

*Envisioning the Future: Advancing the Theory  
and Practice of Counseling*

# ICA Annual CONFERENCE

## 2010 CONFERENCE SCHEDULE OF EVENTS

### Thursday, November 11

7:30 a.m. Pre-Conference  
Registration  
9 a.m. - 4 p.m.  
Pre-Conference  
Workshops  
4:30 p.m. - 7 p.m. Governing  
Council Meeting  
8 p.m. - 10 p.m. Welcome  
Reception  
Everyone Invited

### Friday, November 12

7:30 a.m. Registration and  
Continental Breakfast  
7:30 a.m. - 4 p.m. Exhibits  
9 a.m. Opening-Keynote  
11:30 a.m.-12:20 p.m.  
Workshops  
12:30 p.m. Awards Luncheon  
2:00 p.m.-3:50 p.m. Workshops  
4 p.m.-6 p.m. Division Meetings  
6:30 p.m. Reception  
7 p.m. - 11 p.m. Awards  
Banquet & Party

### Saturday, November 13

7:30 a.m. Registration and  
Continental Breakfast  
7:30 a.m.-4 p.m. Exhibits  
8 a.m. Division Meetings  
9 a.m.-11:50 a.m. Workshops  
12 p.m. Lunch-General  
Membership Meeting  
1:20 p.m.-4:10 p.m.  
Workshops

**Register online at:**  
[www.ilcounseling.org](http://www.ilcounseling.org)



### The Hotel

The **Lisle Hilton** hotel in **Lisle**, Illinois is convenient to **Downtown Chicago**, and offers complimentary shuttle service to the local Metra train station. The hotel is at I-88 and Naperville Road Conference Rate: \$79 + taxes per night. Reserve rooms using special link on ICA website or call (630) 505-0900 hotel and use group identification, CICA before Oct. 20.

### The City

Lisle was permanently settled in 1832 after the Blackhawk War. It began as a small farming community. This early beginning makes Lisle Township the oldest settlement in DuPage County. Visit nearby attractions such as the Morton Arboretum, Chicago Premium Outlets Mall, and the Naperville Riverwalk. The people of Lisle are affectionately known as "Lilacs" or "Lilseans." In July 2007, Lisle was ranked #20 in Money magazine's list of "100 Best Places to Live"



### The Activities

In addition to 5 Pre-Conference, 60 Main Conference selections, and 9 poster sessions. Purchase books written by ICA members at the ICA Bookstore. Enjoy the Thursday night Welcome reception (at no extra charge). The keynote on Friday is Dr. Margaret Wehrenberg. Friday night dine and party to music by Prism Light DJ's. During the conference our ISERVIC division is sponsoring a wellness room and our ICDA division will be on hand to assist with your career development path.

## Keynote

# NEW SCIENCE STRENGTHENS THE FOUNDATION OF COUNSELING

What counselors have known for many years is that our work with people in the arenas of cognition, emotional healing and behavioral management is vital to the wellbeing of people who suffer from a myriad of disorders. What we are learning in this new millennium is the impact of neurobiology on mental health conditions. Some people are born with genetic vulnerabilities to depression, anxiety, addiction and even to personality disorder. Experiencing trauma and neglect can alter a healthy brain with outcomes ranging from attachment disorders to PTSD.

Keeping up with emerging trends challenges us all, but we can quickly grasp the basics of how psychotherapy uses the brain to change the brain. What counselors can do with the scientific advances in our field is what we have already learned to do – only better. Technology is bringing us some innovative ways to work with brain wave patterns, energy flow and biofeedback. Research in neurobiology is helping us to target symptoms more rapidly and with greater efficacy. Evidenced-based treatment options help us focus interventions quickly and to optimal effect.

As we envision the future of psychotherapy, we are aware, as never before, of how rapidly new information comes our way, how important holistic assessment of our clients is and how much we can do to help clients achieve rapid and long-lasting recovery. In her keynote address, nationally known speaker and author Dr Margaret Wehrenberg will highlight trends in understanding and treating mental health disorders that can bring new vibrancy to clinical work and enhance the recovery of all of our clients.

