

## Calendar of Events

March 6, 2026  
- March 7, 2026

**IMHCA 2026 Annual Conference**  
**Elements by the Odyssey and Homewood Suites by Hilton Hotel**  
**16235 South La Grange Rd**  
**Orland Park, IL 60467**  
**09:00 AM - 04:00 PM CST**

*We have a room block reserved at Homewood Suites by Hilton Orland Park for March 5, 2026 through March 9, 2026 for \$149/night.*

*Please be sure to book before February 6, 2026.*

[CLICK HERE TO BOOK](#)

*Registration Pricing:*

*Friday Only, Member Rate: \$99  
Friday Only, Non-Member Rate: \$129  
Saturday Only, Member Rate: \$99  
Saturday Only, Non-Member Rate: \$129  
2-day package, Member Rate: \$184  
2-day package, Non-Member Rate: \$244*

*\*If you are a member and don't see an option for the member rate package, please contact our office by email at [myimhca@gmail.com](mailto:myimhca@gmail.com) or by phone at 815-787-0515\**

*Payment:*

*PayPal is our payment platform for online payment. You can use an existing PayPal account, or pay as a guest*

*using your debit or credit card.*

*In order for payments to be processed via PayPal, cookies must be enabled on your browser.*

**FRIDAY KEYNOTE (March 6th)**

*Digital Divides and Mental Health: Clinical Implications for Aging Clients in the Social Digital Age*

*Presented By: Janelle L. Jones, PhD, LPC, NCC*

*As digital technology transforms how we connect, work, and access care, aging clients face unique mental health challenges from social isolation to online scams shaped by social determinants like income, education, and their built environments. This keynote examines how the digital divide exacerbates anxiety, depression, and financial vulnerability in aging populations, while offering clinicians practical strategies to address barriers such as low tech literacy and limited internet access. Through research and case studies, counselors will learn to navigate the intersection of aging and digital equity. Together we will help clients harness technology's benefits while mitigating risks like doomsurfing or exploitation, ensuring no one is left behind in an increasingly connected world.*

*By the end of this keynote session, attendees will be able to:?*

- 1. Identify how social determinants of mental health impact aging adults' access to and use of digital tools*
- 2. Recognize the psychological effects of social media, scams, and digital exclusion on aging clients (e.g., anxiety, depression, isolation)*
- 3. Develop clinical strategies to assess and address digital literacy gaps in therapy*
- 4. Explore practical ways to integrate (or limit) technology in client treatment plans*

**SATURDAY KEYNOTE (March 7th)**

*Training the Next Generation: Ecological & Trauma-Informed Approaches to Clinician Development in the Social Digital Age*

*Presented By: Claudia Pitts, PhD, Judith Kent, PhD, Suzette Fromm Reed, PhD, Wytress Richardson, EdD*

*In this interactive session, presenters will guide participants in a discovery of the interplay between clinical and community psychology as it applies to clinical supervision in the digital age:*

*Presenters will first provide an overview of pertinent community psychology principles. Presenters will discuss ecological and trauma-informed frameworks as applied to clinician development both online and in-person.*

*Participants will analyze applicable key digital influences across ecological systems.*

*Participants will explore supervision strategies to enhance hybrid clinical environments.*

*Participants will examine ethical and developmental challenges that arise for supervisees and clients in digital settings.*

*Presenters and participants will collectively create list of strategies to implement in the varied types of practice and supervision.* Page 2/17

*By the end of this presentation, participants will be able to:*

*Apply ecological and trauma-informed frameworks to conceptualize clinician development in the context of the social digital age.*

*Identify key digital influences across ecological systems (e.g., microsystem to macrosystem) that shape developmental experiences and trauma exposure for clients and supervisees.*

*Implement supervision strategies that foster digital literacy, boundary-setting, and reflective practice in trainees navigating online and hybrid clinical environments.*

*Evaluate ethical and developmental considerations related to supervisees' and clients' experiences in digital spaces, including issues of access, identity, and online trauma.*

#### **BREAKOUT PRESENTERS**

##### **Digital Sexual Abuse & Recovery (Friday, March 6th)**

*Presenter: Sarah J. Rohret, MS Clinical Mental Health Counseling 2026*

*Description: Artificial Intelligence has reached the capability of creating realistic, but fake, photos and videos of victims. Women of all ages, but young women in particular, are being targeted by classmates and acquaintances with blackmail and visual sexual abuse. Therapists need to understand how this happens, the harm it causes and how to stand beside victims. While many of us have training in counseling someone who has experienced physical sexual abuse, digital sexual abuse has both similarities and important differences. The primary difference is that physical sexual abuse ends, and digital abuse can continue on with evidence of it on the internet for the entirety of one's life.*

