Family Counseling Service is approved to provide continuing education to the following disciplines:

- Illinois Social Workers License #159.001044
- Illinois Professional Counselors License #197.000145
- Illinois Marriage and Family Therapists License #168.000189
- Illinois Clinical Psychologists License #268.000119
- Illinois Certified Partner Abuse Intervention Program

APT Approved CE Provider 20-617

Play therapy credit available to mental health professionals and graduate students in a mental health program.

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

Please contact Mary Ihnenfeld at mihnenfeld@auororafcs.org if you are interested in presenting or have ideas for CEU topics.

FCS is planning on hosting all of the CEU seminars beginning in September in person. If we are not able to accommodate a large crowd due to social distancing, we are prepared to use Zoom and conduct the trainings virtually.
Aurora Un-Metered!
Free Parking in Aurora!

Downtown Parking Lots

- **GOLD**
- **BRONZE**
- **SILVER**
- **MERCURY**

*Family Counseling Service*
70 S River St.
Downtown 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 and tickets are issued!
Gain a better understanding of the dementia disease process, while learning approaches and communication techniques to enhance care and quality of life for those with memory loss. This insightful, fun learning experience will give you caregiving tips that will enhance the journey for you and those for whom you give care.

**About the Presenter: Paula Gibson, CDP, CVDTT**

Paula Gibson has spent 14 years in the field of long-term care. Prior to starting her personalized training and consultation services through Dementia211.com, she was the Regional Director of Communications and Engagement for 14 memory care assisted living communities in Wisconsin. During her tenure she created a dementia specific training and engagement program, which bolstered residents’ self-worth and created a failure-free philosophy of care to enhance the quality of life of those with memory loss and their caregivers. Paula is also a Certified Dementia Practitioner, Certified Virtual Dementia Tour Trainer, Certified Cognitive Stimulation Provider, Alzheimer’s Association trained Support Group Facilitator, member of the Wisconsin State Dementia Plan committee and has provided hundreds of dynamic keynote and breakout presentations across the State. Paula was also a caregiver to her grandmother, father, and others who she has lost to dementia.
This three-hour presentation will examine the ten pillars of resilience. Current research and effective practices for increasing resilience, sustainable self-care, and managing stress will be discussed. Mindfulness-based interventions will be presented as it applies to the demands of mental health professionals, amid COVID-recovery. Opportunities for practice will be incorporated throughout the presentation.

About the Presenter: Kristie Brendel, Ph.D., LCSW, PEL, C-IAYT

Kristen Esposito Brendel is an Associate Professor of Social Work at Aurora University. Her teaching, research, and practice interests involve the intersection of mindfulness-based interventions, stress reduction research, and resiliency practices. She is currently working on a book, From Stress to Resilience, that focuses on sustainable self-care practices amid adversity. Dr. Brendel is the founder and executive director of Per La Vita Wellness, LLC, a social enterprise with the mission of increasing supports and protective mechanisms for health care, mental health, and school-based professionals. With expertise in mindfulness-based interventions, Dr. Brendel presents nationally and internationally on her research and regularly facilitates professional development workshops and retreats at school districts, non-profits, and the corporate sector.
Engagement Strategies for Dementia Behavioral Expressions

Why does Dad do that? Wandering, exit seeking, repetitive vocalizations...all of these are normal behavioral expressions for those living with memory loss. However, when they present themselves, it can be hard for the caregiver to understand and know what to do. This presentation will provide you with insights into how and why behaviors may be occurring, tools to investigate what may be triggering them, and ways to holistically and proactively help you and help your loved one.

About the Presenter: Paula Gibson, CDP, CVDTT

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An Overview of Existential Psychotherapy

The existential perspective is one of many lenses from which to view the individual, the rise and fall of symptoms and dysphoria, and the therapeutic process itself. Existential psychotherapy focuses on several of the main existential concerns that play a role in the individual’s perceptions, behaviors, and development of symptoms throughout the lifespan. This presentation will focus on an exploration of the existential concerns that all humans have to cope with including death, freedom/responsibility, isolation, and meaning. This presentation will also explore the therapeutic advantages of utilizing the existential approach in the therapy room.

About the Presenter: Hank Exline, LSW, CADC

Hank Exline LSW, CADC has been working as a licensed social worker and certified drug and alcohol counselor at Family Counseling Service for the past 4 years. He has worked in community mental health, outpatient substance abuse, and private practice settings. Hank focuses on adult mental health with an emphasis on anxiety disorders, depressive disorders, and substance abuse disorders.
Co-Regulation---what is it? Why is it important? What does it look like in play therapy? How do we teach it? What can parents do to help their children regulate? This seminar will review the tenets of Polyvagal Theory and attachment theory to help us as clinicians apply these theories to our work with children. We will then explore how both regulation and dysregulation appear within the play therapy room. After understanding how the nervous system impacts our work in play therapy, we will examine the benefits of co-regulation and ways that we can teach these skills to parents. This seminar will have hands-on practicing regulation and clinicians will leave with skills that can be implemented with families immediately.