## Pre-Conference Workshop

# The 10 Best Ever Anxiety Management Techniques

## The Counselor's Anxiety Treatment Toolbox

Learn methods to help your clients calm their minds and diminish physical, cognitive and behavioral symptoms of anxiety. Dr. Wehrenberg will present methods that really work to eliminate panic, generalized anxiety and social anxiety disorder in clients of all ages. She will differentiate aspects of addiction, attention deficit and Asperger's disorder that affect anxiety diagnosis and treatment. Using her knowledge of the underlying causes of anxiety, she will describe how and why psychotherapy can use the brain to rid the brain of anxiety. She will show you how to help your clients reduce anxiety for life and you will leave this session prepared to apply effective methods to provide prompt, effective relief of symptoms of anxiety.

### Course Learning Objectives:

- 1 . Apply specific, effective lifestyle changes plus breathing and relaxation techniques to relieve and eliminate anxiety.
- 2 . Recognize features of sleep, guilt, and anger specific to anxiety disorders and how to resolve those problems.
- 3 . Help clients identify panic triggers and avert panic attacks.
- 4 . Help clients stop the rumination of the worried brain that marks generalized anxiety disorder.
- 5 . Apply principles of defeating fear and making positive change for people with social anxiety disorder.



*Margaret Wehrenberg, PsyD, is a Licensed Clinical Psychologist and is the author of [The Anxious Brain](#). An expert on the treatment of anxiety and depression, she also has extensive training and expertise in the neurobiology of psychological disorders. She is co-founder of the Reflex Delay Syndrome (RDS) Research and Training Institutes, founded to promote research and treatment for this disorder affecting academic, social and emotional functioning in children. She earned her M.A. specializing in psychodrama and play therapy with children. She was trained in addictions counseling and has years of experience in that field, working with the U.S. Army in Germany and Lutheran Social Services in Illinois before beginning a private psychotherapy practice. Since obtaining her doctorate from the Illinois School of Professional Psychology, she has specialized in treating clients with trauma and anxiety disorders. As a consultant, she is a sought-after speaker for continuing education seminars, consistently getting the highest ratings from participants for her dynamic style and high quality content.*

*In addition to clinical work, she has written articles for [The Psychotherapy Networker](#) magazine, is the author of [Stress Solutions: Ten Effective Strategies to Eliminate Your Stress](#), and has produced [Relaxation for Tension and Worry](#), a CD for breathing, muscle relaxation and imagery to use with anxious clients. Her new book (2007) is published by W.W. Norton, [The Anxious Brain: The Neurobiological Basis of Anxiety Disorders and How to Effectively Treat Them](#).*

# Full Day Pre-Conference Presentations

## Mindfulness for Counselors: Individual Counseling, Groups & Families

Presenter: Elana Rosenbaum, MSW, Mindfulness based stress reduction trainer.

This program will introduce and expand participants' understanding of the approach of mindfulness in professional counseling. Participants will learn basic approaches to promoting mindfulness for themselves and clients through varied experiential meditations, mindful communication exercises, and discussions. A basic concept of the program is that counselors who can effectively center themselves can more effectively counsel with individuals, groups, and families.

Program goals: Define mindfulness and learn to communicate it in user friendly terms.

All-day workshop sponsored by Illinois Association for Group Work and Illinois Association for Couples and Family Counseling.

*Elana Rosenbaum, MSW, LCSW, is a leader in the clinical application of mindfulness meditation to cancer care. She has authored Here for Now: Living Well with Cancer through Mindfulness, the basis of many workshops, and created audio-CDs with guided meditations. In 1995 she was diagnosed with Non-Hodgkin's lymphoma and subsequently underwent stem-cell transplantation. Her ability to thrive and embody mindfulness in the face of adversity led to the development of a mindfulness-based intervention for bone marrow transplant patients at the University of Massachusetts Medical Center, Emory University and Dana Farber Cancer Institute.*



