

Live Webinars and Online Programs for Mental Health Professionals

Live Webinars 9 a.m. - 12 p.m. | Online Asynchronous Program

Register online at www.oakton.edu/cehp

SPRING 2022

Understanding LGBTQ+ Culture Through Film

February 7 - March 13

Fee: \$139, 15.0 CE hours

Stress and Disease: The Mind Body Connection

Friday, February 18, 9 a.m. - 12 p.m.

Fee: \$99, 3.0 CE hours

Birth Order: Family Dynamics, Treatment Planning and Interventions

Friday, February 25, 9 a.m. - 12 p.m.

Fee: \$99, 3.0 CE hours

Transdiagnostic Treatment: How to Use the Unified Protocol in Clinical Practice

Wednesday, March 9, 9 a.m. - 12 p.m.

Fee: \$99, 3.0 CE hours

Treating Anxiety in a Post Pandemic World

Wednesday, March 23, 9 a.m. - 12 p.m.

Fee: \$99, 3.0 CE hours

Welcoming Spirituality in Clinical Practice

Friday, April 1, 9 a.m. - 12 p.m.

Fee: \$99, 3.0 CE hours

Trauma Informed Care: A Focus on Ethics and Cultural Competence

Wednesday, April 6, 9 a.m. - 12 p.m.

Fee: \$99, 3.0 CE hours

Best Practices in Telehealth Technology

Friday, April 29, 9 a.m. - 12 p.m.

Fee: \$99, 3.0 CE hours

Anxiety, OCD and Trauma: How Safety Seeking Behaviors Interfere with Treatment

Friday, May 6, 9 a.m. - 12 p.m.

Fee: \$99, 3.0 CE hours

Understanding LGBTQ+ Culture Through Film

February 7 - March 13

This course utilizes film as a means to understanding LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, and Allies) culture. Gain awareness and knowledge of the LGBTQIA culture by examining the films within a cultural competence framework. Watch *Boys Don't Cry*, *Brokeback Mountain*, *Transamerica*, *Boy Erased* and *Ma Vie En Rose*. Respond to study guide questions and participate in online discussions of issues related to LGBTQIA culture within the context of these films, as well as the application to professional practice. This is an online D2L course accessed through d2l.oakton.edu. Participants will watch the films independently and then participate in asynchronous online discussion board. **This class satisfies the Illinois Department of Financial and Professional Regulation (IDFPR) cultural competence requirement and is eligible for 15 clock hours of continuing education.**

Cheri Sinnott Springer, LCSW

HMH A96 [CRN 40168]

Stress and Disease: The Mind Body Connection

Friday, February 18, 9 a.m. - 12 p.m.

Because stress is so prevalent in modern life we often take it for granted. But increasing numbers of people are living with chronic diseases that are attributed to or made worse by stress. This webinar examines the how stress affects both physical and emotional health and its role in the development and progression of disease. Discussion will focus on understanding specific physiological and cognitive processes that accentuate or effectively control individual responses to stress. In addition, participants will review a plan for combating problematic behaviors.

Gary Gilles, M.A., LCPC

HTH B84 [CRN 40159]

Birth Order: Family Dynamics, Treatment Planning and Interventions

Michael Maniaci, PsyD

Friday, February 25, 9 a.m. - 12 p.m.

HME B06 [CRN 40160]

Birth order is a way of understanding personality style. This live webinar (by popular demand) demonstrates how to use early childhood family dynamics, especially sibling relationships, as a way of mapping psychotherapy treatment plans. The instructor incorporates birth order dynamics into the application of real case studies.

Transdiagnostic Treatment: How to Utilize the Unified Protocol in Clinical Practice

Jancey Wickstrom, LCSW

Wednesday, March 9, 9 a.m. - 12 p.m.

