



# Continuing Education Programs for Health Professionals

Register online at [oakton.edu/cehp](http://oakton.edu/cehp)

Spring 2025

## Incorporating Culture into Cultural Sensitivity

Cheri Sinnott Springer, LCSW

January 17, 2025, 9am-12pm

Live Webinar (Virtual)

Fee: \$99, 3.0 CE Hours; ICDVP approved

This course will cover strategies for infusing various aspects of culture into a culturally sensitive practice. Awareness of various aspects of multiple cultures provides practitioners with a background to connect with clients utilizing a culturally sensitive approach. The session will review strategies to increase provider awareness of cultural information and resources to enhance the therapeutic relationship.

HME B41 [CRN 40301]

## Improving Professional and Personal Wellbeing

Valencia Wiggins, PhD, LPC

February 7, 2025, 9am-12pm

HYFLEX

Fee: \$99, 3.0 CE Hours; ICDVP approved

Did you know that counselors, caseworkers, and healthcare professionals have an ethical responsibility to monitor their level of well-being to prevent burnout? In this interactive seminar will address strategies and techniques to recognize well-being, and build resources for professional and personal self-care.

HTH B05 [CRN 40297 in person / CRN 40462 virtual]

## 36-Hour Basic Course for Activity Professionals

Carol Gronwold, BS, CTRS

February 4 - March 6, 2025, Tues/Thurs, 9am-12pm

Live Webinar (Virtual)

Fee: \$450, 36 clock hours

This course covers resident rights; quality-of-life activity care planning; human wellness and self-esteem; etiology and symptomatology; therapeutic approaches; activity program philosophy, design, resources, regulations; evaluation; resident assessment and supportive documentation. Meets the State of Illinois requirements and IDPH standards for an Illinois Activity Director, and also meets the requirements for the Skilled Special Care Unit for Activities. Scholarship available for eligible students.

HTH A04 [CRN 40299]

## Exploring the Connections Between Mental Health and Substance Use Issues and Homelessness

Claire Openshaw, PhD, LCPC

February 28, 2025, 9am-12pm

Live Webinar (Virtual)

Fee: \$99, 3.0 CE Hours; ICDVP approved

On a single night in 2023, roughly 653,100 people in the U.S. were experiencing homelessness (The U.S. Dept. of Housing and Urban Development, 2023). For decades, mental health and substance use issues and homelessness have had a mutually destructive relationship that has trapped millions of vulnerable people and families. This training explores the prevalence of mental health and substance use issues and homelessness, and discusses ways to support those who are struggling.

HMH B25 [CRN 40486]

## The Dynamics and Treatment of Panic

Michael Maniacci, PsyD

March 7, 2025, 9am-12pm

HYFLEX

Fee: \$99, 3.0 CE Hours; ICDVP approved

The course will breakdown the cognitive, historical and interpersonal dynamics of panic, and its diagnostic manifestation, Panic Disorder. The role of anticipatory thinking, pessimism, and early learning in low frustration tolerance will be detailed, as will cognitive, behavioral and interpersonal approaches to helping such individuals.

HTH B42 [CRN 40300 in person / CRN 40463 virtual]

## Mental Health Continuum of Care

Jamie Kach, LCPC

April 11, 2025, 10am-12pm

In Person

Fee: \$40, 2.0 CE Hours; ICDVP approved

This course describes the access and barriers to the mental health continuum of care. We will outline stepped levels of care from the most acute being inpatient hospitalization to the least restrictive as outpatient treatment. We will discuss community mental health and the services offered as well as resources available to provide access to care.

HMH B16 [CRN 40298]

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. If you are 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.

Alliance for Lifelong Learning Continuing Education for Health Professionals | For more information: [cehp@oakton.edu](mailto:cehp@oakton.edu), or 847.982.9888.

