Read the online article by Michele Weiner-Davis, MSW, to obtain (1) CEU by completing the online quiz. Details on page 4.
Welcome to our 2017 Winter/Spring Professional Education Guide

On behalf of AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates we thank you for your tremendous support of our Fall 2016 professional education series and hope you find time to attend several of our 2017 workshops. It is my goal to partner with our community therapists and school staff members to provide the best value in professional education.

The Center for Professional Education provided multiple ways for you to satisfy your Continuing Education Unit requirements. In this edition of our program guide, we have included a link to an article where you can receive one (1) CEU for reading an excerpt from Michele Weiner-Davis’ new book, *Healing from Infidelity: The Divorce Busting® Guide to Rebuilding Your Marriage After an Affair*. We are excited to welcome Michele back for a workshop on April 21, 2017 on developing a divorce-busting mindset.

Regarding multiple requests, we plan to bring back Dr. Patricia Broderick from Penn State University to present her breakthrough work on Learn to Breathe (l2B), a mindfulness based curriculum for adolescents. Dr. Broderick and Dr. Brenda Nelson both plan to present two full days on mindfulness as well as an intensive two-day seminar on the subject. Please note the two-day seminars are limited to 40 participants.

Dr. Toni Tollerud will again offer the LCPC Supervision Series beginning in late January for those who need 18 hours prior to the March 31st deadline for CEU completion. These workshops have been filling quickly, so please register early for this series.

We are also pleased to announce the opening of our Foglia Family Residential Treatment Center in April 2017 in Elk Grove Village. On March 2, 2017, we plan to offer a free workshop and networking event from 9 a.m. – 1 p.m. Treatment for OCD/Anxiety and addictions will be presented by Dr. Patrick McGrath and Dr. Sarah Briley, who will lead treatment in our residential facility. Following the presentations, a panel discussion that includes Medical Director Dr. Irfan Syed, and networking opportunities will be available for workshop participants.

As always, we appreciate the ongoing connection with our community partners through professional education. As a leader in the provision of behavioral medicine services, we have a strong legacy and commitment to educational excellence. Thank you for your participation and we look forward to seeing you over the coming months.

Please view the latest updates on workshops and trainings at AMITAhealth.org/BehavioralMedicine/AB/professionals

Sincerely,

Steven Hunter, LCSW, LMFT
Director of the Center for Professional Education
Director of Business Development
Center for Professional Education: 
Winter/Spring 2017 Program Registration Information

Registration

Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482) to register.

If fees apply, you may pay by credit card online or over the phone. If your organization plans to mail a check (payable to ABBHH) for your participation, please mail the check to:

AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates Center for Professional Education 
c/o Steve Hunter, LCSW, LMFT
1650 Moon Lake Blvd.
Hoffman Estates, IL 60169

Check-in and networking begins 30 minutes prior to each program.

Earn one (1) CEU credit for reading the article: 
*Healing from Infidelity: The Divorce Busting Guide to Rebuilding Your Marriage After an Affair* and complete the online quiz. Details on page 4.
<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>PRESENTER</th>
<th>PAGE</th>
</tr>
</thead>
</table>
| Jan. 17  | **Let’s Talk About Older Adults:** Family Communication and Psychotropic Medication  
A Joint Event with the Illinois Coalition for Mental Health and Aging | Maxim Chasanov, MD                | 5    |
| Jan. 28  | **LCPC Supervision Series Workshop 1:** The Supervisory Relationship | Toni Tollerud, PhD, LCPC, NCC, NCS, ACS | 18   |
| Feb. 10  | **Don’t Worry! Anxiety Strategies for Therapists**                     | Jacqueline Rhew, LCPC, CADC      | 6    |
|          |                                                                       | Patrick McGrath, PhD             |      |
|          |                                                                       | Brandon DeJong, PhD              |      |
|          |                                                                       | David Ferenciak, MA, LPC         |      |
| Feb. 15  | **Maintaining Mental Fitness: Building Brain Health**                 | Beverly Sanborn, LCSW            | 8    |
| Feb. 17  |                                                                        | Co-sponsored by Belmont Village Senior Living |      |
| Feb. 18  | **LCPC Supervision Series Workshop 2:** Evaluation and Assessment in Supervision | Toni Tollerud, PhD, LCPC, NCC, NCS, ACS | 18   |
| Feb. 24  | **Experiential Mindfulness for School Personnel**                     | Brenda Nelson, DSW, LCSW         | 9    |
| Mar. 2   | **Residential Treatment for Chemical Dependency and Anxiety Disorders** | Patrick McGrath, PhD             | 10   |
|          |                                                                       | Sarah Briley, EdD, LCPC, CADC    |      |
| Mar. 4   | **LCPC Supervision Series Workshop 3:** Peer, Triadic, Group and Supervision | Toni Tollerud, PhD, LCPC, NCC, NCS, ACS | 18   |
| Mar. 10  | **A Day with Dr. Feld: Considerations in the Treatment of ADHD and Mood Disorders** | Michael Feld, MD                 | 11   |
| Mar. 17  | **Trends in Adolescent Mental Health and Substance Abuse: Treating the Complex Adolescent** | Jacqueline Rhew, LCPC, CADC      | 12   |
|          |                                                                       | Sarah Briley, EdD, LCPC, CADC    |      |
|          |                                                                       | Kenneth Young Center and Live4Loli |      |
| Apr. 4   | **Learning to Breathe (L2B): A Mindfulness-Based Program Curriculum for Adolescents** | Patricia Broderick, PhD          | 13   |
| Apr. 6-7 | **Learning to Breathe (L2B) Intensive Training – Two-Day Event**      | Patricia Broderick, PhD          | 14   |
|          |                                                                       | Brenda Nelson, DSW, LCSW         |      |
| Apr. 14  | **Power and Control Gone Wrong: Exploring the Connections Between Bullying, Social Media and Teen Dating Violence** | Madelyn “Mandy” Burbank, LCSW   | 15   |
| Apr. 21  | **Restoring Hope to “On the Brink” Couples**                          | Michele Weiner-Davis, MSW        | 16   |
| Apr. 28  | **Move Your Body, Develop Your Brain: Intensive Training for Movement Therapy** | Linda Cao Baker, LCPC, BC-DMT    | 17   |
| May 5    | **Promising Interventions for ADHD: Moving Beyond Medication**         | Jason Washburn, PhD, ABPP        | 20   |
Winter/Spring 2017 Webinars Calendar At-A-Glance