HUH B23 [CRN 40199]

Transdiagnostic treatments are clinical interventions that can be applied across diagnostic categories to address underlying emotional disorders. In this training, David Barlow's Unified Protocol: Transdiagnostic Treatment for Emotional Disorders (UP) will be introduced. The UP incorporates elements of behaviorism from all three waves, including mindfulness, cognitive restructuring and emotional exposure. The UP can be applied to a range of different disorders and problems that share emotional dysfunction as their core (e.g., panic attacks, social anxiety, obsessive thought/compulsions, depressed mood, impulsive behaviors, and eating disorders). The overarching goal of the UP is to help patients learn new ways of responding to uncomfortable emotions that reduce symptoms across a patient's range of problems. Participants will leave this course with new skills to implement in their practice.

Treating Anxiety in a Post Pandemic World

Margaret Wehrenberg, PsyD

Wednesday, March 23, 9 a.m. - 12 p.m.

HMH B17 [CRN 40196]

The impact of the COVID-19 pandemic on people with anxiety disorders is going to be felt for a long time to come. We are now living in the 'ambient anxiety' of 24/7 news about virus, natural disasters and racial/economic oppression. This toxic atmosphere fuels the vigilance and persistent worry that are hallmarks of anxiety disorders. It is harder and harder to curate information from news sources or social media and discern accurate information, creating more tough-to-shake off anxiety and making isolation feel like the only safety. As people emerge from restrictions, 'cave syndrome,' which affects all ages, is observed. But adolescents, in particular those with social anxiety, are struggling with that and the new challenge of re-entry anxiety. In this session, Dr. Wehrenberg will focus on practical strategies that will help any client with anxiety to suffer less panic, to increase stress resilience, and block worry (especially health anxiety).

Welcoming Spirituality in Clinical Practice

Ann Fisher Raney, LCSW

Friday, April 1, 9 a.m. - 12 p.m.

HTH B09 [CRN 40169]

Encountering religiosity and spiritual commitments in work with clients provides a powerful opportunity to understand attitudes, values, motivation and behavior. Understanding begins, however, with consideration of the practitioner's perspective, sense of self as religious, and capacity to welcome representations of spirituality in practice. The primary goal of this webinar is to acquaint practitioners with spirituality and religious beliefs and attitudes as they emerge in treatment, to see expressions of spirituality as a means to understand the client's worldview, strengths and experiences, and even as a resource for mapping the therapy process. A critical notion will be establishing a sense of therapeutic or healing space as the ground for the therapy relationship and place for growth and change.

Trauma Informed Care: A Focus on Ethics and Cultural Competence

Mark Sanders, LCSW, CADC

Wednesday, April 6, 9 a.m. - 12 p.m.

HME B15 [CRN 40161]

This webinar highlights the diagnosis and evidence based treatment of five varieties of traumatic stress disorders including: Acute stress disorder; post-traumatic stress disorder; complex trauma; historical trauma; and 24-7-365 terror. Emphasis will be placed on ethics in trauma informed care including: boundaries, dual relationships, iatrogenic effects and how to avoid doing harm in clinical work with trauma survivors. Emphasis will also be placed upon culturally competent trauma informed care including: addressing micro-aggressions which can traumatize clients and culturally influenced models of trauma recovery. **This webinar can be applied to the ethics and/or cultural competency requirement for IDFP social workers and psychologists.**

Best Practices in Telehealth Technology

Ruth Lipschutz, LCSW

Friday, April 29, 9 a.m. - 12 p.m.

HMH B38 [CRN 40162]

COVID-19 has resulted in many more mental health professional utilizing telehealth. Telehealth includes the use of any information technology to deliver services (PC, laptop, tablets, cell phones, storage modalities, etc.). Practitioners do not need to be doing distance therapy to be involved in telehealth. Any use of electronically mediated devices for communicating, receiving or storing clinical information is practicing telehealth. This includes emails, texts, online scheduling or intake, use of social media sites and arrangements with business associates for billing or other purposes. Best practices in telehealth require clinicians to be aware of a new range of clinical, legal and ethical considerations. Telehealth competence requires all the skills necessary for effective in person treatment along with an additional expertise. This training will address critical issues including confidentiality, informed consent, HIPAA standards, licensing requirements and social media policy. Whether you are able to choose your own mediums of communication or need to utilize an employer's, all mental health providers need to this knowledge to protect clients, agencies and themselves. **This program satisfies the IDFP ethics requirement for social workers and psychologists.**

Anxiety, OCD and Trauma: How Safety Seeking Behaviors Interfere with Treatment Patrick McGrath, PsyD

Friday, May 6, 9 a.m. - 12 p.m.