##### **Connection Conferences: Making Meaningful Connections in a Digital World (Friday, March 6th)**

*Presenter: Theo Stripling, LCPC*

*Description: Personal connections are important to maintain, and counselors can help! An increasingly digital world has a mixed impact on interpersonal interactions. This workshop builds knowledge and skills to help adolescents and adults increase interpersonal connections. In the literature section, we will explore recent literature. This information will help counselors build knowledge and educate clients on the benefits of connecting with others. In the practice section, we will engage in an interactive activity to foster meaningful connections. The goal of the activity is to practice making connections and offer skills for use with groups to build better connections. Make space to learn, then get up and connect with others in this interactive workshop.*

##### **The Desire for More: Clinical Implications of Internet and Social Media Use in Process Addictions in Adolescents and Adults (Saturday, March 7th)**

*Presenter: Kimberly Cho, LPC, MS*

*Description: This presentation examines how digital platforms contribute to compulsive behaviors across process addictions, including gaming, gambling, pornography, and social media use. Through a trauma-informed lens, it explores the neurobiological and psychological mechanisms behind digital compulsivity and offers practical interventions grounded in CBT, DBT, motivational interviewing, and harm reduction. Attendees will gain tools for assessment, treatment planning, and ethical navigation of tech-related clinical challenges.*

*Preserving and Strengthening Cognitive Health in the Digital Age (Friday, March 6th)*

*Presenter: Elisa Woodruff, PhD, LCPC, NPT-C, EMDR-PT-II, ADHD-PT*

*Description: A plethora of recent research and popular non-fiction has addressed the impact of technology on our cognitive health. These sources have described impacts to attention span, emotional regulation, sleepless, and memory, as well as a host of social and physical implications, but many counselors do not know how to apply these ideas to skills that can be used in therapeutic practice.*

*The Digital Age Impact: A Polyvagal-Informed Approach to Supporting Clients (Saturday, March 7th)*

*Presenter: Rita Romero, LCPC, EMDR Consultant & Therapist, CADC*

*Description: This workshop offers clinicians a Polyvagal-Informed framework to understand and treat the effects of digital age. We will examine how the constant cascade of notifications and social media engagement alters a client's "neuroception"—their nervous system's unconscious assessment of safety.*

*"There's an app for that!" -- Enhancing Client Care via Technology (Friday, March 6th)*

*Presenter: Marcia Suelzer, LPC, JD*

*Description: There are over 22,000 mental health apps currently available. These range from those that support wellness, via mindfulness and meditation, to FDA-approved apps with demonstrated clinical efficacy in the treatment of specific mental disorders. This workshop will provide an overview of various categories of applications, explore key apps within those categories, and provide guidance for integrating apps into clinical practice. Participants will be encouraged to explore applications on their own smart devices.*

*Navigating Online Dating for Autistic Individuals: Benefits, Challenges, and Safety Consideration (Saturday, March 7th)*

*Presenter: Jaime Langosch, LPC, MA*

*Description: This interactive workshop explores the benefits, challenges, and safety considerations of online dating for autistic individuals. Drawing from current literature, we'll examine how digital platforms can offer structured communication, reduced social pressure, and greater autonomy in social interactions. We'll also address common challenges, including interpreting social cues, navigating dating norms, and vulnerability to exploitation. Participants will engage with clinical case vignettes to practice applying strategies that promote safety and empowerment in online dating. Emphasis will be placed on neurodivergent-friendly approaches and the role of mental health*

professionals in supporting healthy, authentic connection.

*Beyond the Couch: Expanding Your Impact and Income in the Digital Age (Saturday, March 7th)*

Presenters: Christine Barker, LCPC and Carmel Brown, LCPC

*Description: In today's rapidly evolving mental health landscape, therapists are being called to expand beyond the traditional 1:1 therapy model and reimagine how their expertise can create impact — and income — in new ways. Beyond the Couch: Expanding Your Impact and Income in the Digital Age invites mental health professionals to explore ethical, creative, and sustainable avenues for professional growth in the social digital era.*

*This engaging, practical seminar helps participants identify their transferable skills, understand the growing opportunities for digital visibility, and design additional income streams aligned with their clinical values. From consultation and workshops to digital courses, writing, and brand partnerships, therapists will leave with actionable strategies to diversify their income while maintaining professional ethics and personal well-being.*