About the Presenter: Erin Carlson, LCPC

Erin Carlson is a licensed clinical professional counselor who obtained her master’s degree from Benedictine University. Erin has spent the past five years working within community mental health as the director of child and adolescent programs at Family Counseling Service of Aurora. Erin incorporates client-centered play therapy, synergetic play therapy, sand tray, and CBT techniques into her work with children. Erin approaches her work with children with the belief that children know what they need to work on and that through play they can heal. Erin works in a partnership role with parents to assist them in learning skills to help their children manage big emotions.
Adolescents sometimes seem like their own species – they have their own language, norms of behavior, code of conduct, etc. But what makes them tick? More importantly, how do they decide what to do in any given situation? This hands-on workshop will provide basic information on development, techniques to use when dealing with adolescents, and practice scenarios to apply the new techniques.

About the Presenter: Sharon Gilbert, LCPC
Sharon Gilbert, LCPC has been practicing therapy for 25 years in private practice, community social service, hospital, and corrections settings. This is augmented by 21 years as an adjunct professor at the graduate and undergrad levels. She works primarily with adolescents, adults, families, and couples. She is a frequent presenter to Day Care Provider associations, preschools, and Divorce Care groups on the topics of development and parenting.

Please share this catalog with your colleagues.
Caregivers tend to arrive in our offices seeking help, feeling lost and overwhelmed, and wanting play therapists to “fix” the presenting issues. This workshop is geared toward new and experienced play therapists who are looking to enhance their abilities in understanding their role in working with caregivers, the role of the caregivers in treatment, the needs of caregivers, and approaches to integrating them into their play therapy treatment with the client.

About the Presenter: Gloria M. Cockerill, LCSW

Gloria M. Cockerill, LCSW, Registered Play Therapist- Supervisor and Certified Theraplay® Practitioner, Supervisor and Trainer has an undergraduate degree in Child Development and a master’s degree in clinical social work. She has worked extensively with children and families impacted by trauma. She currently provides therapeutic services at Kid Matters Counseling in Hinsdale, Illinois.
Children in foster care or who have been adopted present with unique needs and challenges for the play therapist. Early life experiences and intergenerational trauma impact their sense of self, others, and the world creating challenges for how they connect with others. This workshop will focus on exploring the underlying attachment needs of their behaviors, helping support their caregivers in meeting these needs, and experiencing attachment-based play therapy techniques to help foster stronger attachment relationships. In addition, we will consider the benefits and limitations of integrating various play therapy modalities when working with these complex families.

About the Presenter: Gloria M. Cockerill, LCSW, RPT-S
Gloria M. Cockerill, LCSW, Registered Play Therapist- Supervisor and Certified Theraplay® Practitioner, Supervisor and Trainer has an undergraduate degree in Child Development and a master’s degree in clinical social work. She has worked extensively with children and families impacted by trauma. She currently provides therapeutic services at Kid Matters Counseling in Hinsdale, Illinois.
Over the course of the day, Cindi-Marie will help you cultivate an intermediate level of fundamental and conceptual understanding of Acceptance and Commitment Therapy (ACT). Throughout the day participants will expand upon their knowledge and application of functional contextualism and how the 6 core processes of ACT (acceptance, committed action, values, self as context, cognitive defusion, being present) are utilized to boost psychological flexibility with therapy. The goal of the workshop is to help boost clinician’s application of their learning over the course of the day to their daily work and life practices to assist with clinically relevant concerns and boost psychological flexibility. To help foster the learning and attending process the conference will have experiential elements and practice opportunities to help solidify and demonstrate skills and techniques. Further, since ACT is helpful in working with a large array of clinically relevant concerns, case examples will be used to help illustrate content and provide additional guidance.