HME B68 [CRN 40198]

Individuals with anxiety disorders, OCD, and trauma share a common bond in that they try to feel as good as possible as quickly as possible. While this may seem to be a wise goal, the truth is it may be the very thing that keeps people anxious and uncomfortable longer than they need to be. This webinar will review how the five big safety seeking behaviors that keep people stuck and feeling uncomfortable longer than necessary (Avoidance, Reassurance Seeking, Distraction, Substance Use, and Compulsions) keep people stuck and feeling uncomfortable longer than necessary. Many clinicians have been taught to use coping skills such as diaphragmatic breathing and muscle relaxation to assist their patients who are anxious and uncomfortable. While these skills may calm a person down in the moment, in the long term they can become a part of a litany of things one must do over and over again to just try to feel good in the moment. This webinar will review how to treat individuals with anxiety, OCD, and trauma without providing them with safety seeking behaviors and teaching them to tolerate uncomfortable experiences such as doubt, uncertainty, panic and fear.

Webinars are via Zoom. Within 24 hours of the webinar date, participants will receive a confirmation and a link to the Zoom webinar. Internet access and an email address is required for live webinars and asynchronous programs.

3.0 Continuing Education clock/contact hours for each live webinar will be offered for Illinois Social Workers, Professional Counselors, Marriage and Family Therapists, Psychologists, Nursing Home Administrators, Addictions Counselors, ICB Members (pending approval), ICDVP Members (unless noted in program description), Occupational Therapists, Speech and Language Pathologists/Audiologists, Nurses, Dietitians, and Teachers PDs. CE hours for Universal Training hours (UTH) will be offered to other professional groups.

15.0 CE hours will be offered for Understanding LGBTQ Culture through Film.

If attending the webinar outside of the state of Illinois, contact your state licensing board to determine your continuing education requirements and check for reciprocal approval.

REGISTRATION The attached registration form can be printed for mailing or faxing. **If registering online, registration must be received at least 24 hours prior to course start date. If registering by mail or fax, registration must be received at least 72 hours prior to course start date. Online registration is highly recommended.** Submit one registration form with full payment for each participant.

Effective for the spring 2021 semester, a \$3 technology fee will be added per class. Students who register online will not be charged any additional processing fees. However, those registering in person, by mail, or by fax will be charged an additional \$9 administrative fee with each registration form.

Online: Register and pay, add or drop classes, view your class schedule, or receive your account summary. Register at www.oakton.edu/conted.

By Mail: Send completed registration form with payment to Alliance for Lifelong Learning, P.O. Box 367, Skokie, IL 60077.

Pay by check (payable to Oakton Community College) or credit card (MasterCard, Visa, or Discover) and include credit card number, expiration date, three-digit verification code (found on the back of the credit card), and signature. An additional \$9 administrative fee applies.

In Person: An additional \$9 administrative fee applies. Register at Skokie campus, Room A120 or at Des Plaines campus, Room 1170.

For more information, call 847.982.9888 Monday - Friday, 8:30 a.m. - 4:45 p.m. or email us at continuingeducation@oakton.edu.

By Fax: Fax completed registration form to 847.635.1448 (include credit card number, expiration date, three-digit verification code (found on the back of card), and signature). An additional \$9 administrative fee applies.

NOTE: When providing a check as payment, you authorize the Alliance for Lifelong Learning either to use information from your check to make a one-time electronic fund transfer from your account or to process the payment as a check transaction. A \$25 fee is applied if the check is returned by the bank.

Cancellation/Refunds: Course fees are refunded if notification is received at least 48 hours prior to the start date. A \$15 fee is charged for cancellations.



