



## Promoting Public Trust and Confidence in the Counseling Profession since 1948

# CONTACT

*An Illinois Counseling Association Publication*

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**And much more...**

## Choose Joy!

By Lynn Bednarz, LCPC, CADC, BCPCC

To everything there is a season, and a time for every purpose under heaven. 'Tis the season of Spring; the season of awakening... of renewed energy and enthusiasm. Fragrant flowers are blooming and a welcome splash of colors surround us with a vivid and vibrant display of our awesome creation. Yet so many who visit us for therapy are overcome with emotions, oblivious to the external beauty due to their troubling circumstances. Deeply hurting, they struggle with a wide array of genuinely painful emotional issues. Their gardens are lifeless and drab.

As clinicians, it's our responsibility to instill hope in our clients' lives, especially when they see no hope. We, the professionals, are the positive influences that they look to for guidance, to help them recognize the fact that they always have options when they feel they have none. Perhaps they are so overwhelmed by their emotions that they don't trust their own choices or have no direction at all. I regard it as a privilege and my mission to guide them toward being mindful about making

the best possible decisions, given their situations at hand.

Have you ever flown in an airplane in the midst of severe turbulent weather and found yourself anxious and fearful? If so, what did you do? I've observed the flight attendants, scanning their facial expressions, gestures, and overall state of being. All

my heart when I'm around people who are repeatedly critical, condescending, and/or disrespectful, or those who massively deplete my energy. In instances such as these, my internal mantra is, "Don't let anyone steal your joy!" I also share this philosophy with those clients who must interact with others who tend to suck the life out of them.

Teaching these clients assertive skills, healthy boundaries, and working collaboratively with them in other areas of need, I emphasize that no matter what, we can always choose our attitude.



these cues either conveyed confidence and composure signifying to me a sense of calmness or they conveyed anxiety and fear, invoking more anxiety and fear in me.

It's foundational that we, as therapists, don't personally internalize the negative energies and moods of the people with whom we interact, both in our private lives and with those we counsel. I guard

We sometimes give our power away by allowing people to steal our joy. However, IT'S TOO HIGH A PRICE TO PAY! If that is a struggle for you, I encourage you to take back your power in your personal lives and empower your clients to do so. It will promote resilience, self-assuredness, and inner strength.

*continued on page 2...*

## PUBLISHED FOR

Illinois Counseling Association  
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### Layout

Advantage Design  
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### Published

May 2018

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# Choose Joy! Cont'd...

...continued from page 1

When clients lose confidence in their own abilities to discern and make wise healthy decisions, that's when it is most crucial to impart hope and reassurance into the counseling process. Just as contagious emotions can be negative, conversely, we can influence or "infect" others in a positive manner. Our clients can catch our emotions of joy and enthusiasm. Have you ever encountered joyful people who positively infected you and your stress or depression greatly diminished?

Our emotions are contagious. Joy-filled attitudes can spread like healthy viruses. Although I don't entirely adhere to the quote, "Attitude is Everything," it is always a great beginning to the process of personal transformation! When our character exudes a joyful yet genuinely empathetic spirit, despite going through rough times, it is a strong testimony to others.

As leaders in the mental health field, we exert a disproportionate impact on the disposition of those we counsel. Our influence on our clients cannot be understated.

It's important to regularly plant healthy seeds in our own inner gardens of life. Let's carefully cultivate those seeds to sprout and thrive so harmful weeds won't have the chance to germinate and overtake our gardens, choking out joy and draining all of our positive energy. Then we can inspire our clients to do so, focusing on combating the "dis-ease," challenging negative self-talk, and lessening the unhealthy influences in their environments.

Let's use our words and presence to build people up, speaking encouragement and positivity into their lives. Help them learn to let go of past negative ruminating thoughts that serve no useful purpose, to open up a space for living in the present. Let's teach them to reframe their fears of the future by fostering, nurturing, and sustaining more positive outlooks with hopeful expectations to come.

What is the difference between happiness and joy, as I understand the words? Happiness is ephemeral. Like flowers, it lasts for only a short while. It is a transient state of mind; it comes and goes. It is

dependent and conditional on the circumstances, the "happenings" in our lives.

Joy, however, runs deeper and stronger. It's a mindset; a constant, independent of the circumstances, and is unconditional. Joy is that quiet, confident assurance that, no matter what, we have hope and faith to do whatever we personally can to become healthier. It is important that we remind our clients of this. For those who are spiritual and believe there is Someone greater than us and outside of us, there is immense comfort in knowing there is a grander plan for each of our lives. Although we will never fully comprehend the marvelous complexities of our existence presently, it is a peace that transcends all human understanding.

So what does your attitude communicate to others, not only to those you counsel, but to people you meet in your daily life?

Today is filled with opportunities to make a fresh start. Every day, in every way, we make numerous decisions. We can greatly influence the lives of those we encounter. It's an attitudinal shift; an attitude of gratitude that sets the altitude to soar toward new horizons! The sky is the limit, figuratively, often only to the extent of the parameters we place upon ourselves. Every day is a day of new beginnings. As counselors, I challenge you to be intentional. Embrace change and encourage positive outcomes with your clients. Proliferate and spread your attitude of gratitude. Flourish and Thrive!

## CHOOSE JOY!



**Lynn Bednarz,  
LCPC, CADAC,  
BCPCC**

*Lynn Bednarz, LCPC, CADAC, BCPCC has almost 20 years experience in the counseling field. She is passionate about helping people overcome barriers to success and exploring New Horizons! She owns a private practice in Schaumburg, IL.*

## PRESIDENT'S COLUMN

# Empowerment of Helping Others

**The tragedies that continue to bombard our world are filled with many stories of much trauma and overwhelming sadness as well as unbelievable strengths that emerge from the dark and lighten our spirits. We have the skills and joy as well to have a chosen a profession to reach out and help healing begin.**

Often the amount of unleashing our emotional energy leaves us feeling empty and longing for quiet. How do we, as helping professionals, empower one another and link together to make a difference? Do we enrich our spirits to make changes to help one another? Do we advocate for those who are thin and drawn-out from giving? Do we find a way to brush ourselves off and begin again to help? How do we pull together as leaders, teachers, mentors, and counselors to help pave the way in our helping field to embrace one another and develop movements to move together as one for change?