About the Presenter: Cindi-Marie Willoughby, Ph.D

Dr. Cindi-Marie Willoughby received her doctorate in Clinical Psychology in 2010 from the Chicago School of Professional Psychology. She has been involved in ACT since 2007. She has worked on several of ACBS Chicago conference committees, since 2015, and was appointed to the secretary position in 2014 where she served till 2019. In terms of clinical work, Cindi-Marie has worked in a variety of settings serving as both a supervisor and clinician at community mental health centers, a residential chemical dependency facility, a college counseling center, skilled nursing facilities, and within a group private practice. She has focused her clinical skills in treating clients with mood disorders, anxiety, trauma-spectrum disorders, crisis interventions, LGBTQIA + issues, substance abuse/dependency, relational issues, DID, and schizophrenia. She is committed to implementing empirically supported treatment strategies in the service of decreasing clients’ suffering. She is currently an adjunct professor at Ashford University. Opened her own group practice in Park Ridge, IL in 2015, the Willoughby Center for Behavioral Health, LLC. Additionally, she is a staff psychologist with Deer Oaks providing inpatient services within skilled nursing homes working with geriatric psychiatric patients.

Look for the 2022 Winter/Spring Catalog in November!
As a play therapist, it is a challenge to work with depression in therapy. Helping children struggling with depression symptoms can leave play therapists exhausted and over time can lead to feelings of burnout. But it doesn’t have to stay that way. In this course, you will learn ways to spot, assess, and work effectively with depressive symptoms in children from Gestalt and Attachment-based lenses so you can more confidently help children with depression symptoms and avoid burnout.

About the Presenter: Susan Stutzman, LCPC, RPT-S

Susan Stutzman is a licensed clinical professional counselor, a registered play therapist, and an early childhood development educator. She is the co-founder of Play Therapy Toolbox, an online resource for web-based play therapy training for professionals. Susan also is the owner of Kid Matters Counseling in Hinsdale, IL where they have helped hundreds of kids and parents resolve emotional conflict, cultivate healing, and nurture hope. Susan regularly blogs for Parent Matters, a newsletter resource for parents provided by Kid Matters Counseling.
Now Accepting Referrals for Our Psychological Assessment Department!

What is psychological testing?

Our clinicians have a variety of assessment tools available to detect developmental delays, provide clarity into an individual’s personality, and assess intelligence. Psychological testing helps clinical psychologists, medical providers and school personnel determine the nature and severity of an individual’s mental health while giving insight into treatment options. Family Counseling Service (FCS) offers psychological testing that can provide clarification of a psychiatric diagnosis as well as specific treatment recommendations. We accept the following payment methods: Medicaid, Private Insurance, and Self-Pay/Sliding-Scale.

For more information about psychological testing and/or insurance benefits, please contact us at (630) 844-2662 or FCSIntake@aurorafcs.org

Family Counseling Service is Hiring!

Want to work for a well-established and community-based mental health agency?

We are currently seeking new Clinicians at both our Aurora and Oswego offices. We pride ourselves on being a highly desirable place to work and amongst many other benefits, are proud to offer 401K Matching after 6 months (100% match up to 6% of income), Group Health Insurance for full-time employees, and Paid Time Off (PTO). We’d love to have you join our team!

Please reach out to us at (630) 844-2662 if you would like to apply or learn more about working at FCS.
Name: 
Address: 
City: State: Zip: 
Phone: Email: 
Professional License Type and # (for CEUs): 

☐ Digging into Dementia  
Friday, September 10, 2021  
9:00 a.m. - 12:00 p.m.  
$59 - 3.0 CEU

☐ From Stress to Resilience  
Friday, September 10, 2021  
1:00 p.m. - 4:00 p.m.  
$59 - 3.0 CEUs

☐ Engagement Strategies for Dementia Behavioral Expressions  
Friday, September 24, 2021  
9:00 a.m. - 12:00 p.m.  
$59 - 3.0 CEU

☐ How Adolescents Make Decisions  
Friday, October 22, 2021  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs

☐ Engaging Caregivers in Play Therapy Treatment  
Friday, October 29, 2021  
9:00 p.m. - 12:00 p.m.  
$59 - 3.0 CEUs

☐ Play With Me... Attachment-Based Play Therapy with Children Who Are Adopted or in Foster Care  
Friday, October 29, 2021  
1:00 p.m. - 4:00 p.m.  
$59 - 3.0 CEUs

☐ An Overview of Existential Psychotherapy  
Friday, October 8, 2021  
9:00 a.m. - 12:00 p.m.  
$59 - 3.0 CEUs

☐ Co-Regulation in Play Therapy  
Friday, October 8, 2021  
1:00 p.m. - 4:00 p.m.  
$59 - 3.0 CEUs

☐ ACT-Intermediary  
Friday, November 5, 2021  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs

☐ Addressing Depression in Play Therapy  
Friday, November 12, 2021  
9:00 a.m. - 4:00 p.m.  
$98 - 6.0 CEUs

Cancellations: Refunds will only be given if Family Counseling Service is notified at least 48 hours in advance. There is a $10 processing fee for cancellations.

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)  
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