*Whether you're a private practice owner seeking sustainability or a clinician curious about expanding your professional footprint, this workshop offers both inspiration and structure for building a thriving, modern therapeutic career.*

*Virtual Reality Therapy for Anxiety and Depression: Innovations, Applications, and Future Directions (Friday, March 6th)*

Presenter: Krista Jackson, LCPC

*Description: This interactive workshop, led by Krista A. M. Jackson, L.C.P.C., explores the transformative use of Virtual Reality (VR) technology in treating anxiety, depression, and related mental health conditions. Participants will gain a comprehensive understanding of VR applications such as Virtual Reality Exposure Therapy (VRET) and VR-enhanced Cognitive Behavioral Therapy (CBT), including how immersive simulations create safe, controlled, and highly personalized therapeutic environments.*

*The workshop will cover the scientific foundations of VR in clinical settings, demonstrate real-time monitoring techniques to tailor treatments, and highlight the latest research findings on effectiveness and future trends. Attendees will learn strategies to integrate VR into therapeutic practice to enhance patient engagement, support behavioral change, and improve outcomes. This session is ideal for mental health professionals seeking to expand their therapeutic toolkit with innovative, evidence-based VR interventions.*

*Still watching?: The intersection between loneliness and binge-watching behavior in young adults (Friday, March 6th)*

Presenter: Dawn Livorsi, DSW, LCSW

*Description: A 2025 report from the World Health Organization (WHO) Commission on Social Connection named loneliness as a global health issue that negatively affects 1 in 6 individuals. Loneliness, a negative, subjective emotional state resulting from a*

*discrepancy between one's desired and actual experiences of connection, is linked to a number of physical, psychological, and cognitive concerns, including heart disease, depression, and reduced memory function (Berg, 2023). Young adults report the second highest rates of loneliness (17.4%), following Adolescents (20.9%) (WHO, 2025). For a variety of reasons including separation from established social networks like family or school (Shah & Househ, 2023), feeling "overworked" / "too busy" to engage with friends, and technology use (MCC, 2024), young adults often find themselves feeling socially disconnected.*

*At the same time, they have witnessed incredible growth in web streaming and on-demand viewing platforms such as Netflix, Hulu, and Amazon Prime Video, which provide opportunities for constant and continuous viewing. Binge-watching, or watching multiple episodes of a television show in one session, has become such a widespread practice among young adults that it has received empirical study (Alimoradi et al, 2022). Notably, binge-watching has been linked to increased feelings of loneliness (Gabbiadini et al., 2021), while "coping with loneliness" is considered a significant factor in problematic binge-watching (Starosta & Izydorczyk, 2020).*

*Despite being associated with undesired outcomes such as reduced social life (De Feijter et al., 2016) and poorer sleep quality (Exelmans and Van den Buick, 2017), binge-watching is commonplace. Nearly 70% of adults report having engaged in binge-watching (Cha & Chan-Olmsted, 2025), with many young adults reporting they use it as a coping strategy to tolerate negative emotions (Gabbiadini et al, 2021). The proposed presentation will explore the interplay between loneliness and binge-watching, while providing clinically applicable concepts to implement with young adult clients.*

March 6, 2026  
- March 7, 2026

**IMHCA 2026 Annual Conference : Exhibitor/Sponsor Registration**

**Elements by the Odyssey and Homewood Suites by Hilton Hotel**

**16235 LaGrange Road**

**Orland Park, IL 60467**

**09:00 AM - 04:00 PM CST**

**Chelsea Miller, (815) 787-0515**

**myimhca@gmail.com**

*Silver Sponsor - \$750*

*Half page color ad in the conference program book distributed to all attendees*

*Signage at the conference highlighting sponsorship*

*Exhibit table both days (Friday-Saturday)*

*Brochures included in conference bags distributed to all attendees*

*Gold Sponsor - \$1000*

*Full page ad in the conference program book distributed to all attendees*

*Signage at the conference highlighting sponsorship*

*Exhibit table both days (Friday-Saturday)*

*Brochures included in conference bags distributed to all attendees*

*Platinum Sponsor - \$2000*

*Full page color ad in the conference program book distributed to all attendees*

*Inclusion of logo, website, and phone number in our conference mailing*

*Signage at the conference highlighting sponsorship*

*Exhibit table both days (Friday-Saturday)*

*Brochures included in conference bags distributed to all attendees*

*Branded notebooks provided at cocktail reception*

*Exhibitor Space - \$300*

*One 6 ft table*

*2 Chairs*

*Pricing covers both days and includes one complimentary conference registration*