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC</th>
<th>PRESENTER</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb. 21</td>
<td>Treating the Impaired Professional</td>
<td>Sarah Briley, EdD, LCPC, CADC</td>
<td>19</td>
</tr>
<tr>
<td>Mar. 16</td>
<td>Residential Treatment of Anxiety and Co-Occurring Disorders</td>
<td>Patrick McGrath, PhD</td>
<td>19</td>
</tr>
<tr>
<td>Apr. 18</td>
<td>Organizing Treatment for the Complex Patient</td>
<td>Paul Skiba, PsyD</td>
<td>19</td>
</tr>
<tr>
<td>May 16</td>
<td>When to Refer to a Higher Level of Care: Partial Hospitalization, Residential and Inpatient</td>
<td>Debbie Ernst, LCPC</td>
<td>19</td>
</tr>
</tbody>
</table>

Continuing Education Information

CEU Grouping

<table>
<thead>
<tr>
<th>CEU Grouping</th>
<th>Providers</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>LSW/LCSW, LPC/LCPC, LMFT</td>
</tr>
<tr>
<td>B</td>
<td>IAODAPCA (CADC)</td>
</tr>
<tr>
<td>C</td>
<td>Psychologists</td>
</tr>
<tr>
<td>D</td>
<td>CPDU (School Personnel)</td>
</tr>
<tr>
<td>E</td>
<td>Nursing</td>
</tr>
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<td>F</td>
<td>Dietitians</td>
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<tr>
<td>G</td>
<td>Nursing Home Administrators</td>
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</tbody>
</table>

CADC/IAODAPCA
For selected programs, we apply for IAODAPCA credits. Check each program description for reference to those credits.

Psychologists
Approved provider through the Illinois Department of Financial and Professional Regulation #268.000021

School Personnel/Continuing Professional Development Unit
For select programs, we will apply for CPDU credits. Check each program description for reference to these credits. Approved provider through the Illinois State Board of Education #080916103644232

Nurses
Approved provider through the Illinois Department of Financial and Professional Regulation #236.000058

Dietitians
For select training programs, we will apply for Illinois Dietetic Association CEUs. Check each program description for these credits.

Nursing Home Administrators
Approved provider through the Illinois Department of Financial and Professional Regulation #139.000233

Licensed Social Workers/Licensed Clinical Social Workers
Approved provider through the Illinois Department of Financial and Professional Regulation #159.000944

Licensed Professional Counselors/Licensed Clinical Professional Counselors
Approved provider through the Illinois Department of Financial and Professional Regulation #159.000944*

*According to IDFPR Professional Counselors/Administrative Code Section 1375.200 C.1.R, CEUs for LSW/LCSW are reciprocal for LPC/LCPC

Licensed Marriage and Family Therapists
Approved provider through the Illinois Department of Financial and Professional Regulation #168.000166

