

**Community Workshop Series
and Therapy Groups**

Womencare
counseling center

**Healing Trauma
Skill-Building Workshops
and Therapy Groups**

September 2011 – August 2012

Sexuality Interrupted
October 2, 2011

**Sexuality Interrupted
for Couples**
January 8, 2012

**Tools for Moving from
Surviving to Thriving
for Men**
November 6, 2011

**Tools for Moving from
Surviving to Thriving
for Women**
January 29, 2012

Healing Your Soul-Self
December 3, 2011

Held at Womencare Counseling Center

Healing Trauma Skill-Building Workshops

Sexuality Interrupted: Healing the Wounds of Abuse

Sunday, October 2, 2011
10:00 a.m. – 4:00 p.m.

Presented by Amy Steinhauer

Assaults on women and girls take many forms: childhood sexual abuse, sexual harassment, physical abuse, date rape, and other violating intrusions. These abuses rob women in many ways. Often, one of the precious things that is lost is sexuality: sexual discovery, sexual desire, sexual pleasure and sexual intimacy.

This workshop is intended for women whose trauma experience interferes with having a satisfying sexual relationship. We will address issues such as sexual fear and avoidance, flashbacks, dissociation, pain and other blocks. In a safe and respectful environment, survivors of abuse will have an opportunity to give voice to their experience of sexuality as adults, receive accurate information about sex and learn strategies to embrace their sexuality.

Women of all sexual orientations are welcome. While the topic of touch will be explored, no physical touch will be involved in this workshop.

\$95; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion

Light refreshments will be available

Who should attend?

These workshops are intended for survivors.

Therapists are welcome if they will be addressing their own trauma issues.

Location:

*Womencare
Counseling Center,
Evanston*

Healing Trauma Skill-Building Workshops

Tools for Moving from Surviving to Thriving

For Men:
Sunday, November 6, 2011
10:00 a.m. – 4:00 p.m.

For Women:
Sunday, January 29, 2012
10:00 a.m. – 4:00 p.m.

Presented by Judith Ierulli

After experiencing trauma, be it a single incident or ongoing abuse, people can experience strong reactions that interfere with their daily lives including flashbacks, nightmares, overwhelming feelings, numbness, anxiety, isolation or avoidance of everyday situations. These reactions can be short-lived. For some people, however, they can persist for years after the trauma.

This workshop is for those who have experienced sexual, physical or emotional abuse and continue to have disruptive and recurring thoughts, feelings and behaviors in response. We will explore healthy ways to cope with the manifestations and reactions to traumatic events, providing concrete tools to reduce disruptions in everyday life, with the belief that awareness, understanding and education can equal transformation.

\$95; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion

Light refreshments will be available

Healing Your Soul-Self: Trauma and Spirituality

Saturday, December 3, 2011
10:00 a.m. – 4:00 p.m.

Presented by Maco Cassetta

Often we are good at being in tune with the cognitive, emotional, social and physical impacts of trauma. However, it is easier to neglect or discount how trauma has impacted our spirituality. A holistic healing journey includes attention to one's soul self as well. During this session, participants will explore ways in which trauma has affected their spiritual journey. Combining theory, opportunities for reflection, personal sharing, and experience, participants will be introduced to different stages of healing which will help them to identify and reclaim their soul selves.

This workshop is intended for women trauma survivors and will address spiritual safety, remembrance and mourning, and reconnection to one's faith experience.

\$95; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion

We will be offering an optional group as a follow-up to this workshop: The Healing Spiritual Journey for Trauma Survivors. Please see the Groups section.

Light refreshments will be available

Healing Trauma Skill-Building Workshops

Sexuality Interrupted For Couples: Sexual Healing After Abuse

Sunday, January 8, 2012
10:00 a.m. – 4:00 p.m.

Presented by Amy Steinhauer

This workshop grows out of the Sexuality Interrupted workshops for women, and the Sharing the Journey workshops for partners of survivors.

Abuse-related trauma takes a tremendous toll on people and on relationships, and the journey to healing is often long and arduous. Healing creates challenges in couple relationships, and also the potential for a greater and more rewarding depth of connection and intimacy.

This workshop will guide couples in developing a shared understanding of trauma and its impacts, identifying specific relational and sexual challenges in their relationship, developing a plan for beginning to approach sexual concerns, and creating a plan for managing the distress of both partners.

Couples of all genders and sexual orientations are welcome. While the topic of touch will be explored, no physical touch will be involved in this workshop.

\$125 per couple; a limited number of partial scholarships are available

Pre-registration is required; space is limited to facilitate discussion

Light refreshments will be available

*“I believe that isolation cripples the spirit, while connection can transform despair into hope. The magic of being in a group is not simply an individual's ability to express pain and grief. It also emerges from the collective experience. We are all hungry not only to be understood by others, but to know that our caring, courage and compassion can make a difference in someone else's life.”
–Laurie Kahn*

Healing Trauma Therapy Groups

To join one of our therapy groups, please contact our Intake Counselor at 847-475-7003, ext. 10. An initial interview is required before joining a group. Fees are established on a sliding scale.

Women's Trauma Survivor Groups

Traumatic experiences can impair a person's sense of self, relationships and belief in a hopeful and promising future. Working through trauma and building new skills can provide deep healing and break the cycle of abuse.

These groups offer opportunities for healing and support women's ability to transform their experience from trauma into hope. Trauma isolates; group creates a sense of belonging.

Three Ongoing Groups:

Women Survivors of Trauma and Childhood Abuse

A process group intended for those in intermediate and advanced stages of healing

Led by Laurie Kahn

Wednesdays, 7:00 p.m. – 9:00 p.m.