We have many movements that are beckoning for empowering ourselves to enrich our energy to help others. Our divisions, regions, chapters, task forces and interest groups to conferences, workshops, webinars, and presentations are wonderfully

interactive, creative and full of strength-based fellowship to provide the light we need to make changes. Throughout all of these is one common goal: empowerment of helping others. Please take time for yourself and others to link together as one.

Remember to self-care and attend the ICA 70th Annual Conference at the Westin in Itasca, November 8th through the 10th and join with others.

Reach out to a colleague and say thank you for giving of themselves.

Think about stepping up and creating activities to empower you by helping others.

**Dr. Sandra Kakacek**  
*ICA President*



**Sandra Kakacek,**  
EdD; LCPC  
ICA President

*Dr. Sandra Kakacek is a Licensed Clinical Professional Counselor and Director of Training for Clinical Mental Health and Rehabilitation Counseling and core faculty professor at Adler University in Chicago. She has been a practicing psychotherapist for over thirty years of which thirteen have included working as an equine-assisted psychotherapist. Dr. Kakacek has six published journal articles as well as countless workshop presentations. She has a chapter in a counseling textbook and two chapters in an marriage and family counseling encyclopedia. Her expertise ranges from counseling clients from a juvenile justice center, to individual children, adolescents, adults, couples, and families. Dr. Kakacek utilizes horses to help clients by designing semi-structured problem-solving experiences to assist clients and sire supervisors to uncover their strengths and apply these to life's challenges outside of the arena. Dr. Kakacek is currently the ICA president.*



# Calmness *after the storm*

By Vanessa I. Boglio PsyD, SAP, CFC

## After living through Maria, a category 5 hurricane, I saw the resiliency of those around me.

The American Psychological Association defines resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats or significant sources of stress such as family and relationship problems, health problems or workplace and financial stressors. It means “bouncing back” from difficult experiences.

Psychological trauma is the unique individual experience of an event or enduring conditions in which the individual’s ability to integrate his/her emotional experience is overwhelmed. Trauma expresses itself in diverse ways. It can manifest in our sleeping patterns, diet, emotions, thoughts, behaviors, and even produce aches and pains. Feeling overwhelmed by a category 5 hurricane is an understatement. A hurricane so powerful caused great emotional trauma to many people. During the long hours of the hurricane, many people suffered from high stress levels activating their fight or flight response.

For example, my patients narrated multiple impetuous acts during the storm. Stories of how they went outside their homes during the storm to deal with flooding or save their belongings putting their lives at risk are common. Some were as cautious as they could while others had a type of “adrenaline high” thinking themselves invincible and that at that moment nothing could happen to them. Others



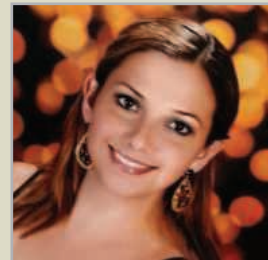
decided to just stay in the safest place possible and didn’t move until everything had passed and felt secure. Some people described Hurricane Maria as a monster, massive, destructive, or interesting, while others preferred to leave the whole experience in the past. It is evident that people react in different ways to traumatic events. There is no “right” or “wrong” way. Nevertheless, ignoring our feelings could slow recovery and the ability to bounce back from such a traumatic event.

It is normal that we seek ways to gain control in situations that seem chaotic to us. Hurricane Maria left us vulnerable by affecting our access to our basic needs (water, electricity, food, and telecommunications, among the primary pieces impacted). So, what do resilient people do? They react, adjust, set a plan, and take action. People help their neighbors, their communities. They shared water, food, skills, knowledge, and provided support to each other and those with more imperative needs. As Waters (2013), explained in his article 10 Traits of Emotionally Resilient People, we accepted that nature is wiser and stronger than us, we considered the possibilities, we got out of our heads, and we enlisted our own team, and took action. We

recognized we did not have all the answers, but everyone took care of what they considered was most important. Resilient people understand that after every big setback, there is transformation. They do not try to control what they cannot control. They surrender to the flow of the wind. They adjust their sails and ride the next wave of their life.

In summary, to be more resilient after a tragedy or traumatic event the APA provides us the following guidelines:

- Make connections
- Avoid seeing crises as problems
- Accept that change is part of living
- Move toward your goals
- Take decisive actions
- Look for opportunities for self-discovery
- Keep things in perspective
- Maintain a hopeful outlook
- Take care of yourself



**Vanessa I. Boglio PsyD, SAP, CFC**

*Vanessa Boglio is an EAP Consultant and Clinical Psychologist in private practice in San Juan, Puerto Rico, where she offers psychotherapy, psychological evaluations, among other services to a variety of people with different mental health diagnosis*

# Spring Fever!

**Spring has been a crazy month in the ICA, IMHCA, ISCA and CICO offices, starting off with the 8th ICA Southern Conference in Collinsville on Friday, March 16. We had 130 registered for this year's event, which was our best year yet!**

LaToya Flowers Roe won the Poster competition with her work "A Paradigm Shift: From Problem Talk to Solution Focused". She will receive a free ICA Southern Conference registration for the 2019 event! Congratulations LaToya!

Teresa Eubanks of Benton, Illinois won the Dash 4 Cash 1st prize of \$50 and Marla McDanel of Kell, Illinois took the 2nd place prize of \$25.

A drive back to the office on Saturday, (with a stop to do a ISCA Springfield Conference site inspection) and a meeting with the ICA Executive Committee on Sunday followed by the CICO Counselor Educator Summit on Friday, March 23rd in Warrenville and the Spring Governing Council meeting on March 24th in Chicago.

On April 6, 7 & 8 we supported IMHCA during their annual conference in Skokie, followed by the ISCA Springfield conference on April 13, and the ISCA Rosemont conference on April 20.