Illinois Department of Financial and Professional Regulation require that participants attend the entire workshop to receive full credit. AMITA Health recognizes that our attendees may arrive late or need to leave early. We will be happy to provide you an amended certificate based on actual hours attended.
Healing from Infidelity: The Divorce Busting Guide to Rebuilding Your Marriage After an Affair

The article is an excerpt from Healing from Infidelity: The Divorce Busting Guide to Rebuilding Your Marriage After an Affair by Michele Weiner-Davis (2017). Most of us who see couples and families encounter situations where an affair has occurred within a marriage or significant relationship and is now threatening the relationship and affecting others who are invested in the couple. This article is an excerpt on how partners and families commonly react to this situation and some important do’s and don’ts for each partner. Michele’s book is an effort to quantify and codify the steps to rebuilding a relationship after a betrayal by answering commonly asked questions during the healing process.

Read the article here:
alexianbrothershealth.org/abbhh/professionaleducation/2017-CEU-article

Did You Read the Article?

To obtain one (1) CEU Credit (groups A, C and E), please submit your answers to these questions here: surveymonkey.com/r/CPEWinter2017

QUESTIONS:

1. Most betrayed partners feel their unfaithful spouse should “bend over backwards” as a penance for the pain they caused.
   □ True □ False

2. It is a natural instinct to tell friends and family about your spouse’s affair in an effort to glean support.
   □ True □ False

3. Relatives and friends are generally supportive after the betrayed spouse states that they would like to save the marriage.
   □ True □ False

4. If your loved ones are becoming biased, it is wise to set limits and boundaries with them and seek professional consultation.
   □ True □ False
Let’s Talk About Older Adults: Family Communication and Psychotropic Medication

Tuesday, January 17, 2017
10 a.m. – 12 p.m.
Check-in begins at 9:30 a.m.

Faculty
Maxim Chasanov, MD
Psychiatrist
AMITA Health Alexian Brothers Behavioral Health
Hospital Hoffman Estates

Location
Bridges of Poplar Creek Country Club
1400 Poplar Creek Dr.
Hoffman Estates, IL 60169

CEUs Offered: 2.0
Groups: A, B, C, E, G

Cost: $20
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
This program will discuss effective communication skills among families when dealing with mental illness in the older adult. The older adult might have a lifelong mental illness; or a diagnosis of mental illness may emerge due to loss of independence, financial problems, bereavement or physical illness. Dr. Chasanov will address unique communication skills with this population, including those who might be suffering from depression, anxiety or dementia and how to work with families on strategies for successful interventions including communication and the therapeutic role of psychotropic medication. The issue of polypharmacy among older adults will also be addressed. Additionally, classifications of psychotropic medications, side effects and appropriate usage will be discussed.

Program Objectives
Participants will:

• Describe effective communication techniques for families dealing with an older adult’s mental illness

• Describe common communication barriers among family members

• Identify appropriate assistance barriers when faced with the issue of mental illness and the older adult

• Discuss polypharmacy and how to best manage medications when working with older adults
Don’t Worry!
Anxiety Strategies for Therapists

Friday, February 10, 2017
9 a.m. – 1 p.m.
Check-in begins at 8:30 a.m.

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 4.0
Groups: A, B, C, D, E

Cost: $30
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Faculty

Jacqueline Rhew, LCPC, CADC
Clinical Liaison
AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates

Patrick McGrath, PhD
Assistant Vice President
AMITA Health Foglia Family Foundation Residential Treatment Facility and Center for Anxiety and OCD

Brandon DeJong, PhD
Therapist
Center for Anxiety and OCD
AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates

David Ferenciak, MA, LPC
Therapist II
Center for Anxiety and OCD
AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates

Description & Program Objectives

Part I Assessment and Intervention Strategies for Children and Adolescents Struggling with School Anxiety and School Avoidance

This presentation reviews the criteria for school avoidance and school anxiety and helps identify strategies to assist families on how to cope. School Anxiety/School Avoidance is defined as emotional and/or behavioral issues that lead a child or adolescent to attend school inconsistently or not at all. Also included are those students who attend school but refuse to engage in school requirements. Understanding their cognitive and emotional development and customizing therapy to address the child’s unique needs is vital to successful treatment.
Participants will:

• Define school anxiety and school avoidance
• Review and assessing child and adolescent emotional and cognitive development to implement strategies for effective intervention in these cases
• Engage children, adolescents, families and school personnel using therapeutic interventions that address each child's unique needs

Part II Understanding Hoarding: Issues and Answers

This presentation will review the phenomenology and epidemiology of hoarding disorder, something that, while prominently featured in the media, is not well understood. Individuals with this disorder tend to have significant difficulty with daily functioning due to the state of their homes and are not able to use their home for normative tasks and interacting with friends/family. Understanding how those with this disorder approach their possessions and relationships to them will help assist therapists in creative and appropriate interventions and strategies.

