

2012 Participating Organizations

Advanced Neurodiagnostics and Clinical Neuroscience	Illini care
Advocate Addiction Treatment Program	Illinois Counseling Association
Advocate Medical Group Behavioral Health	Institute on Disability and Human Development
Aitz Hayim Center for Jewish Living	Interfaith Action of Evanston
Am Shalom	The Josselyn Center
Am Yisrael	K.A.M. Isaiah Israel
Anshe Emet Synagogue	Kol Hadash Humanistic Congregation
The ARK	Lake Street Church of Evanston
Beth Shalom B'nai Zaken	The Lilac Tree
Ethiopian Hebrew Congregation	Maine Center
Catholic Charities LOSS Program	Mental Health America North Shore
Chicago CBT Center	Mental Health Association of Greater Chicago
Chicago Lights for Whole Health	Metropolitan Family Services
Chicago Medical School	Mt. Zion Tabernacle Apostolic Church
Chicago Metro North Al-Anon	NAMI of Greater Chicago
Chicago Sinai Congregation	New Trier Township High School
Chiro One Wellness Center	The Night Ministry
City of Evanston	Niles Family Services
CJE Senior Life	North Shore Congregation Israel
Columbia College Chicago	North Shore NAACP
Community Counseling Centers of Chicago (C4)	North Shore Senior Center
Community Mental Health Board of Oak Park Township	Pathways to Promise
Congregation Beth Am	Pediatric Brain Research and Intervention Center at the University of Illinois at Chicago
Congregation Beth Judea	Recovery International
Congregation B'nai Jehoshua Beth Elohim	St. Athanasius Roman Catholic Church
Congregation B'nai Tikvah	St. Nicholas Parish
Congregation B'nai Torah	St. Paul's Lutheran Church of Evanston
Congregation Emanu-El B'ne Jeshurun	Samaritan Counseling Center
Congregation Ezras Israel	Second Baptist Church
Congregation Or Shalom	Stress and Anxiety Disorders Clinic, University of Illinois at Chicago
Congregation Rodfei Zedek	Supporting Illinois Brothers and Sisters
Congregation Solel	Temple Beth-El
Congregation Sukkat Shalom	Temple Beth Israel
Ebenezer AME Church	Temple Chai
Elmhurst College	Temple Jeremiah
Elyssa's Mission	Temple Judea Mizpah
Emanuel Congregation	Temple Shalom
Evanston Community Foundation	The University of Chicago Bipolar Lithium Study
Ezra Habonim Niles Township Jewish Congregation	Turning Point
Family Focus Evanston	Union for Reform Judaism
Family Service of Winnetka/Northfield	United Synagogue of Conservative Judaism
First United Methodist Church at Chicago Temple	Weinstein Family Services
Haven Youth & Family Services	West Suburban Temple Har Zion
Hillels of Illinois Regional Programs	Youth Services of Glenview/Northbrook

Schedule

- 11:30 a.m.-12:30 p.m.
Registration
View Exhibits
- 12:30 p.m.
Welcome
Lawrence M. Cohen, Founder,
Naomi Ruth Cohen Institute
- 12:40 p.m.
Opening Remarks:
Marci Dickman, Director
Lifelong Learning,
Beth Emet Synagogue
- 12:50 p.m.
Panel Presentations
Dr. Mark H. Pollack
Dr. Rick Zinbarg
Susan Richman
*Please note: there will be a short break
before the question and answer period*
Question and Answers
Moderator: Dr. Carroll Cradock
- 2:50 p.m.
**Light Lunch Break,
Exhibits Open**
- 3:45 p.m.
Discussion Groups:
Please meet in assigned rooms
- 5:00 p.m.
Closing Remarks
Rev. Scott Mitchell

The Naomi Ruth Cohen Institute for Mental Health Education at The Chicago School of Professional Psychology reduces the stigma of mental illness through education and research. The Institute provides resources, hope, and community to those who struggle with mental illness and those who support them.



Sponsors

The following organizations are sponsors of this conference. We thank them for their support.

- Alexian Brothers Center for Mental Health and Alexian Brothers Behavioral Health Hospital
- Beth Emet The Free Synagogue
- Center for Contextual Change
- Chicago Parent Magazine
- The Family Institute at Northwestern University
- Depression and Bipolar Support Alliance, Greater Chicago
- Hazelden Foundation
- Insight Psychological Centers
- Jewish Federation of Metropolitan Chicago and Affiliates (JCC's of Chicago, Jewish Healing Network, Jewish Child and Family Services, Response Center)
- Lindner Center of Hope
- NAMI, Cook County North Suburban
- New Foundation Center
- North Shore University Health Systems
- OCD Chicago
- PEER Services
- Pioneer Press
- Riveredge Hospital
- Rosecrance Health Network
- The Center for Anxiety and Traumatic Stress Related Disorders at Rush University Medical Center
- Samaritan Interfaith Counseling Centers
- Trilogy
- Yellowbrick

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Eleventh Annual Community Conference


NAOMI RUTH COHEN
Institute for Mental Health Education
at The Chicago School of Professional Psychology

MANAGING ANXIETY...