*She is adjunct faculty at the renowned Stress Reduction Clinic at the University of Massachusetts Medical School where she worked directly with Jon Kabat-Zinn as one of the founding teachers. She's been teaching and educating patients and healthcare professionals in mindfulness, including leading cancer centers, for over 25 years. Elana has a private practice in psychotherapy in Worcester, Massachusetts and is a sought after teacher, speaker, workshop leader and research consultant.*

---

## The Future of Training Counselors: A Conversation with Dr. David Kleist & Dr. Tom Scofield, ACES Past Presidents



Presenters: Drs. David Kleist & Tom Scofield

Two former Presidents of the Association for Counselor Education and Supervision will lead a discussion exploring the impact of national directions relevant to the preparation of professional counselors. This all day workshop will focus on defining trends, while the afternoon session will have three breakouts to explore implications of these trends.

Program goals – 1) increase participants' awareness of current curricular trends, 2) explore training implications of national directions in counselor preparation, 3) promote collegiality among educators who train counselors in Illinois.

All-day workshop sponsored by Illinois Counselor Educators and Supervisors.

# Half Day Pre-Conference Presentations

## Family Relationships & Social Networking Sites: Implications for Family Counseling

Presenter: Dr. James Ruby, Counselor Educator at University of California at Fullerton

Couple and family counselors will be enlightened regarding the impacts of social networking websites and how these sites might emerge as counseling topics and be addressed. Program participants will be engaged in a discussion of the counseling implications of a web-based research study that

investigated the nature of family relationships in light of social networking websites like Facebook and MySpace. Current trends and specific implications for couples and family counseling will be presented.

Program goals: - 1) program participants will learn how social networking sites work, 2) how research participants characterized their interactions with family members via social networking sites, 3) learn the dangers/challenges of social networking, 4) learn specific issues to address in counseling and strategies for addressing them effectively.



Half-day workshop, presented in the morning, sponsored by Illinois Association for Couples and Family Counseling evolving technology.

*James Ruby is a counselor educator who has been training human service professionals in several different settings including Lewis University, Northeastern IL University, and Argosy University in Illinois. In California he has worked with National University, Capella University, and California State University, Fullerton. He has also worked in various counseling settings including schools, community mental health centers, faith-based organizations and in private practice. Dr. Ruby has published one book, and several articles. He received his PhD from Loyola University in Chicago and holds licensure as a counselor, a marriage and family therapist and is also credentialed as a school counselor. Dr. Ruby is married and has two sons and presently resides in Fullerton, CA.*

## Afternoon: Understanding Addiction – The Lefever Model

Presenter: Dr. Ken Kubicek, Assistant Professor, Lindenwood University

This presentation will explore the Lefever Model of addiction as it applies to both substance and behavior addictions. Aspects of successful treatment and recovery will also be discussed.

Program goal: - 1) Review the process of addiction according to the Lefever model, 2) Illustrate the PROMIS questionnaire assessment for addiction 3) Discuss the elements of successful recovery from addiction.

Half-day workshop sponsored by Illinois Association for Couples and Family Counseling evolving technology.

*Ken Kubicek, PhD, is the Department Chair of the Professional & School Counseling graduate degree program at Lindenwood University in Belleville. He received his Doctorate in Counseling & Family Therapy from St. Louis University. He also has a master's degree in Secondary Education/Mathematics and a bachelor's degree in Applied Math & Computer Science, both from Southern Illinois University in Edwardsville. In Illinois, he is a licensed clinical professional counselor.*



*He has worked as a high school teacher, business manager, retreat house coordinator, and counselor. He has been a staff member, board member and co-director of the Gateway TEC retreat program for teenagers. He has also been a staff member and co-director of the Illinois Teen Institute on Substance Abuse and a staff member of Operation Snowball, both peer leadership and drug abuse prevention programs for teenagers. He served on staff at Memorial Hospital as the clinical supervisor in the Outpatient Mental Health and Counseling Program and the Employee Assistance Program. He still serves as a debriefer on the Memorial Hospital Critical Incident Stress Debriefing team. He published a book titled "Recovering Alcoholics: Why They Say They Are Successful". He is married with one child and his wife is a therapist in private practice.*