Participants will:

• Define hoarding disorder and how our conceptualization of it has evolved
• Provide information about phenomenology and epidemiology
• Review intervention strategies for those with hoarding disorder

Part III Generalized Anxiety and Phobias: Ideas and Answers

Worry is...normal, persuasive, intrusive and overwhelming. All of these words have been used to describe the role of worry in people's lives. The presenter will discuss what worry is from a clinical problem standpoint and ways to challenge worry. He will further investigate the role of phobias in our lives: from not liking spiders to refusing to fly on airplanes. Why we have these specific fears and ways that we can treat people with these concerns.

Participants will:

• Analyze the notion of worry in our lives
• Summarize ways to challenge worry
• Explain the role of phobias and ways to intervene and manage this problem

Part IV Mindfulness for Anxiety

Mindfulness continues to gain popularity in treating a wide variety of mental health issues, especially as it relates to anxiety disorders. Attendees will be educated on the core components of mindfulness, including present moment awareness and developing a nonjudgmental perspective. A particular emphasis will be placed on how mindfulness techniques can reduce chronic stress and combat anxiety, while increasing quality of life and satisfaction. The particular methods that can be used to cultivate present moment awareness will be thoroughly explained, which include formal meditations and breathing.

Participants will:

• Understand the core elements of mindfulness
• Explore the benefits of mindfulness in combating anxiety
• Identify various tools to increase present moment awareness
Maintaining Mental Fitness: Building Brain Health

Co-sponsored by Belmont Village Senior Living

Wednesday, February 15, 2017
12 p.m. — 2 p.m.
Check-in begins at 11:30 a.m.

AMITA Health Adventist Medical Center Bolingbrook
500 Remington Blvd. Bolingbrook, IL 60440

Friday, February 17, 2017
9 a.m. – 11 a.m.
Check-in begins at 8:30 a.m.

NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

Guest Faculty
Beverly Sanborn, LCSW
Vice President for Program Development
Belmont Village Senior Living

CEUs Offered: 3.0
Groups: A, B, C, E, G

Cost: $20
Includes program materials, continuing education, a light lunch on February 15, 2017 and a continental breakfast on February 17, 2017

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
This program will discuss practical applications for building and maintaining “brain health.” The presenter will identify how the brain stays fit and discuss the six brain domains for mental fitness. Specific activities will include keeping neurons and dendrites “fit,” stretching the mind, nutrition for the brain and physical/mental exercises for the brain.

Program Objectives
Participants will:
• Identify four elements in a comprehensive mental fitness program
• Demonstrate an activity for each of six mental fitness domains
• Describe how mental fitness can be used both at home and in a group facility

Guest Faculty Bios
Beverly Sanborn, LCSW is the Vice President of Program Development for Belmont Village Senior Living. Beverly is a licensed clinical social worker and gerontologist. She is a graduate of University of California, Berkeley, with a Masters in Social Work from University of California Los Angeles. She has more than two decades of experience designing and managing older adult services. Beverly co-authored with Bill Keane the S.E.L.F. training program and five training video tapes for advanced Alzheimer’s Care for Mather Lifeways. She has also written other books and papers on the subject of Alzheimer’s care. Beverly regularly gives lectures and workshops throughout the United States and is a nationally recognized and sought-after expert on dementia care.
Experiential Mindfulness
for School Personnel

Friday, February 24, 2017
9 a.m. — 3 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Brenda Nelson, DSW, LCSW
Prevention and Wellness Coordinator
Libertyville High School
Libertyville, IL

Location
Bridges of Poplar Creek Country Club
1400 Poplar Creek Dr.
Hoffman Estates, IL 60169

CEUs Offered: 5.0
Groups: A, B, C, D, E

Cost: $50
Limited to 50 participants
Prerequisite to two-day intensive training
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
Teachers, school social workers, school counselors, school nurses, school psychologists and administrators are invited to a day of experimental instruction of mindfulness. Maybe you have heard about mindfulness, but want to gain a clearer understanding of what it is and how mindfulness practice can help reduce stress and improve well-being, both personally and professionally. Participants can expect 25 percent lecture/discussion and 75 percent mindfulness practice/reflection. Please dress in loose-fitting, comfortable clothing and bring a yoga mat or large towel.