March 13, 2026  
- March 14, 2026

**NCE/LPC Test Prep Workshop**

**Zoom**

09:00 AM - 04:00 PM CST

Chelsea Miller, 815-787-0515

myimhca@gmail.com

**PRICING:**

**IMHCA MEMBERS: \$244**

**NON-MEMBERS: \$299**

*Presenter: Dr. Kevin Kusy*

*9am-4pm Each Day - 12 CEs*

*The NCE is a computerized exam, comprised of 200 multiple choice questions. Prepare yourself by taking this test prep course to help you pass the exam. Topic areas include: Human Growth and Development, Social and Cultural Foundations, Helping Relationships, Group Work, Career and Lifestyle Development, Appraisal, Research and Program Evaluation, Professional Orientation, and Ethics.*

*\*Please note that taking this course does not guarantee a passing exam score. This course is meant as a preparation course to help individuals better understand what to expect when going into the exam.*

March 25, 2026

**Under the Dome "Day on the Hill" - ICA and IMHCA**

**Hoogland Center for the Arts**

**420 S 6th St.**

**Springfield, IL 62701**

**08:30 AM - 02:30 PM CST**

**Chelsea Miller, 815-787-0515**

**myimhca@gmail.com**

*Shape the Future of Counseling in Illinois: Attend Under the Dome "Day on the Hill" in 2026!*

*The Illinois Counseling Association (ICA) in partnership with the Illinois Mental Health Counselors Association (IMHCA) invite professional counselors, graduate students, and counselor educators to Under the Dome "Day on the Hill" 2026. Day on the Hill offers an invaluable opportunity to gain insight into the legislative process, meet with state legislators, advocate for policies enhancing mental health services and school counseling programs, and raise awareness of the essential role counselors play in public health.*

*This event is open to ICA members, non-member counselors, graduate students, and counselor educators across the state.*

*Registration Cost: FREE*

*What's Included with my Registration?*

*Registration for this event includes complimentary breakfast, the basics of advocacy presentation, a digital take-home advocacy packet, networking, and the opportunity to meet with your state legislators in the capitol building.*

*\*Please note that lunch is not included and will not be provided. Be sure to bring a lunch or make appropriate arrangements.*

### *Tentative Schedule of Events*

*\*This is the current tentative schedule of events. Times are subject to change.*

<i>8:30am - 9:00am</i>	<i>Arrive at the Hoogland Center, Check-In, enjoy coffee and small breakfast</i>
<i>9:00am - 10:00am</i>	<i>Advocacy and Legislation Presentation</i>
<i>10:15am - 10:30am</i>	<i>Walk to the Capitol Building</i>
<i>10:30am - 10:45am</i>	<i>Group Photo in front of the Capitol Building</i>
<i>11:00am - 2:00pm</i>	<i>Appointments with legislators, observe legislative process, and pull legislators to the rail</i>
<i>2:30pm - End</i>	<i>Reconvene at a local restaurant, networking</i>

April 3, 2026  
- April 4, 2026

## Starting and Maintaining a Successful Therapy Practice

### Zoom

09:00 AM - 03:00 PM CST

Chelsea Miller, (815)-787-0515

myimhca@gmail.com

### PRICING:

IMHCA Members: \$249

Non-Members: \$309

*\*Registration includes a 30-minute 1-on-1 consultation*

10 CEUs Awarded

Presented By: Christine Barker, LCPC and Carmel Brown, LCPC

*Launching a private practice is both exciting and challenging. This workshop is designed for mental health professionals who want to confidently start, structure, and sustain their own practice. Over the course of the training, participants will learn:*

*Foundational steps in setting up a practice, including choosing a business structure, meeting licensing requirements, and establishing policies and documentation.*

*Financial planning essentials, from setting fees to managing bookkeeping, taxes, and insurance considerations.*

*Best practices for ongoing operations, such as systems for workflow, client retention strategies, and compliance with legal/ethical standards.*

*Practical tools for creating a welcoming, efficient practice environment—whether in-person, online, or hybrid.*

*By the end of the workshop, you'll have a clear roadmap for building a practice that aligns with your professional goals, serves your community, and supports long-term growth.*