The Spring marathon concluded with the Day on the Hill on Wednesday, April 25th hosted by CICO!

Now it's election time for ICA and many of the 14 ICA Divisions. Be sure to read the statements written by each of the candidates. The newly elected ICA President Elect-Elect, has committed, to work as a volunteer for ICA over the next 4 years as part of the 2018-2023 leadership team. This year, more than ever, you will need to cast your vote, as the new leadership team will be deeply

involved in writing the next chapter of the ICA story as I transition to retirement at the end of this year.

Please take a few minutes to read the candidate statements and VOTE!

Your leadership team is currently working with the ICA office here in DeKalb to formulate a plan to take ICA and all 14 divisions to the next level in the years to come. ICA leadership will keep you current on the plan to move forward with postings to the "Current News" section on the ICA website HOME page.

I have had the privilege of serving as your Executive Director for the past 11 years and will be retiring to a sunnier state (Arizona) following the 70th annual ICA Conference. This has been the most enjoyable job that I have ever had, mainly due to getting to work with you, the ICA family of counselors.

**Thanks so much for all your support!**

## EXECUTIVE DIRECTOR'S COLUMN



Ronna Heinig, MBA





# 2018 ICA 8<sup>th</sup> Annual Southern Conference

# CICO Report



## HB 68

### Insurance Parity

Strengthens insurance parity law  
*Not voted in committee - Dead*

## HB 2354

### Lethal Violence Order of Protection

Creates the lethal violence order of protection act. Allows for authorities to confiscate guns from an individual Same as SB1291.

*Not voted in committee - Dead*

## HB 4113

### Divorce Parents

Provides that it is presumed that it is in the child's best interests to award equal time to each parent.

*Not voted in committee - Dead*

## HB 4155

### Crime Victims Compensation

Amends the Crime Victims Compensation Act to include reimbursement for mental health treatment.

*Not voted in committee - Dead*

## HB 4205

### At-Risk Students

Connect at-risk students in need of academic support

*Not voted in committee - Dead*

## HB 4208

### Restorative Justice

Grant program providing restorative justice options instead of law enforcement

*Passed House - In Senate Education Committee*

## HB 4441

### Adds Social Workers

Amends Section 3-501 concerning outpatient counseling for minors to include clinical social workers. Counselors and Psychologists are already included.

*Not voted in committee - Dead*

## HB 4442

### Parenting Education

Requires high schools to provide parenting education which include mental and emotional aspects of life.

*Passed House - In Senate Education Committee*

## HB 4514

### School Counselor Title Protection

Requires a job titled "School Counselor" can only be filled by a person with the PEL license "School Counselor"

*Passed House - In Senate*

## HB 4657

### SEL

Curriculum guidelines and best practices on emotional intelligence and social and emotional learning

*Passed House - In Senate Education Committee*

## HB 4658

### Staff Mental Health Training

Requires school to provide mental health training.

*Passed House - In Senate Education Committee*

## HB 4844

### Health Insurance

Requires health insurance to cover specified treatment for serious mental health and emotional disturbances.

*Not voted in committee - Dead*

## HB 4936

### Military Mental Health Training

Requires DHS to recognize persons with military mental health training as mental health professional.

*Passed House - In Senate Human Services Committee*

## HB 5492

### FOID Act

Amends FOID Act to cover more people mental illnesses (in-patient).

*Not voted in committee - Dead*

## HB 5786

### School Suspension

School suspension program promoting non-violent conflict resolution

*Not voted in Senate - Dead*

## SB 1291

### Lethal Violence Order of Protection

Creates the lethal violence order of protection act. Allows for authorities to confiscate guns from an individual. Same as HB 2354.

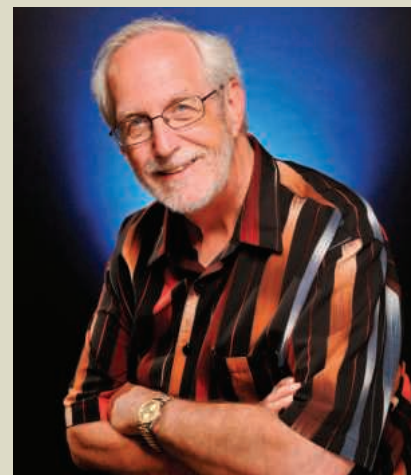
*Not voted in committee - Dead*

## SB 3249

### School Code LGBT Unit of Instruction

Requires every public school to include in its curriculum a unit of instruction studying the significant role of lesbian, gay, bisexual, and transgender individuals in society.

*Passed in Senate - In House*



Dan Stasi, MA

## MEN'S NEXT FRONTIER:

# Response to #MeToo

By Jeanne Kett, MS, LCPC

**Like many therapists,** long before I was a counselor, I puzzled over human behavior. As an undergrad, I reveled in late-night conversations with peers (over beers), while we tackled the social issues of the day. During one of these moments, in 1984, my burly buddy, Dave bravely shared this quote with me:

*"The woman who needs to be liberated most is the woman in every man, and the man who needs to be liberated most is the man in every woman."* — Magnus Hirschfeld

I was blown away! Back then, feminism was still a messy, unreasonable presence that disrupted the social order. Some folks simply could not accept change. Within the workplace, new hiring requirements might have been scoffed at or entirely dismissed. Within families, a woman seeking work in a plant might have been shamed (through religion or tradition), and scolded for "taking a man's job." Worst case scenario, a husband or boyfriend might even use force in response to a threat to his manhood. These were messy times.

Dave's words struck a chord of truth in me. Now women were finally free to embrace their "masculine" side by pursuing careers

in accounting or even law enforcement. Yet, it had not occurred to me that men could now express their "feminine" side as well. For a man to freely show empathy, cooperation, and even sadness was revolutionary! It turns out that the quote had nothing to do with feminism. Still, in those words, I saw a profound solution.

Today, in my practice working with teens, families, and couples, I see the incredible impact that the feminist movement has had on family life. Fathers, no longer confined to the role of disciplinarian, get to play, to comfort, and to love their children. It is ironic that the high school girls I see, often struggle with the enormous number of career choices, and have no awareness that it was ever different for women. And yet, in my work, I am baffled that the feminist movement has not altered certain gender roles within romantic and sexual relationships.