Program Objectives
Participants will:
• Discuss the use of mindfulness to reduce stress
• Describe the neurobiology of mindfulness
• Experience mindfulness practice

Guest Faculty Bio
Brenda Nelson, DSW, LCSW is a licensed clinical social worker with more than 25 years of experience in mental health and schools. She presently coordinates prevention and wellness at Libertyville High School. Dr. Nelson completed her doctoral degree at Aurora University in Aurora, Illinois where her dissertation explored the impact of mindfulness curriculum for adolescents: Learning to Breathe.
Thursday, March 2, 2017
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Faculty

Patrick McGrath, PhD
Assistant Vice President
AMITA Health Foglia Family Foundation Residential Treatment Facility and Center for Anxiety and OCD

Sarah Briley, EdD, LCPC, CADC
Clinical Director
AMITA Health Foglia Family Foundation Residential Treatment Facility and Center for Addiction Medicine

Irfan Syed, MD
Medical Director
AMITA Health Foglia Family Foundation Residential Treatment Facility and Center for Addiction Medicine

Location
Stonegate Conference and Banquet Centre
2401 W Higgins Rd., Hoffman Estates, IL 60169

CEUs Offered: 3.0
Groups: A, B, C, D, E, F, G

Cost: Free
Includes program materials, continuing education, continental breakfast and expert panel

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description

Please join us for this free event to celebrate the opening of the new Foglia Family Foundation Residential Treatment Center in Elk Grove Village. In addition to information and networking, Dr. Patrick McGrath and Dr. Sarah Briley will discuss the treatment of anxiety and chemical dependency at a residential level of care, followed by a panel discussion including Medical Director Dr. Irfan Syed.

Virtual reality care has grown greatly during the last decade. Dr. McGrath will discuss how virtual reality can be useful in a co-occurring anxiety and chemically dependent patient population, as well as how it will be used in our residential treatment center. We will further discuss our work with veterans. There will also be an overview of the anxiety disorders the new center will be treating and the basis for treatment methods.

Millions of Americans continue to suffer from substance use disorders and addiction. Dr. Briley will discuss new approaches to treatment of substance use disorders and addiction, including the use of technology as a treatment tool. This discussion will also explore the difference between intensive levels of care for treatment of SUDS, a brief discussion of the ASAM levels of care and how to best assess which is best for the patients and family members.

Program Objectives

Participants will:

• Discuss the appropriate use of residential treatment for anxiety and chemical dependency

• Summarize treatment approaches for anxiety and chemical dependency as well as co-occurring disorders

• Create strategies for working with community therapists during this level of care
Dr. Michael Feld is a Board Certified Psychiatrist who specializes in the treatment of adolescents and children. He is a graduate of Northwestern University Medical School and completed his residency from Northwestern University in 1990. In addition, he successfully completed a Child Psychiatry Fellowship from the University of Chicago Medical School in 1992. He is a member of the American Academy of Child and Adolescent Psychiatry and the Illinois Council of Child and Adolescent Psychiatry. His current clinical positions include serving as Physician Liaison Community Educator at AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates, Psychiatric Consultant at the Misericordia North Residential Facility and Consultant to The Bridge Youth & Family Services in Palatine. Dr. Feld has special interest in public health teaching and education surrounding issues concerning children, teens and their families. He is a dynamic speaker and frequently conducts informational talks with parents as well as training for professionals.

Guest Faculty Bio

Dr. Michael Feld is a Board Certified Psychiatrist who specializes in the treatment of adolescents and children. He is a graduate of Northwestern University Medical School and completed his residency from Northwestern University in 1990. In addition, he successfully completed a Child Psychiatry Fellowship from the University of Chicago Medical School in 1992. He is a member of the American Academy of Child and Adolescent Psychiatry and the Illinois Council of Child and Adolescent Psychiatry. His current clinical positions include serving as Physician Liaison Community Educator at AMITA Health Alexian Brothers Behavioral Health Hospital, Psychiatric Consultant at the Misericordia North Residential Facility and Consultant to The Bridge Youth & Family Services in Palatine. Dr. Feld has special interest in public health teaching and education surrounding issues concerning children, teens and their families. He is a dynamic speaker and frequently conducts informational talks with parents as well as training for professionals.
Trends in Adolescent Mental Health and Substance Abuse: Treating the Complex Adolescent

Friday, March 17, 2017
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Faculty
Jacqueline Rhew, LCPC, CADC
Clinical Liaison
AMITA Health Alexian Brothers Behavioral Health
Hoffman Estates

Sarah Briley, EdD, LCPC, CADC
Clinical Director
AMITA Health Foglia Family Residential Treatment Center and Center for Addiction Medicine

Guest Agencies
Kenneth Young Center
Live4Loli

Location
NIU Conference Center, Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, B, C, D, E

Cost: $30
Includes program materials, continuing education, and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
This workshop will discuss a variety of approaches when working with adolescents who are coping with substance abuse and mental health issues such as, depression, and/or anxiety. The effects of marijuana, alcohol and heroin will be considered along with ways to intervene early in the process of dependence. In addition to treatment approaches, the presenter will discuss drug testing and alternatives to suspension programming. A panel discussion will be held with participants from Kenneth Young Center and Live4Loli to discuss prevention and early intervention efforts in schools.