## Annual Conference Poster Sessions



- Daniel Stasi Counselor Licensure -How to obtain, renew and relocate your license.
- Daniel Stasi Recertification for Type 73: The Process and Q & A
- Dr. Anna Marie Yates What's Black and White and Red All Over?
- Ruth Ellen Thomas Building and Repairing the Teacher-Student Relationship with Play Therapy
- Ciemone Rose HIV Prevention for Racial and Ethnic Minorities on College Campuses
- Sean Parker Working with the Developmentally Delayed Adolescent Female Population
- Eric Melton Win Them Over: Adlerian Methods Applied to Contemporary Adolescent Issues
- Evelyn Duesbury Innovative Model for Facilitating Clients' Interpretation of Dreams
- Al Milliren Turning Crisis In to Opportunity = The Park Forest PD Guided Vision Program

# ICA Annual Conference Presenter List

## Friday Workshops

Cyber Bullying: Prevalence, Impact, Future Directions and Implications for School Counselors  
Private Practice: Questions and Answers  
Strengths-Based Clinical Supervision: You're not in Kansas Anymore  
Women In Transition from Hetero to Bi or Lesbian: Identity, Vulnerability & Courage  
"The Miners Canary" singing a song of hope  
The G-U-I-D-E-S Model: The Leadership Role of School Counselors in Implementing SEL  
Family Relations via Internet-based Social Networking: Study Findings and Implications for Counseling  
Serving People with Disabilities Following a Disaster  
Focus on Wellness: Creatively Reduce Stress with Music, Imagery & Mandalas.  
The Counseling Experience: When your client has experienced an unimaginable tragedy  
Mindfulness & Counseling for Wellbeing  
Clinical Training of Interns in College Counseling Centers  
Applying Strength-Based Counseling Skills  
Exploring The Cognitive Emotional Process as it relates to mental illness and addiction  
Neuroplasticity: Are You Hip With the Change?  
Characteristics of Effective Professional School Counselors: Results from a Qualitative Research Study  
7 Habits of Highly Effective Clinicians  
Effectively Working With Abusers (Perpetrators of Domestic Violence)  
Triadic Supervision with Professional Counselor Trainees  
What's Good About Anger? Motivating People to Change  
Identifying the myriad of Abuses : Learning about the survivor skills and needs of a woman who  
grew and flourished  
Residential Treatment: The Shift From a Behavioral Model to a Trauma Model  
Strengths Processing: Considerations of Over Use and Under-Use

## Saturday Workshops

NTU Psychotherapy Framework with African American Clients  
Evidence Informed Mental Health Practices for Children and Adolescents  
The Effectiveness of School Counselor Supervision with Internship Trainees Utilizing the ASCA Model  
Carl Rogers as a Social Justice Advocate  
Crisis Counseling: A Haitian Experience  
The Needs of Suburban Middle School Students: What should School Counselors know?  
Social Media and How Counselors Can Utilize it in their Work Setting  
Cultural Mistrust, identity and Help-Seeking behaviors of African American Men  
Cutting Edge Issues for CICO Organizations: What All Members Need to Know  
The Joy of Working: A School Counselors Dialogue  
Pastoral Psychotherapy - Integrating Psychology and Theology in Clinical Practice  
Compulsive Hoarding: How to Assess and Treat this New Diagnosis on the Horizon  
Career Counseling for Counselors and Counselor Educators too!  
A Preliminary study of the Benefit of Teaching Direct Care Workers in Extended Care Facilities  
Knowledge and Attitudes Regarding Aging Using Adult Learning Models  
Man in the Mirror: Gender Identity issues among Heterosexual and Homosexual African American and  
Caucasian men.  
LGBT Intimate Partner Violence: Victim's Counseling Experiences  
The Playfulness of Solutions: Integrating Play Therapy and Solution Focused Therapy  
Boys and Barbies, Girls and Guns: Counseling Kids with GID  
Grief Therapy: Cultural Perspectives on Death and Grief  
Sandwich Generation Stressors of the Middle-Aged Working Woman  
How to Win Teachers and Influence Administrators: Counselors As Change Advocates  
Exploring and promoting racial identity development as a therapeutic tool for working with Black adolescent males  
Envisioning High ACT Scores: Utilizing Relaxation Techniques with High School Juniors  
Who is running the show in couples counseling: strategies for early engagement  
The Fear of Being Called Queer: Bridging the Emotional Storm of Coming Out  
Writing for ICA Publications: Sharing Your Knowledge, Marketing Your Skills and Developing Your Self  
Size Matters: Men, Body Image, & the Drive for Muscularity  
Evidence Based Substance Abuse Treatment for Individuals, Teens, Families  
The Amazing Magic of the Power of the Group  
Lois Lane Loves Superman: The Borderline & the Ultimate Codependent  
Enhancing Clinical Efficiency and Therapeutic Efficacy in Relational Counseling and Therapy  
An Experiential Voyage into Understanding the Struggles Minority Adolescents Face with Identity Formation  
My Child had Autism or ADHD. What can I do?  
Domestic Violence: A South Asian Perspective  
You Think You Know Your Role as a Counselor? Listen Closely Counselors  
Treating Addiction as a Chronic Mental Health Condition: Implications, and Meaning

