



Haymarket Center

COMPREHENSIVE BEHAVIORAL HEALTH SOLUTIONS
FOUNDED IN 1975 BY MSGR. IGNATIUS McDERMOTT AND DR. JAMES WEST

2019 Spring Workshop Series

Workshop I **2/16/19**

Presented by: **Charles J Franke, LCSW**

Chaz has a Bachelor of Arts degree in Psychology from McKendree University, and a Master of Social Work degree from Saint Louis University (SLU). Chaz received his clinical license in 2009.

Chaz has been practicing therapy full time since 2007. Since the beginning of his career as a therapist, Chaz has worked with trauma and its long reaching effects. This work has included extensive work with all ages and all walks of life. Chaz specializes in psychodynamics, self-compassion, and integrating Eastern thought and philosophy into the therapeutic process .Chaz has participated in training with important figures in the field of therapy and psychology such as Dr. Ira Chasnoff, and Dr. Bruce Perry. Chaz has presented on topics including, but not limited to Trauma, Wisdom and Self-Compassion, Mindfulness, Self-Care, Transference and countertransference, and Early Intervention and Listening skills. Chaz is also currently employed as a faculty member in the Masters in Social Work program at Saint Louis University.

Chaz has over 10 years' experience training and competing in strongman, powerlifting, and the Highland Games. Chaz currently trains out of The LAB Gym in St. Louis, MO. Chaz has written articles for Elite FTS, WHOLE LIFE CHALLENGE and Barbell Shrugged related to the emotional and psychological aspects of strength training.

Topic: **Addiction as a Response to Developmental Trauma**

As an addiction continues to affect millions of people we have come to an impasse in regards to certain forms of treatment and understanding. One of the more compelling discussions in relation to addiction is the role of early childhood trauma and the ways in which this experience can predispose a person to addictive patterns.

The knowledge of this overlap provides us with a real opportunity to build the need for compassion, patience, understanding, and creating safety to promote healing from addiction.

In this training we will look deeply at the process of creating a ,”Holding Space,” for the process of building new skills, managing without addictive behaviors, and building self-worth outside of the shame present in addiction. Through the work of John Bowlby, DW Winnicott, Gabor Mate, and others we will find the path to forging a safe environment that allows an individual to find a sense of self, build self-worth, and understand skills that help them self-regulate without old self destructive patterns.

In this session we will build on strategies that promote safety through understanding the role of developmental trauma, understanding the theoretical underpinnings of traumatic responses, and focus on skills that will help someone build a sense of self compassion. We will break down the role of childhood stress in the predisposition to addiction, the major theorists and researchers that have contributed to our understanding, and we will focus on how to apply this knowledge in our daily practice.

This training is perfect for any practitioner or clinician that is looking to find individual strategies for working with addiction in a compassionate way, and anyone that works with addiction on a daily basis. The content will give any practitioner knowledge they start applying in individual or family settings immediately.

Workshop II 3/2/19

Presented by: Cheri DeMoss, MA, LCPC, CAADC, MAC, NCADC II

Cheri DeMoss is founder & director of Empowering Options Counseling Innovations specializing in educational therapy. Over the past 27 years Cheri has designed & presented training seminars for both National & State wide conferences as well as corporate & small businesses.

Cheri’s combines an innovative & insightful approach with a energetic & stimulating presentation manner to provide participants with clear information & effective techniques they can implement immediately.

In addition to providing individual, group & couple counseling, Cheri teaches adult education, relationship classes, & designs & presents seminars & workshops on innumerable topics. This experience has given her exceptional skills in motivating attendees.

Cheri has an extremely unique ability to engage audiences & clients alike with a manner that enables them think, feel, & experience the topic. She creates a shame-free & emotionally safe environment where individuals learn & develop a passion for the subject. It is because of her ability to stimulate & motivate audiences that, often, conferences receive requests from those in attendance to have her back each year.

Topic: Superman’s Lack of a Flight Plan

Most of us have experienced the unpredicted shame, blame and emotional upset in the game called life. But few of us have been taught the rules to the game! We don’t know how to spot the garden variety, everyday emotional assaults or effectively prevent ourselves from being shamed.

This workshop is design to teach you to recognize these patterns of unexpected interactions and how to keep their shaming out of your game. This is for any person, partner, parent or clinician who wants to learn the excitement of increasing self-esteem & the fascination of recreating self-acceptance. You’ll learn how the shame game works & learn specific hands-on techniques that remove the shame from yours and your client’s game!

The last half of the workshop will concentrate on specific, concrete tools and techniques that can be immediately used by workshop participants. This will be accomplished by the use of handouts, exercises, and interaction to learn these tool & techniques and to learn how to handle difficult clients more effectively.

Participants will learn:

1. The role of shame in yours and your client’s game
2. The excitement of increasing self-esteem
3. The fascination of recreating self-acceptance
4. Removing the shame from you or your client’s game.