Program Objectives
Participants will:
• Develop treatment strategies for engaging the patient and family throughout the recovery process
• Review strategies such as, ACT, DBT harm reduction and behavioral treatments
• Learn how early intervention impacts adolescents’ continued use of substances and affects emotional functioning
• Discuss and recognize the treatment of emotional disorders
Learning to Breathe (L2B): A Mindfulness-Based Program Curriculum for Adolescents

Tuesday, April 4, 2017
9 a.m. – 4 p.m.
Check-in begins at 8:30 a.m.

Description
This workshop will introduce school personnel, mental health therapists and social service providers to Learning to Breathe (L2B), a structured mindfulness-based program for adolescents. This workshop will offer a broad overview of the theory and research behind mindfulness-based interventions, activities and practice, as well as underlying research supporting each of the six themes of L2B lessons. Since those who teach mindfulness must experience mindfulness themselves, this workshop includes periods of mindfulness practice for participants.

Program Objectives
Participants will:
• Describe the research behind the L2B program
• Analyze the six themes of L2B lessons
• Discuss mindfulness interventions and strategies for adolescents
• Practice and learn mindfulness techniques

Guest Faculty
Patricia Broderick, PhD
Penn State Prevention Research Center

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 6.0
Groups: A, B, C, D, E

Cost: $50
Includes program materials, continuing education, continental breakfast and snacks

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Guest Faculty Bio
Patricia (Trish) Broderick, PhD, is a research associate at the Penn State Prevention Research Center in State College, Pennsylvania in State College, Pennsylvania and founder of the Stress Reduction center at the West Chester University of Pennsylvania. Dr. Broderick is a certified school psychologist and school counselor, a licensed clinical psychologist and graduate of the Mindfulness-Based Stress Reduction Advanced Curriculum at University of Massachusetts. The fourth edition of her developmental psychology textbook, The Life Span: Human Development for Helping Professionals, was published in 2014 and Learning to Breathe was published in 2013.
This two-day workshop* is designed to help you facilitate the growth of mindfulness in adolescents using the Learning to Breathe (L2B) program. Demonstration, small-group practice and group feedback are planned for each of the six themes of the program. Discussion about the role of the teacher and the pedagogical elements of mindfulness-based programs are part of the workshop. Participants will be engaged in a mix of demonstration, practice teaching and group discussion throughout both days. The workshop is intended to prepare participants to teach the program, so it relies more on practice than on presentation of theoretical and research background information. A short overview of the curriculum will be shared on day one. All materials for the workshop will be provided (except for the manual itself which can be purchased from New Harbinger® or Amazon®). If you have access to an L2B manual, you may wish to look through it in advance. Please dress comfortably for these two days of practice and sharing.

**Thursday, April 6, 2017 and Friday, April 7, 2017**
9 a.m. – 4 p.m.
Check-in begins at 8:30 a.m.

**Guest Faculty**

Patricia Broderick, PhD  
Penn State Prevention Research Center

Brenda Nelson, DSW, LCSW  
Prevention and Wellness Coordinator  
Libertyville High School  
Libertyville, IL

**Location**  
Bridges of Poplar Creek Country Club  
1400 Poplar Creek Dr.,  
Hoffman Estates, IL

**CEUs Offered: 11.0**  
Groups: A, B, C, D, E

**Cost: $200**  
Includes program materials, continuing education, continental breakfast and afternoon refreshments

**Reserve a Seat**  
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register  
or call 1.855.MyAMITA (692.6482)

Limited to 40 participants

*Prerequisite: Participants in the intensive training must also attend the one-day program on April 4 or February 24.
Power and Control Gone Wrong: Exploring the Connections Between Bullying, Social Media and Teen Dating Violence

Friday, April 14, 2017
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Faculty
Madelyn “Mandy” Burbank, LCSW
Clinical Navigator
AMITA Health Violence Prevention

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, B, C, D, E

Cost: $30
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
Power and control are both normal human desires but a lot can go wrong when children and teens use unhealthy avenues to fulfill these desires. This presentation will explore various manifestations of power and control abuse such as bullying, cyber-bullying and teen dating violence. Issues such as technology, smaller families, less unstructured time, sexism, the media, gender roles, sibling aggression and family beliefs will be addressed. Interventions and steps to building empathy will be identified for participants.

