

Care for the Therapist

Womencare

counseling center

Sunday Lunch Series for Therapists

The interface of therapists' life challenges
and the therapeutic relationship

**The Survivor Therapist:
Claiming Wisdom and Vulnerability**
Sunday, October 11, 2009

**Work-Life Balance Plus:
For Therapists Who Are Also Parents
of Children with Special Needs**
Sunday, October 25, 2009

**The Pregnant Therapist:
Transference and Countertransference in
the Therapeutic Relationship**
Sunday, November 15, 2009

**The Grieving Therapist: Honoring
Our Own Needs and Those of Our Clients**
Sunday, December 6, 2009

Held at the Hotel Orrington
Evanston, Illinois

The Survivor Therapist: Claiming Wisdom and Vulnerability

Sunday, October 11, 2009

10:00 a.m. – 2:00 p.m.

Facilitated by Laurie Kahn and Beth Katz

Therapists who themselves have survived a childhood of abuse or neglect come to this profession with many gifts, capacities and vulnerabilities. Survivor-therapists are often reluctant to share their history in work settings because they fear being pathologized. As a profession we often fail both survivor-therapists and their clients by a lack of sensitivity and openness, silencing the dialogue that is crucial for the therapist to thrive.

In the safety of each other's company, we will explore together the special gifts and dilemmas faced by the survivor-therapist. As a community we will identify the wisdom of the survivor-therapist and examine issues of countertransference, boundaries, attunement and the importance of self-care.

This workshop will address:

- Identifying capacities and vulnerabilities of the survivor-therapist
- Discussing the wisdom and cautions of sharing personal history with clients
- Highlighting the importance of awareness and support for the survivor-therapist
- Discussing the management and utilization of affect and countertransference reactions

Continuing Education Units

4 CEUs are available per workshop. Womencare Counseling Center is approved by the Illinois Department of Financial and Professional Regulation to provide Continuing Education Units to social workers (LSW/LCSW), professional counselors (LPC, LCPC) and Marriage and Family Therapists (LMFT).

Work-Life Balance Plus: For Therapists Who Are Also Parents of Children with Special Needs

Sunday, October 25, 2009

10:00 a.m. – 2:00 p.m.

Facilitated by Ellen Lonnquist

As the parent of a child with special needs, we are called on to be advocate, therapist, protector, and, above all, parent. As therapists, we are often called on to be expert, advocate and support. In this workshop, we will explore the unique challenges in balancing these roles, while remaining true to our selves. Together, we will hold a space to explore the unique clinical challenges that surface in balancing our own needs and our work as parents and professionals.

This workshop will address:

- Special challenges of work-life balance
- Unique clinical challenges that surface
- Issues of counter-transference and boundaries

*Space is limited;
pre-registration is
highly recommended.*

There are five ways to register:

1. **Online** at www.womencarecounseling.com.
2. **Email** register@womencarecounseling.com and provide us with your contact and payment information.
3. **Call** 847-491-0530 and provide us with your contact and payment information.
4. **Mail** a completed registration form with a check or credit card information to:
Womencare Counseling Center,
1740 Ridge Avenue, Suite 201,
Evanston IL 60201,
Attn: Registration.
5. **Fax** a completed registration form with credit card information to 847-556-0644

The Pregnant Therapist: Transference and Countertransference in the Therapeutic Relationship

Sunday, November 15, 2009

10:00 a.m. – 2:00 p.m.

Facilitated by Amy Derringer Chandler

When a therapist becomes pregnant, the client-therapist relationship is impacted in ways that can be both challenging and enriching. A therapist's pregnancy is an unavoidable self-disclosure, and it can be particularly stirring for clients who struggle with interpersonal love and secure attachment. This lunchtime workshop provides a forum for therapists to share experiences, discuss themes and together identify what resources might help the pregnant therapist.

This workshop will address:

- Identifying the clinical complexities that accompany a therapist's pregnancy
- Discussing a therapist's pregnancy as both therapeutic challenge and opportunity
- Exploring the impact a therapist's pregnancy has on a client's sense of love and attachment
- Finding potential resources and supports for the pregnant therapist

Program Fee

\$85 for each program

Confirmation

We will send a receipt and registration information by USPS mail within 5 business days of receiving payment. There will be no other confirmation of your registration sent. If you do not receive a receipt within 15 business days of mailing your registration, email us at register@womenscarecounseling.com or call 847-491-0530.

