

Live Zoom Webinars for Mental Health Professionals

Live Zoom Webinars 9 a.m. - 12 p.m.

SUMMER 2021

Blind Spots: Implicit Bias in Clinical Practice Zoom Webinar: Wednesday, June 16, Fee: \$99, 3.0 hours

The Ten Best Anxiety Management Techniques Zoom Webinar: Wednesday, July 14, Fee: \$99, 3.0 hours

The Ethics of Cultural Competence Zoom Webinar: Wednesday, August 4, Fee: \$99, 3.0 hours

Blind Spots: Implicit Bias in Clinical Practice

Mark Sanders, LCSW, CADC

Wednesday, June 16, 9 a.m. - 12 p.m.

HME B45 [CRN 50112], Fee: \$99, 3.0 hours

Implicit biases are unconscious attitudes that affect our decisions in a number of areas including the criminal justice system, workplace, education, health care system, sports and direct clinical practice. Blind spots affect our ability to turn implicit bias into explicit bias. Topics covered include: changing demographics and the need to move beyond blind spots; implicit bias and the brain; implicit bias awareness and intervention strategies; how a search for strengths can diminish implicit biases in the clinical relationship; research on implicit biases and implications for clinical practice. **This webinar can be applied toward the IDFPR ethics and cultural competency requirement for social workers and psychologists.**

The Ten Best Anxiety Management Techniques

Margaret Wehrenberg, PsyD

Wednesday, July 14, 9 a.m. - 12 p.m.

HME B05 [CRN 50147], Fee: \$99, 3.0 hours

This live webinar draws on the latest research for the neurobiological basis of anxiety to explain why psychotherapy is so effective. Techniques that are useful in all age groups to stop rumination, eliminate panic and prepare people to participate in social environments without distress are demonstrated. Among the *10 Best-Ever Anxiety Management Techniques* are methods that manage the physiological aspects of anxiety: stress, the dread and agitation of generalized anxiety, panic attacks, nervous system-based blushing, sweating and shaking. Apply tools such as “Contain Your Worry” and “Erase the Trace” (of rumination) to eliminate the distressing cognitive features of anxiety, such as rumination, catastrophic thinking, and cognitive errors. Learn to identify and correct for the typical issues of procrastination and perfectionism when caused by generalized anxiety disorder. Apply the neuroscience of memory reconsolidation as it affects and directs both desensitizing panic cues and the creation of effective social anxiety exposures.

The Ethics of Cultural Competence: Who am I and Who are You? Ruth Lipschutz, LCSW

Wednesday, August 4, 9 a.m. - 12 p.m.

HUH B40 [CRN 50113], Fee: \$99, 3.0 hours

The issue of competency arises most keenly when practitioners are confronted with ethical dilemmas which challenge us to prioritize values, aspects of the code of ethics and applicable regulations. How do we allocate limited resources? What do we do when the client's religious beliefs prevent them from giving medical care to their child or result in discriminatory behavior? How do we respond when confronted with a client's values, beliefs and decisions that are different from our own? How aware are we of what will help clients from diverse groups feel safe, welcome and respected? How do we deal with issues of language translation? How do we manage scarce resources and pressure to behave in ways we believe are out of integrity? How do we balance conflicting expectations from students, their families and the school system? Cultural competency is an ongoing learning process. Learn to effectively identify culturally related dilemmas and apply an accepted set of decision-making steps for successful resolution. **This webinar can be applied toward the IDFPR ethics and cultural competency requirement for social workers and psychologists.**

Within 24 hours of the webinar date, you will receive a confirmation and Zoom link. The webinars are live events, which require internet access and an email address.

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 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.

A \$3 technology fee per class is applied. Online registrants are not charged any additional processing fees. Students registering in person, by mail, or by fax are 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 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)

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