Alliance for Lifelong Learning Continuing Education for Health Professionals
For more information, email cehp@oakton.edu, or call 847.982.9888.

Registration Form – Alliance for Lifelong Learning (ALL) Continuing Education, Training, and Workforce Development



Four ways to register: **1. Online** - oakton.edu/conted **2. Mail** - Alliance for Lifelong Learning, P.O. Box 367, Skokie, IL 60077
3. In Person - Room A120 at the Skokie campus or Room 1170 at the Des Plaines campus **4. Fax** - 847.635.1448

PART A: Personal Information (All fields are required)

Student ID Number or SSN	Last Name	First Name	Middle Initial
Street Address		City	State Zip
Home Phone	<input type="checkbox"/> Cell or <input type="checkbox"/> Business Phone	Preferred Email	Date of Birth Gender <input type="checkbox"/> Male <input type="checkbox"/> Female

PART B: Educational Information

Last high school attended (Name, city, state)	Are you a first generation college student? <input type="checkbox"/> Yes <input type="checkbox"/> No
Check one box that best describes your high school status: <input type="checkbox"/> High school graduate or expected date of graduation: _____ <input type="checkbox"/> Passed G.E.D test in _____ (year) <input type="checkbox"/> No longer attending high school and do not intend to return	Most credits or highest degree previously earned: <input type="checkbox"/> Some credits <input type="checkbox"/> Certificate <input type="checkbox"/> Associate degree <input type="checkbox"/> Bachelor's degree <input type="checkbox"/> Master's degree <input type="checkbox"/> Doctoral degree <input type="checkbox"/> CEHP Profession/License No. _____

PART C: Demographic Information (This information is requested solely to comply with Federal laws)

1. Are you Hispanic or Latino? (OR Are you of Spanish origin?) Yes Hispanic or Latino. Not Hispanic or Latino.

2. Are you from *one or more* of the following racial groups? (Select all that apply). American Indian or Alaska Native Asian
 Black or African American Native Hawaiian or Other Pacific Islander White Choose Not to Respond

3. Please identify your primary racial/ethnic group. (Select one). American Indian or Alaska Native Asian Black or African American
 Hispanic or Latino Native Hawaiian or Other Pacific Islander White Choose Not to Respond

4. Are you in the United States on a Visa – Nonresident Alien?
 Yes in the United States on a Visa. Not in the United States on a Visa. Provide Home Country of Origin: _____

PART D: Course Information

Fall Spring Summer Year: _____

To register for more classes than space allows, please submit another registration form with Part D completed.

CRN	Course Code	Course Title	Location	Start Date	Day/Time	Tuition
						+\$3*
						+\$3*
						+\$3*
						+\$3*

Full Payment is due at the time of registration. Check the Tuition and Fees page in this schedule for refund policy.

Method of payment: Cash Check No. _____ (payable to Oakton Community College)
 Visa MasterCard Discover

Subtotal	
Administrative fee	\$9.00**
Total due	

Credit Card Number _____

Exp. Date ____/____/____ Three-Digit Verification Code (on back of card) _____

Cardholder Name (print) _____

Cardholder Signature _____

Confirmation will be sent to the email on file.

OFFICE USE ONLY	Site	Date	Initials
Registration Received:	_____	_____	_____
Registration Processed:	_____	_____	_____
Payment Processed:	_____	_____	_____
Student Status:	<input type="checkbox"/> New	<input type="checkbox"/> Readmit	<input type="checkbox"/> Hold
Update:	<input type="checkbox"/> Name	<input type="checkbox"/> Address	<input type="checkbox"/> Phone <input type="checkbox"/> Email
Senior Status:	<input type="checkbox"/> Prior to 7/7/14	<input type="checkbox"/> After 7/7/14	

*Effective with the Spring 2021 semester, a \$3 technology fee will be added per class. Students who register online will not be charged any additional fees.

**Those registering in person, by mail, or by fax will be charged an additional \$9 administrative fee with each registration form. Fees are non-refundable.