

Live Zoom Webinars and Online Programs for Mental Health Professionals

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

SPRING 2021

Pandemic Anxiety: Surviving the Stress, Fear and Loss of Turbulent Times

Live Zoom Webinar: **Wednesday, February 10**, Fee: \$59, 3.0 hours

Parenting in a Cannabis Culture: Tools to Help Families Cope with Adolescent Substance Use and Addictive Disease

Live Zoom Webinar: **Friday, February 19**, Fee: \$59, 3.0 hours

A Quick Guide to Brief Therapy of Personality Disorders

Live Zoom Webinar: **Friday, March 5**, Fee: \$59, 3.0 hours

Understanding Culture Through Film*

Five-week Online Program: **Monday, March 8 to Sunday, April 11**, Fee: \$139, 15.0 hours

When Clergy Harm

Live Zoom Webinar: **Thursday, March 11**, Fee: \$59, 3.0 hours

Best Practices in Telehealth Technology

Live Zoom Webinar: **Friday, March 26**, Fee: \$59, 3.0 hours

The Ethics of Caregiving in an Increasingly Complex Healthcare System

Live Zoom Webinar: **Friday, April 9**, Fee: \$59, 3.0 hours

Integrating Spirituality and Therapy: Ethical and Cultural Considerations

Live Zoom Webinar: **Wednesday, April 21**, Fee: \$59, 3.0 hours

What Drug is My Client Using?

Live Zoom Webinar: **Friday, May 7**, Fee: \$59, 3.0 hours

Pandemic Anxiety: Surviving the Stress, Fear and Loss of Turbulent Times

Margaret Wehrenberg, PsyD

Wednesday, February 10, 9 a.m. - 12 p.m.

HMH B14 [CRN 40328], Fee: \$59, 3.0 hours

The pandemic has brought with it not just fear of infection, but a significant negative impact on mental health throughout the population, from children through the elderly. Its impact on society and how therapists interact with clients will reverberate for some time to come. Anxiety has risen in all age groups because of changes in how we conduct school, work, and social life and the limitations on being in community to celebrate or mourn life's passages. Depression has increased as most have dealt with the losses of important milestones and loved ones' deaths. To add to the difficulty, therapists have had to work through these same kinds of personal issues.

Explore how the pandemic has brought new stressors and how to reduce their impact on mental health. The speaker describes how to deal directly with disappointment to minimize the risk of depression and create new rituals to process grief and loss while restricted from the kinds of community gatherings we formerly had.

Parenting in a Cannabis Culture: Tools to Help Families Cope with Adolescent Substance Use and Addictive Disorders

Ellen Van Vechten, JD, LCSW, CADC

Friday, February 19, 9 a.m. - 12 p.m.

HME B33 [CRN 40333], Fee: \$59, 3.0 hours

Adolescents may benefit from an educational intervention before their use of substances rises to a substance use disorder level. This workshop identifies the risks posed by adolescent use of substances, particularly marijuana. It offers strategies to help parents discuss the issue with their teens and set appropriate boundaries. When treatment of adolescents for substance use disorders is warranted, it must consider the developmental stage of adolescence and the nature of the family dynamic. This workshop provides counselors with tools to engage the family members of adolescents in treatment for substance use disorders and thereby support the recovery of the primary client, the members of their family, and the family unit as a whole.

A Quick Guide to Brief Therapy of Personality Disorders

Michael Maniacci, PsyD

Friday, March 5, 9 a.m. - 12 p.m.

HME B10 [CRN 40329], Fee: \$59, 3.0 hours

Personality disorders are difficult to treat. This webinar offers a focused description of what personality disorders are and how to intervene in their patterns rapidly. It emphasizes rapid assessment and linking presenting problems to core schemas in the clients' cognitive styles. Learn how to assess cognitive styles and tie them to presenting issues and how early recollections can assess style.

Understanding Culture Through Film*

Cheri Sinnott Springer, LCSW

Monday, March 8 to Sunday, April 11, Five-week Online Program

HMH A96 [CRN 40325], Fee: \$139, 15.0 hours

Examine the films within a cultural framework to enhance awareness and knowledge of other cultures—two essential cultural competence components. Watch the films *Crash*, *The Joy Luck Club*, *Bend it Like Beckham*, and *Real Women Have Curves*. Access this online D2L course through d2l.oakton.edu. Participants watch films independently and then participate in an asynchronous online discussion board. **The course satisfies the IDFPF cultural competence requirement.**

When Clergy Harm

Melissa Perrin, PsyD

Thursday, March 11, 9 a.m. - 12 p.m.

HTH B22 [CRN 40332], Fee: \$59, 3.0 hours

Clergy have been abusing vulnerable children, women and men for decades. Public awareness of the sheer numbers of abused and abusers have increased, bringing clients forward who continue to live with symptoms directly related to the abuse. Other clients have relapsed into their symptoms as they have come to understand how little Church leadership seems to have done to prevent further predatory behavior. Many of the abused report lives devastated by the abuse and seem unable to integrate the abuse and their resilience into their understanding of themselves and are “stuck.” Many clinicians, unaware of discreet injuries that are activated, shift therapeutic work from depth to support, thus accidentally exacerbating client symptoms.

