISTER NOW!
DBT is an evidence-based treatment approach to working with individuals with multiple symptoms including depression, anxiety, substance abuse and personality disorders. DBT has been modified to treat individuals with bulimia and binge-eating disorders. This training will focus on an introduction to DMS 5 diagnostic criteria for Anorexia, Bulimia, Binge-Eating and Eating Disorder NOS. We will discuss the modifications to standard DBT treatment for the treatment of Bulimia and Binge-Eating Disorder. Participants will walk away with some hands-on tools for working with individuals with Eating D/O, such as Mindful Eating, Urge-Surfing, Mindfulness of Current Emotion and Distress Tolerance skills.

About the Presenter:
Mary Ihnenfeld, MSW, LCSW

Mary has more than 20 years’ experience working in the mental health field. She completed her Master’s Degree in Social Work from Aurora University in 1996 and completed DBT (Dialectic Behavioral Therapy) training in 1998 from the Linehan Training Group. She is the past president of the Illinois DBT training team. Her area of specialty is working with men and women who suffer from depression and have a history of self-mutilation.
Effective clinical supervision is a major pathway to develop confident and competent professionals. Many skills are necessary for the supervisor, including critical thinking, recognizing the differences between providing supervision and providing therapy; providing a space for growth and development, understanding ethical, legal and diversity issues, and many others. Supervisees come with different levels of skills as well, and require specific guidance by their supervisor.

This workshop explores these aspects and includes topics relating to: stages of development; models of supervision; methods and techniques of supervision; evaluations; developing an IDP; developing an “agreement”; ethical issues; practical issues; managing compassion fatigue; and team building. Self-assessments, case studies, discussions, and interactive and engaging activities complement the information.

All activities are voluntary.

Objectives:
- Identify stages of development
- Develop an IDP with a supervisee
- Identify one activity for team building
- Identify two strategies for compassion fatigue

About the Presenter:
Serena Wadhwa, Psy.D., LCPC, CADC, RYT

Serena Wadhwa works in a variety of roles as a local and global presenter and trainer; consultant, creator, lecturer, radio show host, yoga instructor, blogger, and author. She recently authored Stress in the Modern World: Understanding Science and Society. Other books include topics on grief and the topic of substance use. She is working on completing her 2nd book on stress. She continues to work in other roles as an educator and supervisor, the chair of the ICA Webinar Taskforce, and a book reviewer. Her website is www.drserenawadhwa.com.
While therapists may be familiar with the concepts of Exposure and Response Prevention (ERP), putting it into practice can be more challenging than expected. This course will review the basics of CBT and ERP and then focus on the development of exposure hierarchies and the implementation of those hierarchies for optimal treatment outcomes. Anxiety Disorders, PTSD, and OCD will be reviewed with specific case examples along with audience participation in ERP exercises and hierarchy development.

About the Presenter:
Patrick B. McGrath, Ph.D.

Patrick B. McGrath is the Assistant Vice President of Residential Services for AMITA Health Behavioral Medicine Institute. He is the Executive Director of the Foglia Family Foundation Residential Treatment Center and the Clinical Director for the Center for Anxiety and OCD and the School Anxiety / School Refusal Programs at AMITA Health Alexian Brothers Behavioral Health Hospital. He is a member of the Scientific Advisory Board and the Conference Planning Committee of the International OCD Foundation (IOCDF), as well as the President of OCD Midwest, the official affiliate of IOCDF in the Midwest.

He is the author of a stress management workbook called “Don't Try Harder, Try Different,” as well as “The OCD Answer Book,” and has been featured on radio and TV stations across the country, including National Public Radio and PBS. He was also featured on the Discovery Health Channel’s Documentary “Anxious” and on three episodes of “Hoarding: Buried Alive” for The Learning Channel.

Ideas for topics? Email ecarlson@aurorafcs.org
Employment Opportunities

Family Counseling Service invites you to apply to join our team of Behavioral Healthcare and mentoring professionals. FCS is a growing, dynamic organization serving children, adolescents and adults in a wide variety of settings and treatment modalities. Full benefits are available for FT staff, and limited benefits for certain PT positions.

CHILD & ADOLESCENT BEHAVIORAL HEALTHCARE CLINICIANS
PART TIME

FCS is seeking to hire at least one individual to fill this position.

Position Description:

- Provide behavioral health assessment, treatment planning, and counseling services for children, adolescents, and families
- Evening and/or weekend (Saturday) availability

Position Requirements:

- Master’s degree in related field is required
- Must have experience working with child & adolescent mental health clients
- Clinical licensure is preferred (LCPC, LCSW, LMFT)
- Bilingual (Spanish) is preferred but not required
- Experience with Medicaid Rule 132 guidelines is helpful

To apply, please email a resume to Stephanie Lilly at slilly@aurorafcs.org
Aurora Un-Metered!
Free Parking in Aurora

The bronze lot I at Middle & Benton
is free for up to 6 hours as posted
and just a short walk to the agency.
The silver lot C on River Street is
limited to 3 hours and street parking
is 90 minutes as posted.
Parking is monitored & tickets are
issued!

* Family Counseling Service
70 S River St
Name:  
Address:  
City: State: Zip:  
Phone: Email:  
Professional License Type and # (for CEUs):  

☐ Getting Comfortable with Sex Therapy  
Friday, August 18, 2017  
1:00 p.m. - 4:00 p.m.  
$59 - 3.0 CEUs  

☐ Helping Clients Track Their Progress Toward Valued Goals  
Friday, August 25, 2017  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs  

☐ Cognitive Behavior Therapy and Mindfulness  
Friday, September 1, 2017  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs  

☐ WW(d)YD: What Would (do) You Do? Ethics, Words and Practice  
Friday, September 8, 2017  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs  

☐ Shame in the Therapy Room  
Friday, September 15, 2017  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs  

☐ Therapeutic Tools and Strategies for Working with Difficult Clients  
Friday, September 22, 2017  
1:00 p.m. - 4:00 p.m.  
$59 - 3.0 CEUs  

☐ Supporting the Divorcing Woman  
Friday, September 29, 2017  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs  

☐ The Many Faces Of Trauma And Dissociation: What Every Practitioner Needs To Know.  
Friday, October 6, 2017  
9:00 a.m. - 12:00 p.m.  
$59 - 3.0 CEUs  

☐ Energetic Self-Care  
Friday, October 6, 2017  
1:00 p.m. - 4:00 p.m.  
$59 - 3.0 CEUs  

☐ Motivation for Behavioral Change  
Friday, October 13, 2017  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs  

☐ Transitioning Relationships with Aging Parents  
Friday, October 20, 2017  
9:00 a.m. - 12:00 p.m.  
$59 - 3.0 CEUs  

☐ DBT and Eating Disorders: Using DBT to Treat Bulimia and Binge-Eating Disorder  
Friday, October 20, 2017  
1:00 p.m. - 4:00 p.m.  
$59 - 3.0 CEUs  

☐ Clinical Supervision: Building Knowledge, Skills and Self-Care  
Friday, October 27, 2017  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs  

☐ Using Exposure and Response Prevention in Your Practice  
Friday, November 3, 2017  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs  

Seminars held at 70 S. River St. Aurora, IL 60506  
Registration fee includes refreshments, training materials & CEU certification.  

Method of Payment:  
☐ My check is enclosed (made out to Family Counseling Service)  
☐ Charge my ☐ Visa ☐ MasterCard C.V.V. # ______________  
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