Program Objectives

Participants will:

• Define bullying, cyber-bullying and teen dating violence

• Demonstrate macro, mezzo and micro factors that impact power and control abuse

• Assess family, cultural and individual influences on power and control
Restoring Hope to “On the Brink” Couples

Friday, April 21, 2017
9 a.m. – 4 p.m.
Check-in begins at 8:30 a.m.

Guest Faculty
Michele Weiner-Davis, MSW
Director
The Divorce Busting® Center

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 6.0
Groups: A, B, C

Cost: $50
Includes program materials, continuing education, continental breakfast and snacks

Reserve a Seat
Register online at
AMITAhealth.org/BehavioralMedicine/AB/Register
or call 1.855.MyAMITA (692.6482)

Description
Perhaps the most critical moment in couples’ therapy is when a couple on the verge of divorce first walks into your consulting room – your every word and gesture can have huge repercussions for the outcome of the marriage.

Through videos of couples’ sessions, we’ll first explore the moment-by-moment impact of the therapist’s verbal language. We’ll discuss how to challenge statements such as, “I love him but I’m not in love with him,” or “We’re only married because of the kids.” You’ll leave with a new set of practical skills for helping couples not only face their immediate crisis, but also develop a realistic sense of evolving hope for the future.

That only one partner is willing to seek relationship therapy should not deter therapists since there is much that can be accomplished. We’ll also explore these situations and offer therapists a conceptual framework for conducting relationship-oriented sessions with only one partner present. Michele will explain how to effectively work with the spouse who is motivated to save the marriage, even when the reluctant spouse wants out.

Program Objectives
Participants will:
• Discuss assumptions of solution-oriented approaches when working with couples
• Examine videos of marital sessions to better understand techniques to resolve issues
• Develop a conceptual framework for conducting sessions with only one person present for therapy

Guest Faculty Bios
Michele Weiner-Davis, MSW, is an internationally renowned relationship expert, best-selling author, marriage therapist and professional speaker who specializes in helping people change their lives and improve important relationships. Among the first in her field to courageously speak out about the pitfalls of unnecessary divorce, Michele has been active in spearheading the now popular movement urging couples to make their marriages work and keep their families together. She is the author of seven books including her best-selling book, *Divorce Busting: A Step-by-Step Approach to Making Your Marriage Loving Again*, and *The Sex Starved Marriage: A Couple’s Guide to Boosting Their Marriage Libido.*
Move Your Body, Develop Your Brain: Intensive Training for Movement Therapy

Friday April 28, 2017
9 a.m. – 12 p.m.

Faculty
Linda Cao Baker, LCPC, BC-DMT
Clinical Director of Expressive Therapy Services
AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates

Location
Bridges of Poplar Creek Country Club
1400 Poplar Creek Dr.
Hoffman Estates, IL 60169

CEUs Offered: 3.0
Groups: A, B, C, D, E

Cost: $30
Includes program materials, continuing education, and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Check-in begins at 8:30 a.m.

Description
It can be said the body is the mirror of the mind and movement is the architect of the brain. This workshop will focus on the theory of neuroscience and clinical practice of movement therapy and will explore the analysis of diagnostic body movement, re-patterning body movement work and specific movement therapy and clinical intervention techniques. Through this training, participants will not only learn new clinical skills but also discover a new path for their own professional development.

Program Objectives
Participants will:
- Gain knowledge of the Kestenberg Movement Profile diagnostic movement analysis tool
- Learn Bartenieff corrective body movement skills for body movement re-patterning work
- Discuss intervention techniques for treating challenging clinical symptoms
**Workshop 1: Saturday, January 28, 2017**  
**Workshop 2: Saturday, February 18, 2017**  
**Workshop 3: Saturday, March 4, 2017**

8:30 a.m. – 3 p.m.  
Check-in begins at 8 a.m.

**Guest Faculty**  
**Toni Tollerud, PhD, LCPC, NCC, NCS, ACS**  
Distinguished Teaching Professor  
Department of Counseling  
Northern Illinois University  
Dekalb, Illinois

**Location**  
AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates  
1650 Moon Lake Blvd.  
Hoffman Estates, IL 60169

**CEUs Offered: 18.0**  
Groups: A, B, C, D, E

**Cost: $180**  
Includes program materials, continuing education, continental breakfast and snacks

**Reserve a Seat**  
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Attendees are welcomed to register for workshops on an individual basis if necessary. Each workshop offers 6.0 CEUs.

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**The Supervisory Relationship**  
This workshop explores the theory and strategies that focus on the supervisor/supervisee relationship. It will offer specific examples of ways to enhance the relationship and present issues representing good boundaries in supervision.

**Specific Topics:**
- Games played in supervision
- Concerning issues regarding multiculturalism and diversity in the supervisory relationship
- Boundaries and dual relationship
- Ethical concerns in relationships and boundaries
- Effective strategies to build a successful relationship

Role play and hands-on opportunities are used to practice these skills.