Best Practices in Telehealth Technology

Ruth Lipschutz, LCSW

Friday, March 26, 9 a.m. - 12 p.m.

HMH B38 [CRN 40334], Fee: \$59, 3.0 hours

COVID-19 has resulted in many more mental health professionals utilizing telehealth. Telehealth includes using any information technology to deliver services (PC, laptops, 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 additional expertise. This training addresses 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 have this knowledge to protect clients, agencies and themselves. **Satisfies the IDFPF ethics requirement for social workers and psychologists.**

The Ethics of Caregiving in an Increasingly Complex Healthcare System

Gary Gilles, M.A., LCPC

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

HME B45 [CRN 40324], Fee: \$59, 3.0 hours

Approximately one in three families in the U.S. cares for an aging, disabled, or chronically ill family member. The percentage of families caring for a loved one will increase dramatically over the next decade due to many anticipated changes in our healthcare system and federal entitlement programs. The ethics surrounding caregiving challenges some of our deepest beliefs about family, the sanctity of life, dignity of personhood, and death. This workshop takes a close look at some of the most important ethical issues related to caregiving from the perspective of family members and professionals caring for these individuals. This workshop emphasizes applying ethical concerns to practical caregiving topics through case studies and personal exploration of participants' values. **Satisfies the IDFPF ethics requirement for social workers and psychologists.**

Integrating Spirituality and Therapy: Ethical and Cultural Considerations

Mark Sanders, LCSW, CADC

Wednesday, April 21, 9 a.m. - 12 p.m.

HTH B09 [CRN 40330], Fee: \$59, 3.0 hours

Two-thirds of Americans surveyed say they would prefer to work with a therapist who respects their spiritual path and has a spiritual foundation. This skill-building presentation focuses on strategies to integrate spirituality and psychotherapy. A partial list of topics includes: The Differences between Religion and Spirituality; Religious Abuse and Religious Addiction; Clinical models which incorporate the spiritual dimension; Ethics and Spirituality; When spiritual interventions are contraindicated; Conducting a Spiritual Assessment; Issues of culture and Spirituality; Helping clients deal with spiritual bankruptcy; with particular focus on working with clients with histories of trauma, addiction and mental illness. **This course can be applied to the IDFPF ethics or cultural requirement for social workers and psychologists.**

What Drug is My Client Using?

Bruce Talbot, M.A.

Friday, May 7, 9 a.m. - 12 p.m.

HME B82 [CRN 40331], Fee: \$59, 3.0 hours

Recognizing and documenting client substance abuse's physical symptoms has become more challenging as many new drugs of abuse are not detectable on a standard urine drug screening test. Whether the substance is an exotic designer synthetic narcotic drug such as Metoniazene, a counterfeit prescription drug such as Metizolam, or an over-the-counter drug such as Benadryl, all intoxicating drugs produce physical symptoms when consumed at abusive levels. Counselors, therapists, and other licensed professionals should be alert to the signs that a client has relapsed with a substance not easily detected in urine drug screening tests. This live webinar provides attendees with the observational skills to recognize and document unique eye clues and matching physical clues displayed by persons under the influence.

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.

For questions about technical issues or the events, email cehp@oakton.edu, call 847.635.1438 or visit www.oakton.edu/conted.

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, 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 or D2L program outside of the state of Illinois, contact your state licensing board to determine your continuing education requirements and check for reciprocal approval.

**Understanding Culture Through Film is eligible for 15.0 clock hours for social workers, counselors, marriage and family therapists, psychologists, addictions counselors, and nursing home administrators.*

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.

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

Oakton Community College campuses are closed until further notice.

For more information, email cehp@oakton.edu, or call 847.635.1438.

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



Three ways to register: 1. **Online** - oakton.edu/conted 2. **Mail** - Alliance for Lifelong Learning, P.O. Box 367, Skokie, IL 60077
3. **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?) <input type="checkbox"/> Yes Hispanic or Latino. <input type="checkbox"/> Not Hispanic or Latino.
2. Are you from <i>one or more</i> of the following racial groups? (Select all that apply). <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Choose Not to Respond
3. Please identify your primary racial/ethnic group. (Select one). <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> White <input type="checkbox"/> Choose Not to Respond
4. Are you in the United States on a Visa – Nonresident Alien? <input type="checkbox"/> Yes in the United States on a Visa. <input type="checkbox"/> 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

Payment is due at the time of registration. Check the Tuition and Fees page in this schedule for refund policy. **Technology fee \$3 per class***

Method of payment: Cash Check No. _____ (payable to Oakton Community College) **Administrative fee*** **\$9.00**

Visa MasterCard Discover **Total due**

Credit Card Number _____

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

Cardholder Name (print) _____

Cardholder Signature _____

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		

Confirmation will be sent to the email on file.

*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. However, those registering in person, by mail, or by fax will be charged an additional \$9 administrative fee with each registration form.