Traditionally, men have been the "pursuer," who upon conquering his prize, is then "entitled." This hasn't changed much. One factor that has changed and contributes to gender narratives is the ubiquitous nature of porn. Whether seeking it or not, youth are vulnerable to the messages portrayed in pornographic material. This readily available

source of sexual education generally ignores the importance of mutual pleasure, respect and emotional attachment. Thus, reinforcing the toxic aspects of masculinity.

Women, long taught to be passive, actually do have more sexual freedom than those of past generations. However, today's women are at turns encouraged to express themselves sexually and just as quickly may become the target of what is now called "slut shaming." With breakneck speed, she is accused of "asking for it." She is silenced. Furthermore, since both men and women rely on unspoken clues, gestures or glances to determine the interest level of prospective partners, the conditions are ripe for misinterpretation, coercion, and abuse.

Most girls I see in my practice understand things perfectly, and I help them navigate the choice to either go along or be left behind socially. Boys are often misinformed, sometimes defensive, and often genuinely confused. I try to focus on younger teens and their parents in an effort to pre-empt the inevitable misinformation. For a deep dive into one man's honest reflection that demonstrates the difficulty that men face, see the blog post entitled, **The Monster Inside Me**.





I meet with parents often and advise them that modeling a healthy relationship is not enough. They must be brave enough to talk to their children about relationships, sex, and societal messages. In addition, they must be aware of their own values and messages they may inadvertently reinforce.

When we consider how these toxic gender roles play out in the workplace, things suddenly appear in focus: *an entitled pursuer, emboldened by the power of his position, is simply dangerous*. We are beginning to see this for what it is. There is another critical factor that informs our understanding of workplace harassment: women internalize society's gender roles as well. Therefore, women are torn. They can speak up, or they can adhere to women's traditional role: keep the peace, be quiet, and endure. To speak the truth is risky and I commend the bravery of every woman who does so.

**For solutions, I return to these words.**

*The woman who needs to be liberated most is the woman in every man, and the man who needs*

*to be liberated most is the man in every woman. — Magnus Hirschfeld*

Men demonstrate the "feminine" qualities of empathy and consideration each day in relationships with family, co-workers, and friends. The next frontier is to apply these behaviors to all women. When interested in a woman romantically or sexually, men must ask, listen, accommodate and acquiesce.

Likewise, women express the "male" traits of agency and leadership in business, schools, and in homes. We must promote a world where she is respected everywhere. Her voice should be welcomed even when she challenges the status quo and even when she challenges a man in power.

This is the next frontier. Today, my friend Dave is a successful, enthusiastic public defender. He is still a burly guy who listens to others, expresses kindness and freely uses his feminine powers as a force for good. Thanks Dave!



**Jeanne Kett, MS, LCPC**

*Jeanne Kett is in private practice in Elmhurst. She is committed to helping families address the impact of the ever-changing social and academic expectations placed on adolescents and young adults today. Jeanne's blog is [KettPerspective.wordpress.com](http://KettPerspective.wordpress.com)*

# Narcissism In Performing Artists

By Bill Harrison, MA, LPC

**How many performers does it take to change a light bulb?** One – they hold the bulb and the world revolves around them. This ancient joke epitomizes how many folks view people in the performing arts. Actors, dancers, singers and musicians have the reputation of being inordinately self-centered, perhaps lacking in empathy, having poor interpersonal boundaries, being excessively arrogant and generally being rather unpleasant to hang around. However, is it true that performers are generally more narcissistic than the rest of humanity? How can we as counselors understand and work with performers who may exhibit varying degrees of narcissism?

In this culture, we tend to use the label “narcissist” to describe anyone perceived as overly selfish, vain or uncaring. Although one would hope we might know better, I have certainly, witnessed counselors do this. We have gotten used to throwing the term around without much thought, resulting in the muddying of its actual meaning. Pop culture also regularly fails to distinguish the generic term narcissism from the psychological diagnosis Narcissistic Personality Disorder (NPD), which is a specific pathology described in the DSM 5.

What is often hiding from view is the concept of *healthy narcissism*, something performing artists need to survive in the, often, brutal conditions found in the arts and entertainment world. Although there is a bit of controversy in the psychological literature on the exact nature of narcissism, there is general agreement that it exists on a continuum. It is possible to inhabit one extreme end of the spectrum, where NPD lives. It is also possible to live at the other end, where

there is a deficiency of positive self-regard. Both extremes are unhealthy. Somewhere in the middle is a degree of narcissism that promotes confidence, a healthy sense of self-worth that nourishes one’s resilience, a non-exploitative enjoyment of one’s individuality and personal power, and strong interpersonal boundaries.

The one personality trait that most clearly delineates the boundary between healthy and pathological narcissism is empathy. Empathy, as we all know, is a person’s ability to vicariously, and accurately experience another person’s emotional state or point of view. As Brene Brown points out in a popular YouTube video, empathy also helps promote connection between people. Individuals at the pathological end of the narcissism spectrum do not have the capacity for empathy. They are so self-involved that they are unable to get outside of their own narrow perspective, even for a moment. This characterological impediment prevents extreme narcissists from experiencing true intimacy with other people, and is the main reason they are so difficult to co-exist.

To the best of my knowledge, there is no data to support the idea that performers are any more narcissistic than the general population – which does not mean that it is not true, of course. What I believe is true, however, is that people in the arts and entertainment community need a healthy dose of narcissism to survive. If a client is labeled as “special” because of their talent at an early age, it may fuel their sense of self-importance. However, the expectation of continued excellence and achievement also creates a tremendous internal tension, characterized by uncertainty, self-doubt and pressure



**Bill Harrison, MA LPC**

*Bill Harrison is a psychotherapist whose primary interest is working with people in the performing arts. He is also an accomplished professional musician and an occasional actor. Please visit [www.billharrisontherapy.com](http://www.billharrisontherapy.com) for more info.*



to succeed. “Who would I be if I wasn’t talented?” “Would my parents (teachers, friends, et al) still love me if I didn’t have some special ability?” “What will happen to me if I don’t live up to my vaunted potential?”