*Christine Barker, LCPC - Christine has been in private practice for 15+ years, 10 years as a solo independent contractor and going on 6 years as a group practice owner. She cofounded Inner Courage Counseling, where she led, managed and grew a practice to its peak of 25 clinicians and 6 administrative staff for 5.5 years. Currently, Christine owns a small private practice in Naperville, IL, CB Counseling Services, where she manages a team of 2 part time clinicians and a masters level intern. Christine's clinical focus includes treating clients who suffer from trauma, relationship issues, grief and loss. She is trained in EMDR, certified in CPT and divorce mediation. In addition to her clinical focus, Christine is an adjunct professor at Lewis University, provides supervision services to pre and provisionally licensed counselors and licensed marriage and family*

*therapists. She also provides individual and group consultation assisting independently licensed practitioners start and maintain their own solo and group practices.*

*Carmel Brown, LCPC - Licensed therapist with more than 25 years of professional experience. My work history includes the State of Missouri's Board of Probation and Parole, the not-for-profit sector as a program director, the state of Illinois at Alton Forensic center, and currently self-employed in private practice as a wellness professional and licensed therapist. I provide mental health services for individuals, families, and corporations and consulting for mental health professionals in private practice. I am a workplace wellness expert and have worked with national and international corporations and their employees during their times of tragedy, crisis, or distress. I offer corporate mental health and wellness services through a variety of EAP services such as, critical incident debriefing and stress management services, training, webinars, and workshops. I'm a Region Representative and a Chapter President for the Illinois Counseling Association and was awarded the Bea Wehrly Human Rights Award in 2022 by the ICA.*

May 1, 2026  
- May 2, 2026

**NCMHCE/LCPC Test Prep Workshop**

**Zoom**

09:00 AM - 04:00 PM CST

Chelsea Miller, (815) 787 0515

imhcadirector.chelsea@gmail.com

***PRICING:***

*IMHCA Members: \$299*

*Non-Members: \$359*

*Presenter: Dr. Kevin Kusy*

*12 CEs*

*Time: 9 AM - 4 PM Each Day*

*We have redesigned our successful NCMHCE Test Preparation training to align it with the new narrative format that took effect in November 2022. This Test Prep will prepare you to pass the National Clinical Mental Health Counseling Examination (NCMHCE) licensing exam — with flying colors!*

*\*Please note that taking this course does not guarantee a passing exam score. This course is meant as a preparation course to help individuals better understand what to expect when going into the exam*

*What attendees gained from our latest NCMHCE Online training:*

*"Practical information to highlight what I needed further review. Gained a lot of confidence!"*

*"Learning the technique and receiving really direct and clear rationale behind information."*

*"The Presenter was excellent and provided the information in a very understandable format."*

*"No travel needed to access workshop."*

*"I like that the workshop was available as a webinar."*

*"Learning specific strategies and bodies of knowledge to help me do well on the exam."*

July 31, 2026  
- August 1, 2026

### **NCE/LPC Test Prep Workshop**

#### **Zoom**

09:00 AM - 04:00 PM CST

Chelsea Miller, 815-787-0515

myimhca@gmail.com

#### **PRICING:**

**IMHCA MEMBERS: \$244**

**NON-MEMBERS: \$299**

*Presenter: Dr. Kevin Kusy*

*9am-4pm Each Day - 12 CEs*

*The NCE is a computerized exam, comprised of 200 multiple choice questions. Prepare yourself by taking this test prep course to help you pass the exam. Topic areas include: Human Growth and Development, Social and Cultural Foundations, Helping Relationships, Group Work, Career and Lifestyle Development, Appraisal, Research and Program Evaluation, Professional Orientation, and Ethics.*

*\*Please note that taking this course does not guarantee a passing exam score. This course is meant as a preparation course to help individuals better understand what to expect when going into the exam.*

November 20, 2026  
- November 21, 2026

**NCMHCE/LCPC Test Prep Workshop**

**Zoom**

09:00 AM - 04:00 PM CST

Chelsea Miller, (815) 787 0515

imhcadirector.chelsea@gmail.com

***PRICING:***

*IMHCA Members: \$299*

*Non-Members: \$359*

*Presenter: Dr. Kevin Kusy*

*12 CEs*

*Time: 9 AM - 4 PM Each Day*

*We have redesigned our successful NCMHCE Test Preparation training to align it with the new narrative format that took effect in November 2022. This Test Prep will prepare you to pass the National Clinical Mental Health Counseling Examination (NCMHCE) licensing exam — with flying colors!*

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