Women Survivors of Sexual Abuse

A process group intended for those in intermediate and advanced stages of healing

Led by Amy Steinhauer

Tuesdays, 7:00 p.m. – 9:00 p.m.

Women Survivors of Sexual Abuse:
A Skill-Building Group

A structured group intended for those in beginning and intermediate stages of healing

Led by Judith Ierulli

Saturdays, 10:00 a.m. – 12:00 p.m.

Male Survivors of Sexual Abuse

Too often men who are abused feel disconnected from themselves and the people around them. Gender expectations can interfere with men seeking help and receiving the support they deserve.

This group will provide education about sexual and physical abuse and how current behaviors often are linked to past abuse. We will help survivors reframe many current symptoms and behaviors as real attempts to cope with past trauma, supporting the establishment of healthy coping skills. In a safe environment, participants can address the feelings of shame, isolation and stigmatization which are sometimes amplified for males coping with the impact of abuse.

A structured group intended for male survivors at all stages of the healing journey

Led by Judith Ierulli

Time-limited group:

repeating 10-week sessions

Thursdays, 7:00 p.m. – 9:00 p.m.

Healing Trauma Therapy Groups

The Healing Spiritual Journey for Trauma Survivors

Following the workshop, Healing Your Soul Self, an eight-week group process will be offered to those who wish to deepen their healing around their spirituality. Participants will engage in a therapeutic process that will address the following three phases:

1. Spiritual Safety
2. Remembrance and Mourning
3. Reconnection to One's Faith Experience

There will be opportunities for reflection, personal sharing and experiencing rituals that will help each participant to reclaim her own soul-self.

Participants are encouraged to attend the day-long workshop in order to participate in this group.

Led by Maco Cassetta

Time-limited group:

repeating 10-week cycles

Wednesdays Evenings

At Womenscare, we believe that positive change occurs as a result of collaborative partnerships. We work from an understanding of a relational model that is non-pathologizing and empowering. Group Counseling provides many valuable opportunities for healing and growth within a supportive community.

Faculty

Laurie Kahn, MA, LCPC, is the founder and director of Womenscare Counseling Center. She is an internationally recognized speaker on trauma, posttraumatic stress disorder and issues of importance to women. She has been honored by the Family Institute as Alumna of the Year for her dedication to the field of family therapy. In addition to counseling individuals, couples, families and groups, Laurie has extensive experience in the facilitation of training and mentoring programs for mental health professionals.

Maco Cassetta, MEd, MAPC, LCPC, is a feminist psychotherapist and pastoral counselor who uses a relational model within a holistic framework. Based on the principles of mindful awareness and the evolving soul/self, her approach honors all aspects of development, including spiritual, sexual, and psychosocial growth. Maco provides a safe space within the therapeutic relationship where each story is honored as sacred. Her clinical interests include grief and reconnection to one's faith experience.

Judith Ierulli, MSW, LCSW, informed by cognitive behavioral therapy and a trauma treatment framework, works with adults and adolescents. She has extensive experience in working with trauma survivors around such issues as anxiety, dissociation, self-injury and relationship difficulties. Judith uses a goal-oriented, collaborative style to support the healing and recovery process.

Amy Steinhauer, AM, LCSW, ACSW, CST, is a senior therapist and the associate director of Womenscare Counseling Center. For more than 19 years she has provided individual, couple, and group therapy, lead workshops, and trained professionals. Amy is a feminist-relational therapist whose clinical expertise includes abuse-related trauma as well as sexual relationships and problems. Integrating the fields of sex therapy and trauma treatment, Amy holds a particular capacity to understand the complexity of sexuality in the wake of sexual abuse.



General Information

Location & Parking

These workshops and groups are held at Womencare Counseling Center, located at 1740 Ridge Avenue in Evanston, between Church and Emerson Streets, right at the Green Bay Road/Ridge Avenue merge. Free parking is available south or west of the building in our lot. Please see our website at www.womencarecounseling.com for detailed directions and a map.

Workshop 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 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.

There are four ways to register for workshops

Call 847-491-0530, and provide us with your name, mailing address, phone number, and payment information.

E-mail register@womencarecounseling.com and provide us with your name, mailing address, phone number, and payment information.

Mail a completed registration form with a check or credit card information to:

Womencare Counseling Center
Attn: Registration
1740 Ridge Avenue, Suite 201
Evanston, IL 60201

Fax to 847-556-0644 and provide a completed registration form with your credit card information.

We will send a receipt by USPS mail for workshop registrations within 5 days of receiving payment. Confirmation e-mails will be sent only for registrations received at least two weeks prior to the event.

Joining Groups

To join one of our therapy groups, please contact our intake Counselor at 847-475-7003, ext. 10. An initial interview is required before joining a group.

For more information

call 847-475-7003

visit www.womencarecounseling.com

or email info@womencarecounseling.com



Workshop Registration: Healing Trauma

NAME _____

HOME ADDRESS _____

CITY _____

STATE _____

ZIP _____

HOME PHONE _____

WORK PHONE _____

EMAIL _____

Workshop

Fee

- Sexuality Interrupted (October 2, 2011) \$95
- Tools for Moving from Surviving to Thriving (November 6, 2011) (men) \$95
- Healing Your Soul-Self (December 3, 2011) \$95
- Sexuality Interrupted for Couples (January 8, 2012) (per couple) \$125
- Tools for Moving from Surviving to Thriving (January 29, 2012) (women) \$95

Total = _____

Payment Information

Fee includes light refreshments and program materials.

- 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
Attn: Registration
1740 Ridge Avenue, Suite 201
Evanston, IL 60201

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