In addition, show business guarantees to challenge your client’s self-esteem. Auditioning and performing are inherently ego-threatening activities. Actors, dancers and musicians routinely make themselves

vulnerable to scrutiny and criticism every time they take the stage. They are constantly under evaluation, cast or not cast, hired or not hired – often in maddeningly arbitrary ways. Trying to survive, let alone thrive in this environment is just about impossible for people with a fragile sense of self. Healthy narcissism is understood as the ability to maintain one’s sense of self-worth throughout and despite the everyday situations that threaten it.

**Here is a chart outlining the differences between healthy and pathological narcissism:**

Healthy Narcissism	Pathological Narcissism
Self-confident	Grandiose
Reality-based (self-aware)	Fantasy-based (self-deceiving)
Accountable for one’s actions	Blames others for one’s own actions
Ability to regulate emotions	Emotions out of control
Keeps judgments in check	Highly judgmental
Firm, reasonable interpersonal boundaries	Weak or non-existent boundaries
May enjoy fame, power or wealth	Relentlessly pursues fame, power or wealth
Genuine concern for others	Little or no interest in the welfare of others
Empathic	No ability to sense others’ feelings
Consistent set of applied values	Willingness to subvert or ignore values for personal advancement
“Good enough” childhood	Childhood abuse and/or neglect

Of course, someone with excessive narcissism is very unlikely to know it. The very nature of this psychological malady precludes that kind of self-awareness. This is one reason why NPD is such a difficult disorder to diagnose and treat. However, if your client is able to take direction, to hear and accept criticism without much defensiveness and to sustain healthy relationships with family, friends and peers, they

have probably exhibiting healthy narcissism. If they fall apart after every audition or have trouble bouncing back from a less-than-stellar performance or evaluation, you may need to do some work with them to bolster their self-worth. Healthy narcissism can improve with help, effort and time. Whoever plans on making a career in the performing arts needs a strong, resilient sense of self. That goes for us clinicians too!





# ICA Elections

## How to VOTE:

Voting in this year's election is easy! Just log onto the ICA website at [www.ilcounseling.org](http://www.ilcounseling.org) with your user name and password and click on the VOTE icon on the Home page.

To request a paper ballot please contact the ICA office at 877-284-1521.



## CANDIDATES FOR ICA PRESIDENT ELECT-ELECT

(LISTED IN RANDOM DRAW ORDER)



**Matt Glowiak**  
PhD, LCPC, CAADC, NCC

Please let me begin by saying that it is an honor and privilege to be a part of one of, if not the most, remarkable state branches—The Illinois Counseling Association

(ICA). And for those of you reading, I think you can agree. Since and prior to our incorporation on November 24, 1969, it has been the intelligence, talent, charisma, commitment, and other outstanding (insert other great words here) of our membership and its leadership that has continued to make this fine organization what it is today. This year as we approach our 70th Annual Conference, it is important to not only remember where we came from but also to look toward the future.

### We must never forget our mission:

*The mission of the Illinois Counseling Association is to enhance the quality of life in society by promoting the development of professional counselors, advancing the counseling profession, and using the profession and practice of counseling to promote respect for human dignity and diversity.*

By working together and investing in one another, our organization has continued to fulfill that mission—not only making ourselves stronger but also the counseling profession as a whole. We have provided counsel to our counselors, educated our educators, and advocated for our advocates. By

investing in one another and our membership body, we have grown our profession, thus touching the lives of countless individuals who seek and are in need of our assistance. And to that there is no greater reward.

Further, we have celebrated, embraced, and advocated for diversity. I am proud to be a part of an organization that includes divisions such as the Illinois Association for Multicultural Counseling (IAMC), Illinois Association for LGBT Issues in Counseling (IALGBTIC), and more recently, the Black Counselors Association. It is with the assistance of these divisions that ICA is able to better represent many of the populations that may stand benefit from the voice of a solid, united front. Especially in these times of continued oppression, violence, fear, and confusion; we must be the voice that rises up.

Together, we have received regional and national recognition. In 2016 we won an American Counseling Association (ACA) Regional Award for Best Innovative Project. In 2017 we won the National ACA Award for Branch Advocacy and Regional ACA Award for Best Leadership Project. Further, we have continued to see our members rise into leadership positions in other state, national, and international organizations. Why? Because we have set the precedence toward educating, training, inspiring, mentoring, and supporting them. This, after all, is our mission in action.

I feel so fortunate that ICA has afforded me the opportunity to get involved. What began as an opportunity to write a series on technology use in counseling for Illinois

*CONTACT* quickly led to many other opportunities including but not limited to assisting with IAMC, developing and hosting the ICA Counselor Engagement Event at two ICA Conferences, being elected Chicago Counseling Association (CCA) President and ICA Chapter Representative, and most recently serving as ICA Event Planning Chair. All the while I have continued my leadership roles in ACA, Chi Sigma Iota (CSI), and other flagship organizations. I have learned a lot and gathered much experience along the way; however, the most important thing has been the relationships. And I know now, more than ever, that it is in working toward a shared vision that we all accomplish our mission.

Among my various roles as counselor, clinical director, supervisor, counselor educator, advocate, and leader, I always do my best to bring out the best in other people. People tease me about “having a seeming unending amount of energy” and “always being happy,” but the truth is that I love what I do. I am living my calling in life and am excited by nothing more than to share that excitement with everyone else around me.

As it was so aptly stated by Queen Elizabeth II, “I know of no single formula for success. But over the years I have observed that some attributes of leadership are universal and

are often about finding ways of encouraging people to combine their efforts, their talents, their insights, their enthusiasm and their inspiration to work together.” The truth is that no one person alone can attain the success of an entire organization. In my running for ICA President Elect-Elect-Elect it is my intention to further unite our membership and bring out our best. Accordingly, it is through our combined efforts, talents, insights, enthusiasm, and inspiration that—together—we will continue to move this fine organization forward.