## Lead Presenter

Jennifer E. Beebe  
Bob Walsh & Norm Dasenbrook  
Jeffrey Edwards  
Linda S. Slabon  
Ray Piagentini  
Toni Tollerud  
James Ruby  
Pamela Arnold  
Louise Dimiceli-Mitran  
Kathy Bisbee Johnson  
Chris Rybak  
Katherine Helm  
Susan E. Kerstein  
Brian Katz  
Michele Kerulis  
Sandra Kakacek  
Carrie Cherep  
Dennis Deer  
Alexandra Novakovic  
Lynette J. Hoy  
V. Manger

Bill Blundell  
Al Milliren

Darrick Tovar-Murray  
Debra Pender  
Colette Blakely  
Cyrus M. Ellis  
Charles E. Myers  
Roberto Clemente  
Daniel Stasi  
Leslie Holley & Tovar Murray  
CICO BOARD  
Julia Yang

Susan Mielke  
Mei-wei Chen  
Byron Waller  
Michael Smith

Ryan Hancock

Ryan Hancock  
Shannon Dermer  
John Anderson  
Eric Dutt  
Eunha Kim  
Scott Wickman

Ken Oliver  
Heidi A. Larson  
Sara Schwarzbaum  
Matthew Stanley  
Francesca Giordano  
Nicholas Weshinsky  
Catherine McNeilly  
Suzanne Walker  
Cheri DeMoss  
Kevin Stouffer

Linda Brown-Jackson  
Phillip Hawk  
Naveeda Athar

Chantelle M. Peterson  
Mark Blagen

**Pre-Registration Must Be Received before November 10, 2010  
to Take Advantage of the Early Registration Discount**

**Pre-Conference and Conference Registration**

Make your own **HOTEL RESERVATIONS BY OCTOBER 20, 2010**, directly with the LisleHilton. Use group code CICA. ICA Room Rate: \$79.00 per night + tax. Phone (630) 505-0900  
Name \_\_\_\_\_

Street Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_

**ICA MEMBERS ONLY:** Mark only one. The division you mark will receive a portion of your registration fee.

- \_\_\_ ICCA College Counselors                      \_\_\_ ICDA Career Development
- \_\_\_ ICES Counselor Educators                      \_\_\_ ISCA School Counselors
- \_\_\_ IAMC Multicultural                              \_\_\_ IMHCA Mental Health
- \_\_\_ IAACE Assessment                              \_\_\_ IAADA Adult Development
- \_\_\_ IACF Couple & Family                              \_\_\_ IASGW Group Specialists
- \_\_\_ ICSJ Social Justice                              \_\_\_ ISERVIC Spirituality & Religion

**SPECIAL NEEDS:**

\_\_\_ I require all meals to be vegetarian  
Contact ICA, in advance, for other needs (877) 284-1521

**Student Verification Required:** Faculty signature to verify that you are enrolled in a graduate counseling program for a minimum of 4 semester hours.