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**Guest Faculty Bio**

Dr. Toni Tollerud is a professor in the Department of Counseling, Adult and Higher Education at Northern Illinois University (NIU) in Dekalb, Illinois. She received a Presidential Teaching Professorship Award in 2008. In her 25 years at NIU, she has coordinated and served as Director of Internship and the School Counseling Program. She is an accomplished counselor educator and consults on issues related to supervision, career development and school counseling.
Webinar Learning Series

Online learning through the AMITA Health Alexian Brothers Center for Professional Education is available for your convenience. Each webinar will be offered on the specified date from 12 p.m. – 1 p.m. One (1) CEU credit will be awarded upon successful completion of the webinar for groups A and C. Webinar programs are FREE OF CHARGE! Registration is required.

Register online at AMITAhealth.org/BehavioralMedicine/AB/Register

Treating the Impaired Professional
Tuesday, February 21, 2017
Sarah Briley, EdD, LCPC, CADC

Residential Treatment of Anxiety and Co-occurring Disorders
Thursday, March 16, 2017
Patrick McGrath, PhD

Organizing Treatment for the Complex Patient
Tuesday, April 18, 2017
Paul Skiba, PsyD

When to Refer to a Higher Level of Care: Partial Hospitalization, Residential and Inpatient
Tuesday, May 16, 2017
Debbie Ernst, LCPC

Workshop 2: February 18, 2017

Evaluation and Assessment in Supervision
This workshop deals with more advanced issues that can arise in the supervisory relationship.

Specific Topics:
- Dealing with difficult supervisees
- Prevention strategies to avoid difficulties
- Due process procedures in supervision
- Impairment
- Supervision/supervisee burnout
- Transference and countertransference

Opportunities to apply concepts learned will be experienced through viewing videos of counseling and supervision sessions.

Workshop 3: March 4, 2017

Peer, Triadic, Group and Supervision
This workshop offers insightful information and examples for doing supervision utilizing approaches other than the traditional two person, face-to-face approach.

Specific Topics:
- Differences between consultation and supervision
- Group supervision
- Leadership styles in conducting group supervision
- Triadic supervision, the reflective approach model
- Peer supervision
- Ethical and legal issues surrounding these approaches
Describing ADHD: Moving Beyond Medication

Friday, May 5, 2017
9 a.m. – 12 p.m.
Check-in begins at 8:30 a.m.

Faculty
Jason Washburn, PhD, ABPP
Director of Center for Evidence-Based Practice
AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates

Location
NIU Conference Center
Hoffman Estates Campus
5555 Trillium Blvd.
Hoffman Estates, IL 60192

CEUs Offered: 3.0
Groups: A, B, C, D, E

Cost: $30
Includes program materials, continuing education and continental breakfast

Reserve a Seat
Register online at AMITAhealth.org/BehavioralMedicine/AB/Register or call 1.855.MyAMITA (692.6482)

Description
According to the Center for Disease Control and Prevention, 11 percent of children are diagnosed with Attention Deficit Hyperactivity Disorder, each year. Many of these children receive medication without therapy despite best practice recommendations which prefer the combination of medication and therapy. This presentation will also provide an update on our understanding of ADHD and highlight recent advances in behavioral and parental interventions. This workshop will also discuss promising and controversial approaches to treating ADHD without medication. Classroom management, parent training and organized skills training will be presented to participants.

Program Objectives
Participants will:

• Demonstrate knowledge of the latest research on ADHD diagnosis, prevalence, etiology, course and outcomes

• Describe non-pharmacologic approaches to treating the symptoms and features of ADHD

• Develop a critical knowledge of promising and controversial treatments for ADHD, such as mindfulness, cognitive training, neuro feedback and nutritional supplements
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   5555 Trillium Blvd.
   Hoffman Estates, IL 60192

2. Bridges of Poplar Creek Country Club
   1400 Poplar Creek Dr.
   Hoffman Estates, IL 60169

3. Stonegate Conference Center
   2401 W. Higgins Rd.
   Hoffman Estates, IL 60169
Help is closer than you think.

AMITA Health Alexian Brothers Behavioral Health Hospital Hoffman Estates has a Centralized Clinical Intake Call Center for all behavioral medicine services. A staff of dedicated Clinical Intake Advisors is available to help patients, family members and behavioral medicine professionals with questions while maximizing service and scheduling.

For your convenience, we can assist with:

- Information about referrals and assessments for behavioral medicine and substance abuse services
- Scheduling of intake assessments
- Information about community resources and support groups
- Referrals for other behavioral medicine related services

To speak with one of our expert Clinical Intake Advisors, please call 855.383.2224 today.