The Grieving Therapist: Honoring Our Own Needs and Those of Our Clients

Sunday, December 6, 2009

10:00 a.m. – 2:00 p.m.

Facilitated by Beth Katz and Monica Robinson

Therapists are not immune to the impact that comes with facing significant losses. A grieving therapist must be able to embrace her own experience of loss while maintaining an empathic relationship with clients. While we are grieving, our clients experience reactions ranging from feeling abandoned to a need to protect us from the pain of their stories.

In this workshop participants will learn about the challenges grieving therapists face and explore how we can utilize our experiences of grief to deepen our empathic connections with clients. Together we will explore strategies for the appropriate use of self-disclosure and learn effective tools to maintain healthy, productive therapeutic relationships while grieving. Participants will be offered a safe place to discuss the impact their own grief has on clinical work.

This workshop will address:

- Identifying the salient issues inherent in the work of grieving therapists
- Deepening grieving therapists' understanding of transference and countertransference issues
- Becoming aware of the increased risk for burnout, compassion fatigue and therapeutic errors in grieving therapists
- Enhancing the therapist's ability to use her own and her clients' grief as a means of transformation

Refund Policy

If you are not able to attend, you may send a substitute. Registrants who are unable to attend the workshop may request a refund if Womenscare Counseling Center receives the request in writing. All refunds are subject to an administrative charge of \$30.00. Cancellations will not be accepted by telephone. No refunds will be made less than one week prior to an event

Presenters:

Laurie Kahn, MA, LCPC, founder and director of Womencare Counseling Center, is an internationally recognized speaker on trauma, posttraumatic stress disorder and issues of importance to women. She has trained numerous practitioners throughout the Chicago area in the treatment of trauma and posttraumatic stress disorders. Laurie's essays and articles address a wide variety of subjects spanning the serious and the light hearted.

Amy Derringer Chandler, MSW, LCSW, is a relational psychotherapist working with adults and couples struggling with the effects of trauma, grief and loss, depression, and anxiety. She specializes in helping individuals and couples navigate through the challenges that accompany love, intimacy, and relationship. Employing an empathic and nurturing approach, Amy engages individuals and couples throughout the healing process.

Beth E. Katz, MS, EdM, LCPC, CT, is an integrative, relational therapist, trained in family systems, whose specialties include grief, traumatic loss and life transitions. Beth has presented nationally and provides consultation and training to hospice, hospital, school and agency professionals. Using a direct and collaborative approach, Beth inspires her clients with her warmth, humor and capacity to hold and instill hope.

Ellen M. Lonquist, MS, LMFT, a family systems therapist, specializes in helping families, adolescents and children discover their resilience while learning skills and developing capacities to help navigate both ordinary and unexpected life challenges. Ellen works to help negotiate the darker spaces of life, including depression, anxiety, trauma, and relationship issues. She also has a strong commitment to families with special needs.

Monica Robinson, MSW, LCSW is a relational therapist. For over 20 years, Monica has promoted healing and wellbeing through the expressive arts and experiential learning. While Monica specializes in problems of transition and issues of loss, she also counsels on related issues of depression, anxiety, trauma and relationship dilemmas.

Registration Form

NAME

HOME ADDRESS

CITY

STATE

ZIP

HOME PHONE

WORK PHONE

EMAIL ADDRESS

PROFESSION

AGENCY/ORGANIZATION

Fee includes lunch, CEUs and program materials. Please select the workshop(s) you wish to attend and mark "Lunch A" for the vegetarian option or "Lunch B" for poultry option (see our website for details):

Workshop	Fee	Lunch A	Lunch B
<input type="checkbox"/> The Survivor Therapist	\$85	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Work-Life Balance Plus	\$85	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> The Pregnant Therapist	\$85	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> The Grieving Therapist	\$85	<input type="checkbox"/>	<input type="checkbox"/>

Total = _____

Payment Information

Enclosed is my check payable to:

Womencare Counseling Center

Please charge my credit card:

MasterCard Visa American Express

CARD NUMBER

SECURITY CODE

NAME AS IT APPEARS ON THE CARD

EXP DATE

SIGNATURE

PHONE NUMBER OF CARDHOLDER

Return completed registration form with payment to:

Womencare Counseling Center
1740 Ridge Avenue, Suite 201 • Evanston, IL 60201

Phone: 847-491-0530 • Fax: 847-556-0644
(credit card and purchase orders only)