If you have taken the time to read through this entire statement, it is because you are someone who cares enough about this organization to make an informed decision about who you will vote for ICA's upcoming President Elect-Elect-Elect. Should I be fortunate enough to receive your vote, I assure you that I will give it my all to affirm your belief in me to serve this position faithfully.

Thank you for your consideration,  
**Matt Glowiak, PhD, LCPC, CAADC, NCC**



## Carolyn Khan

LCPC, CDVP

I am honored to be nominated for the position of President Elect-Elect of the Illinois Counseling Association.

I am a fourteen-year member of the Illinois Counseling Association and Past President and current Vice President of the Illinois Mental Health Counselors Association (IMHCA). I have an MA in Counseling from Governors State University and have been a LCPC for 23 years. Also, I am a Certified Domestic Violence Professional.

For several years, I have served the **All Our Kids Network** as the mental health subcommittee chair, chair of the **Valley View Youth Committee** and **Take Back the Night Committee**. I am a **Rotarian**, and am past president and a current board member of the **Illinois Certified Domestic Professional Board**. I was honored to receive the **2017 ICA Bea Wehrly Human Rights Award** for my work with the various groups that I have mentioned.

I bring a strong management and counseling background to the position of ICA President Elect-Elect from my experience managing my own non-profit practice, as well as the experiences I have had from serving on a variety of other boards.

As a private practitioner, I founded Bridges to a New Day, a non-profit 501c3 in 2004 where I oversee all agency programs, provide clinical services as needed, oversee all agency financial needs, and do community presentations on a variety of subjects such as, domestic violence, parenting, children affected by trauma, reporting child abuse, team building and program development.

**Through my work throughout the years, I have:**

- Developed relationships and partnerships with community organizations, funders, and other social service providers to promote the agency's programs and to increase funding and increase presence in the community.

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- Developed a team environment in program staff and volunteers.
- Expanded agency programs and services including the development of new innovative programs.
- Created a strong clinical team.
- Overseen the strategic planning process and developed methods to monitor progress of goals for both agencies and professional organizations.
- Developed appropriate procedures to implement agency's policies.
- Developed and trained staff to handle agency crisis situations.
- Improved clinical staff moral using team building and supervisory training.
- Worked on agency committees to develop an effective review process that was performance based.
- Worked with college administrators to develop course outlines for three domestic violence classes and taught one of those classes.

**Additionally, I have developed my ability to:**

- Work with a diverse group of staff, volunteers and other management personnel.
- Lead and manage programs.
- Network successfully.
- Provide effective presentations for other professionals and staff.
- Write grants.

ICA and its' precursor association have had a strong history of promoting counseling in Illinois since 1948 and we need to continue to be aware of the shifting landscape of the counseling field. Whether we work in a school setting, at a nonprofit, in private practice or any other counseling

setting, I believe that we need to continue to stay abreast of changing laws, and regulations if we are going to continue to be a strong association. **ICA serves an important role as the voice of counselors in Illinois.**

The Illinois Counseling Association and its' fourteen divisions has grown over the years because of the philosophy of providing excellent service to our membership through educational opportunities and conferences, publications, and legislative work. We also cannot forget how important it is to you, our membership, to "be there" to answer any question that you may have or direct our members to the person who can assist them.

As we transition our long time executive director to a well-deserved retirement, we are faced with the challenge of positioning our office and support staff in a manner which will continue to provide the level of service we have come to expect from ICA and all of our ICA divisions.

I believe it is important to continue the outstanding efforts of our current and previous presidents as well as our Executive Director. We need to continue to focus on our strengths and to celebrate our diversity of professionals and professions. We need to keep all 14 of our divisions, our Chapters and Regions active and engaged. We can benefit from the experience of our more seasoned counselors and embrace the enthusiastic involvement of graduate students in the counseling field.

I believe that I have the skill set to help the transition team through this process and to work with the membership and leadership to continue to elevate ICA's level of service as we go forward.

I would appreciate your support.

Gratefully,  
**Carolyn Khan**





# Kasia Wereszczynska

MA, LCPC, RYT

## Statement:

I am touched and honored to be nominated by highly respected peers at ICA for the position of President-Elect. I have been an active member of

ICA for over 10 years. Alongside the ICA's Visioning Statement, I am interested in fostering and promoting the betterment of the organization, its members, and the communities we serve. As one of the leading counseling associations in the United States, ICA prides itself on being comprised of some of the most innovative, creative, and determined leaders. Year after year ICA continues to grow its membership--engaging some of the most talented counselors in the country. This growth is the result of a cumulative effort put forth by all of us working together. As President Elect-Elect I intend to not only follow the footsteps of those great individuals who came before me, but, as we have witnessed in recent years, continue to move the organization forward. With all of the progress we have made as a profession, this is an extremely exciting time to be a counselor. Mental health disturbance extends beyond diagnosable disorders but to the violence, discrimination, lack of resources, et cetera that require our utmost care and attention. ICA is an organization that understands this and focuses its attention toward social betterment. I hope to get your VOTE!

## Biography:

Kasia Wereszczynska, MA, LCPC, RYT, co-founded and is clinical director of counseling speaks, LLC, a multicultural group practice serving the Chicago metropolitan. She has an extensive training and 10+ years' experience in crisis intervention, cognitive-behavioral therapy and positive psychology. She has provided counseling to a culturally diverse population serving the South Side of Chicago and the North Shore area. She has a history of working in various settings including the mental health court system, hospital emergency rooms, community mental health agencies, schools

and both inpatient/outpatient psychiatric hospital settings. Wereszczynska graduated with her Master's from the Illinois School of Psychology and serves on the Chi Sigma Iota (CSI) International Counselor Community Engagement Committee, Illinois Diversity in Leadership Task Force Committee, and the Argosy University Counselor Education Advisory Board. She is past President of both the Chicago Counseling Association (CCA) and the Illinois Association of Multicultural Counseling (IAMC). In addition, she teaches psychology classes at the University of St. Francis and Oakton Community College.