Name of College / University \_\_\_\_\_

Professor Signature \_\_\_\_\_ Date \_\_\_\_\_

**Cancellation Policy:** Refunds, minus a \$15 processing fee, will be made upon written request to ICA received on or before October 31, 2010. No refunds will be given for late cancellations. ICA shall assume no liability whatsoever in the event that a workshop(s) is cancelled, rescheduled or postponed due to a fortuitous event, Act of God, unforeseen occurrences or any other event that renders performance of this conference impracticable, illegal or impossible. This shall include, but not be limited to: war, fire, labor strike, extreme weather or other emergency. Speakers and topics were confirmed at the time of publishing, circumstances beyond the control of the organizers may necessitate substitutions, alterations or cancellations of the speakers and/or topics. As such, ICA reserves the right to alter or modify the advertised speakers and/or topics if necessary without any liability to you whatsoever. Any substitutions or alterations will be updated on our Web page as soon as possible.

**Continuing Education Hours:**

This program is cosponsored by IMHCA and is recognized as providing CEs for: **LPC / LCPC** and **LSW / LCSW** (IDFPR license # 159-000650). **LMFT** (IDFPR license # 168-000148). The National Board for Certified Counselors for National Certified Counselors (Provider No. 2014). CPDUs from ISBE Provider # 102999.

**PRE-CONFERENCE LEARNING INSTITUTES**

**Thursday, November 11, 2010**

Attendees may earn up to 6 Continuing Education Hours at the Pre-Conference  
**CONFERENCE FRIDAY AND SATURDAY**

**November 12-13, 2010**

Attendees may earn up to 11 Continuing Education Hours for participation in conference sessions

**Conference Package includes:** Welcome Reception- Breakfasts - Friday and Saturday Luncheons - Awards Banquet - Keynote Sessions - All Content Session

**Circle Pre-Conference Payment Choice**

	Member	Non-member
<b>Full Day (1 full day or 2 half days)</b>	\$100	\$120
<b>Half Day Only (1 half day AM or PM)</b>	\$ 60	\$ 70

**Full Day (circle workshop choice)**

10 Best Ever Anxiety Management Techniques- Margaret Wehrenberg  
Mindfulness for Counselors - Elana Rosenbaum  
The Future of Training Counselors - Drs. Kleist & Scofield

**Half Day-AM (circle workshop choice)**

Family Relationships & Social Networking - James Ruby

**Half Day-PM (circle workshop choice)**

Understanding Addiction - Ken Kubicek

	before 11/06/10	11/06/10 and after
<b>ICA MEMBERS</b>		
Conference Package	\$240	\$265
Friday only (includes breakfast & lunch)	\$130	\$145
Saturday only (includes breakfast & lunch)	\$130	\$145
<b>ICA MEMBER RETIREES</b>		
Conference Package	\$215	\$240
Friday (includes breakfast & lunch)	\$125	\$140
Saturday (includes breakfast & lunch)	\$125	\$140
<b>STUDENTS</b>		
Conference Package	\$215	\$245
Friday (includes breakfast & lunch)	\$125	\$145
Saturday (includes breakfast & lunch)	\$125	\$155
<b>NON-MEMBERS</b>		
Conference Package	\$275	\$300
Friday (includes breakfast & lunch)	\$145	\$160
Saturday (includes breakfast & lunch)	\$145	\$160
<b>PRESENTERS/EXHIBITORS</b>		
Register online at <a href="http://www.ilcounseling.org">www.ilcounseling.org</a>		
<b>ADDITIONAL TICKETS (each)</b>		
Friday Luncheon	\$ 25	\$ 25
Friday Dinner & Entertainment	\$ 45	\$ 45
Saturday Luncheon Fiesta Buffet	\$ 25	\$ 25

**Contribution for Volunteers' Lunches** \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED: \$**      =====

Make check payable to **ICA Conference** and mail to ICA, P.O. Box 367, DeKalb, IL 60115. Fax (815) 787-8787. Credit Card payment complete below:

Name on card \_\_\_\_\_

Credit Card Billing Address \_\_\_\_\_

Card number \_\_\_\_\_

Expiration Date \_\_\_\_\_ CVV Code \_\_\_\_\_