Workshop III 3/16//19

Presented by: Dr. Jinnie Christerna, Rh.D, LCSW, CHT

Dr. Jinnie Cristerna, the only practicing RoHun doctor in Chicago, is also a licensed clinical social worker in the state of Illinois, graduate of the University of Chicago, an Ordained minister, Clinical Hypnotherapist, former sport psychology manager for USA Taekwondo, and media expert for local and national news outlets has been practicing for 27 years.

Dr. Christerna was the resident therapist for JET Magazine for several years and hosted "Your Mental Health Minute" for a Chicago Morning show for a year.

Specialties: Depression, Anxiety, Abuse/Trauma (PTSD), Power and Control, Women and Minority issues, Sexuality, Dissociative Identity Disorder, Addictions

Dr. Jinnie Cristerna, LCSW, CHT., Rh.D. has provided rapid healing by integrating clinical psychotherapy, psycho-spiritual therapy, and coaching to release depression, anxiety, shame, guilt, anger, resentment, jealousy, distorted thoughts, hallucinations, and judgment so patients can live a fulfilling life in as little as one to three sessions.

By utilizing customized, integrative mental health treatments, Dr. Cristerna supports the clinical and spiritual healing of each patient at deep sustainable levels. Treatment is focused on the following:

1. Turning painful experiences into valuable life lessons;
2. Identifying and connecting with your life purpose;
3. Gaining clarity, focus, and commitment to creating and achieving your life goals

Topic: The Role Forgiveness Plays in Healing & Recovery

Letting go and moving on is easier said than done; especially in recovery. Regardless of what caused our pain, the process of truly letting go and moving on is complicated and only happens when we understand the real meaning of forgiveness. More specifically, how to forgive ourselves. Forgiveness is often reduced to cliché's and stories with very little, if any, connection to an individual's experience. This workshop will move you beyond a mental understanding of forgiveness and invites participants to experience forgiveness in its true form.

From an experimental perspective, participants will gain first hand insight into how forgiveness can pave the way for healthy and sustainable recovery for their patients and loved ones.

Workshop IV 3/30/19

Presented by: Bob Carty, LCSW, CADC, CCJP

For nearly forty years, Bob Carty has participated in the addictions treatment profession in various roles – counselor, supervisor, trainer, mentor, administrator, board member and educator. Bob has participated in our Continuing Education program, presenting at many of our workshops and summer Institutes

Currently, Bob serves as the Director of Clinical Services within the Chicago facility of the Hazelden-Betty Ford Foundation. Previously, he coordinated Grant Hospital's Clinical Training Program for Addictions Counselors, worked as a Deputy Director at TASC, started his own consulting company, and served as the Program Coordinator of Harborview Recovery Center.

For the past five years, he has also been a board member of the Illinois Certification Board.

Topic: Engaging & Motivating Clients

Most clients coming into treatment are rarely ready to change. Counselors need to create a context for change, which includes building rapport and reducing denial. In this workshop, we examine foundational skills of Motivational Interviewing, strategies related to Stages of Change, and techniques used in Motivational Incentives to offer a broad range of possible clinical interventions.

Learning Objectives

At the close of this training, participants will be able to:

- Describe the four foundational skills of Motivational Interviewing.
- Explain how denial increases throughout one's disease progression.
- List ways to promote client movement from contemplation to preparation.
- Identify at least three paths of ongoing recovery
- Apply the principles of Motivational Incentives to their work setting.

Workshop V 4/13/19

Presented by: Jim Scarpace, MS, LCSW

Jim Scarpace is Executive Director at Gateway Foundation for both the Aurora and Joliet, Illinois locations. Jim has over 25 years of experience in the mental health, substance use disorder and criminal justice field. He has his Master's degree in Clinical Psychology and is a licensed clinical professional counselor for the last eighteen years. He currently is also an assistant professor at The Chicago School of Professional Psychology teaching graduate classes in clinical and forensic psychology. His previous roles included being a supervisor for the Department of Probation and court services in DuPage County where he assisted in developing a mental health program for high risk youth, as well as supervised therapists and probation officers in the forensic setting who worked with juvenile offenders with mental health and substance use issues in addition to criminal behaviors.

In addition, Jim has also worked with chronically mentally ill adults in a hospital setting focusing on treatment planning, assessment and family counseling preparing for discharge as well as for several years in the community as a therapist with adolescents with severe mental health disorders. Jim also coordinated a residential facility for high risk children and adolescents involved with the department of children and family services. His areas of expertise include Addiction, Trauma, Group Therapy, Crisis intervention, Family Therapy and advocacy.

Topic: Trauma Informed Care for Individuals with Substance Use Disorders

This training examines the relationship between trauma triggers and their impact on Substance Use disorders. As a result of this training the learner will develop an understanding of the types of trauma and their impact on both the psychological as well as the physiological health of a client. The learner will also be exposed to an assessment tool that will allow for a more detailed evaluation of the client's "trauma experience" as well as understanding the stages of trauma as it relates to Substance Use Disorder.

Website:
www.hcenter.org

A HIPAA COMPLIANT AGENCY
CARF ACCREDITED