Within and among the aforementioned roles, Ms. Wereszczynska has received due recognition. In late 2017 she received the Distinguished Service Award for Outstanding Service to Mental Health Counseling as a Profession awarded by the Illinois Mental Health Counselors Association. In early 2017, she earned the Women You Should Know Award via She Rocks It, an organization that celebrates women leaders. In 2016 she was nominated for the Beauty Inside Out Reflection Award, which "celebrate(s) and honor(s) the life-changing and life-affirming contributions and success of beautiful women everywhere". In 2015 she received the University of St. Francis College of Arts & Sciences Alumni Award due to her contributions in the counseling and psychology field. In 2014 she received the Women Who Change the World award, namely for her work with In Her Shoes Foundation. And in 2013 she received the Leading Ladies International Award, noting her efforts toward educating and empowering multicultural individuals.

She is an international speaker with noted presentations in the US, Poland, Italy, Canada, Switzerland and Hungary, based on her areas of expertise: "Compassion Fatigue, Vicarious Trauma and Burnout-The Cost of Caring" and "Rising above: A multicultural approach to mentoring women towards successful careers in counseling and psychology." She is the founder of In Her Shoes Foundation, a 501c(3) nonprofit organization that empowers and inspires every woman and girl to be her personal best.

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## Benton K. Johnson II

PhD, LCPC, LMHC, CCMHC, DCC, CTBHP

I am humbled and honored to be nominated for the President Elect-Elect for the Illinois Counseling Association (ICA). I was first introduced to ICA as a student at Western Illinois University Quad Cities Campus

as I became the president of the Western Illinois Student Counseling Association and was inducted into Chi-Sigma-Iota Counseling honor society in 2002-2003. After receiving an MS Ed in Community Counseling from Western Illinois University, I received a PhD in Counselor Education & Supervision from Regent University. I became an active member in 2010 and worked diligently to revitalize the Illinois Association for Assessment and Research in Counseling (formerly named Illinois Association for Assessment in Counseling and Education).

Since then, IAARC has increased its membership, aligned its goals and name with the national association as well as distributed information, responded to, and supported members and non-members in the laws governing testing and assessment in Illinois. Within the counseling field, I have held membership in IAMC, ICES, ICSJ, IAARC and IMCHA. I am currently the President of the Illinois Association for Assessment and Research in Counseling, the ICA Chair of the Diversity in Leadership Task Force, member of IMHCA, Rehabilitation Counseling interest group, and a member of the American Counseling Association. Internationally, I am a member of the European Branch of the American Counseling Association (EB-ACA), European Association of Psychological Assessment (EAPA), and the International Association of Counselors (IAC).

Being involved in the counseling field since 2000 has allowed me the opportunity to witness, experience and impact the ebb and flow of the identity and practice of counselors in metropolitan and rural communities. I have seen the counseling field fractionate and silo as well as unify and solidify. Throughout all those experiences, I have learned that to unify and solidify, we have to nourish to flourish. This means that all divisions, members, chapters, constituents and communities have to be valued and heard by ICA.

My experience as a private practice clinical counselor has allowed me to work with a wide variety of diversities in children, couples, families and groups. I have a strong connection to preschool and elementary school environments due to my work experiences as an Educational Interpreter for the deaf in the Quad Cities local school districts of Iowa and Illinois, as well as the work that I do with children and adolescents. Extensive work with Spanish speaking families and affiliations in Europe have afforded me above beginning speaking skills in Spanish and German. I specifically work with challenges connected to trauma; adoption; autism; early childhood issues including infants and toddlers; and the Deaf; using Play Therapy, Theraplay, Sandtray and Adlerian techniques. I am the president of Ephphatha Consulting Services, Inc. ([www.be-opened.com](http://www.be-opened.com)) which has service locations in Chicago, IL; Moline, IL; and East St. Louis. In addition, I am an Assistant Professor at Adler University in which I serve as the Faculty Council Chair and Chapter Adviser for Alpha Iota Delta Chapter of Chi Sigma Iota honor society.

As President Elect-Elect of ICA, I will work to continue unifying and solidifying the counseling profession and identity within the state of Illinois; support the ICA mission; and through inclusive practices, empower all of our divisions and members to join the journey.

*"We are greater together and stronger forever: Unity and inclusion is key and, with my election, that is what you will get when voting for me!"*

# ENGAGE THE BRAIN INTO EMOTIONAL WELLNESS with Self-Compassion

By Annemarie Husser, LCPC

In the confines of my private office, I have heard many examples of painfully honest, self-deprecating confessions from clients such as “I’m not enough, I don’t do enough”, “I am a fat loser and no one should have to deal with my appearance”, “I’m not worth being loved by her.” These clients have turned on themselves, feel unworthy, depressed, anxious and hopeless. They are prisoners to their self-destructive judgments and don’t see an escape route. Nevertheless, I can propose a practical therapeutic approach called self-compassion. Self-compassion offers a road map to relief from emotional turmoil by engaging the parts of the brain that increase happiness, soothe negative emotions, and reduce distress.

A powerful intervention, self-compassion is based in Buddhist Psychology and neuroscience. It outlines a choice on how to relate to ourselves and our emotions by deconditioning the tendency to be self-critical and offering ourselves kindness instead. Self-compassion is based on three elements: self-kindness, common humanity, and mindfulness. Clinically, I have discovered self-compassion skills enhance and blend easily with the other therapeutic techniques I utilize in my practice such as EMDR and CBT; the skills can be used as a primary or adjunctive therapy intervention.

As I began my personal and professional journey of learning more about self-compassion,

I read the book titled, *Self-Compassion in Psychotherapy* by Tim Desmond. Mr. Desmond discusses the neuroscience of self-compassion and how it strengthens the parts of your brain that make you happier, more resilient and more attuned to others. For example, research done by Jaak Panksepp, has identified seven primary emotional circuits in the brain. One of these well-defined neural pathways in the brain is the **Care Circuit** which extends from the hypothalamus to the ventral tegmental area (VTA). This positive circuit is activated by self-compassion and generates oxytocin and endogenous opioids

to soothe negative emotions and create a calm affect. From your brain’s perspective, comforting yourself is similar to being nurtured by someone else and can have profound benefits upon mental health. Based on research, our clients can learn

to develop the capacity to send themselves compassion, thus, strengthening the happiness center in the brain. Tim Desmond believes that Self-Compassion for the client and the therapist is one of the most important elements of effective therapy.

An easy to remember tool for practicing self-compassion is called the *RAIN of Self-Compassion* which was developed by Tara Brach, a Buddhist psychologist and author. Through her work with thousands of clients she observed personal deficiency as



Annemarie Husser, LCPC

*Annemarie Husser LCPC is an EMDR certified therapist specializing in the treatment of trauma for adolescents and adults with childhood abuse histories. She is in private practice in Crystal Lake, IL. [www.annemariehusserlcpc.com](http://www.annemariehusserlcpc.com)*

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an epidemic. When we feel unworthy, we are in a trance that causes tremendous suffering which she designates as “the trance of unworthiness.” Brach recommends utilizing the RAIN acronym to address these feelings and to begin to offer inwardly the transformative nourishment of self-compassion to disrupt the trance. **“R” stands for Recognize** what is going on in the moment (Mindfulness). **“A” stands for Allow** the experience to be there, without judgment (Mindfulness). **“I” stands for Investigate**, with interest and care, how it feels to have the experience in your body (Mindfulness and Self-Kindness). **“N” stands for Nourish** with Self-Compassion by saying statements such as: *“I know I am in pain and I care about the pain, I know I am trying create happiness, I am not alone in this, others may feel the same way, I am wishing myself well”* (Common Humanity and Self-Kindness). I have chosen to create cards with the instructions on how to use the RAIN technique and offer them to client’s to practice on their own.

As a certified EMDR therapist, I integrate self-compassion skills into the preparation stage because the practice is an effective way to activate the Care Circuit and increase a client’s capacity to successfully reduce emotional distress. For example, a client who survived childhood trauma was receptive to learning the RAIN technique early on in treatment. She learned to recognize a painful feeling of shame, allowed it to be there, investigated how it felt in her body (i.e. tight ball in her chest) with interest and care, and then nourished it with the statement, *“I know this is painful, and I am wishing myself well.”* She engaged the Care Circuit, resulting in reduced negative body sensations and a sense of inner calm. By being more self-compassionate, she was able to treat herself positively and regulate emotions with an enhanced ability to tackle her childhood wounds.

If it is challenging for a client to be self-compassionate, I may teach a technique from Tim Desmond’s book. He proposes utilizing a person or pet that naturally brings up uncomplicated feelings of warmth and love to initiate self-compassion skills. After the client practices sending kindness to another, the client has the opportunity to learn how to be self-compassionate with himself or herself. For example, a client who was skeptical about learning CBT and self-compassion skills was willing to practice sending loving kindness toward his beloved dog. After accomplishing this, he slowly began to turn caring feelings onto himself and understood that the self-critical thoughts he used were distorted. He was ready to challenge the distorted thoughts with reality based, compassionate thoughts such as, “I am worthy of being treated with respect from myself and others.”

I have found applying self-compassion skills in psychotherapy to be beneficial for several reasons. First, it offers a transformative choice to deal with difficult thoughts and emotions by engaging the Care Circuit which produces oxytocin and endogenous opioids in the brain, creating a sense of calm and fresh neural pathways. Secondly, it seamlessly augments other therapy models by offering practical skills clients can use to strengthen the effectiveness. Lastly, my personal practice of self-compassion has reduced my perfectionistic tendencies, permitting an increase in client attunement, creativity and self-confidence. Choosing to utilize self-compassion skills, a simple yet robust therapy method based in neuroscience, will enhance your therapy practice as well as your own personal growth. You can visit Tara Brach’s website, [www.tarabrach.com](http://www.tarabrach.com) for more information on the RAIN technique.

# 2018 ICA Calendar of Events

**May**  
5/19/18

IALGBTIC Webinar: The Other One Percent  
• *Webinar*

**June**  
6/1/18

IMHCA: Special 2 Day Workshop :  
Starting, Maintaining, and Expanding a  
Successful Private Practice • *Chicago*

6/8/18

IMHCA: NCMHCE Test Prep • *Naperville*

6/8/18

IMHCA: NCE Test Prep • *Chicago*

6/8/18

IACFC Webinar: Polyamory: What Can Go  
Wrong? A Bowen Perspective • *Webinar*

6/24/18

ICA Executive Committee Meeting • *Wheaton*

6/30/18

ICA Summer Governing Council & Transition  
Meeting • *Wheaton*

6/30/18

ICA Conference Planning Committee Meeting  
• *Wheaton*

**August**  
8/7/18

IMHCA: Group, Peer, and Triadic Clinical  
Supervision Strategies: Best Practices • *Northbrook*

**September**  
9/14/18

IMHCA: Special 2 Day Workshop Presentation:  
Starting, Maintaining, and Expanding a Private  
Practice • *Lisle*

9/21/18

IMHCA: Working with infidelity: After an affair  
who owns the relationship? • *Northbrook*

9/22/18

IMHCA: NCMHCE Test Prep • *Northbrook*

**October**

10/6/18

IMHCA: DSM-5®: Elimination of the Multi-  
Axial Diagnostic System • *Naperville*

10/28/18

ICA Executive Committee Meeting • *Wheaton*

10/29/18

IMHCA: Addressing Ethics and Best Practices  
in Supervision • *Naperville*

**November**

11/8/18

ICA Pre-Conference • *Itasca*

11/8/18

ICA Governing Council Meeting • *Itasca*

11/9 & 10/18

ICA 70th Annual Conference • *Itasca*

**December**

12/1/18

IMHCA: NCMHCE Test Prep • *Lisle*

12/3/18

IMHCA: Addressing Advanced Issues In  
Counseling Supervision • *Chicago*

12/7/18

IMHCA: Special 2 Day Workshop Presentation:  
Starting, Maintaining, and Expanding a  
Successful Private • *Northbrook*

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