**Maximizing Life For
Children, Adolescents and Adults**

*This conference
welcomes all individuals
interested in learning more
about Anxiety and decreasing
the stigma of mental illness.*

**Sunday
June 3, 2012**

12:30 p.m - 5:30 p.m.

**Beth Emet The Free Synagogue
1224 Dempster Street
Evanston, Illinois**

About Our Day and Our Speakers

Welcome to the Eleventh Anniversary of the Naomi Ruth Cohen Institute Community Conference.

Anxiety Disorders are the most common mental illness in the United States. They affect about 18% of all adults, more than 40 million individuals.

“Adults aren’t the only ones affected. Phobias and other clinical conditions can strike in childhood; and students applying to college, preparing for finals or entering a brutally tough job market have as many reasons to be anxious as their parents and grandparents do.”

(Time Magazine, December 5, 2011)

Panelists this year are nationally recognized experts on Anxiety. Dr. Mark H. Pollack writes, “Anxiety disorders are among the most common, distressing and disabling illnesses. We will review the impact of these conditions and discuss some of the cutting edge therapeutics available to help affected individuals.”

“Fortunately, we have treatments that are effective for many individuals who suffer anxiety disorders including medications and cognitive behavioral therapy. Recent research advances hold the promise of improving these treatments and of allowing for the development of effective preventative interventions. This conference will shed light on what is currently known about anxiety disorders and their treatment as well as the latest research breakthroughs,” says Dr. Rick Zinbarg.

Discussion groups will be led by highly experienced professionals who have studied and treated the many aspects of anxiety.

If you want to know more about anxiety... whether you are a professional, family member or part of the concerned public, you should attend the Naomi Ruth Cohen Institute’s 2012 Community Conference.

This event would not be possible without the ongoing support of our donors, conference sponsors, speakers and volunteers to whom we are deeply grateful. Thank you for joining us for what promises to be an informative and stimulating event.

Larry and Marilyn Cohen

Opening Remarks:



Marci Dickman, Director of Lifelong Learning at Beth Emet The Free Synagogue. Most recently she held the position of Head of School at Solomon Schechter Day School of Metropolitan Chicago.

Panelists:



Mark H. Pollack M.D., Grainger Professor and Chairman of the Department of Psychiatry at Rush University Medical Center. Mark was the Founder and Director of the Center for Anxiety and Traumatic Stress at Massachusetts General Hospital and Professor of Psychiatry at Harvard Medical School.



Rick Zinbarg, Ph.D., Professor and Director of Clinical Training in the Psychology Department at Northwestern University, and the Patricia M. Nielson Research Chair. Rick is the Director of The Anxiety and Panic Treatment Program at The Family Institute at Northwestern University.



Susan A. Richman, J.D., Co-founder, past president and honorary chair of OCD Chicago. At age 28 she developed crippling OCD and could not function for three years. She recovered after just weeks of exposure therapy and has gone on to help thousands of others with OCD. She is currently a successful business woman.

Conference Moderator:



Carroll Cradock, Ph.D., Psychologist, mediator, child specialist and parenting coordinator, counseling adults, children and adolescents. Carroll is the Past President of The Chicago Campus of the Chicago School of Professional Psychology.

Closing remarks:



Rev. Scott Mitchell, MTh, Psy.D., Executive Director, Samaritan Interfaith Counseling Center, is a licensed Clinical Psychologist and a fellow of the American Association of Pastoral Counselors. He specializes with persons suffering from anxiety disorders, grief-reactions and post traumatic stress.

Discussion Groups

1 Anxiety 101:

Bezalel Dantz M.D., Director, Medical Student Education, Dept of Psychiatry, Rush University Medical Center

2 Generalized Anxiety Disorder:

Jonathan K. Lee Ph.D., The Family Institute at Northwestern University. Dr. John J.B. Morgan Post Doctoral Fellow

3 Phobias: How do they Develop, How can we manage them?

Paula Young Ph.D., Director, Depression Treatment Program at The Family Institute at Northwestern University

4 Living With and Loving Someone with OCD:

Bryan Bugay LCPC, Cheryl Carmin Ph.D., Professor and Director, Stress and Anxiety Disorders Clinic, University of Illinois at Chicago

5 Understanding Post Traumatic Stress Disorder:

Alison Larkin LCSW, CADC, Clinical Program Manager at Trilogy Behavioral Health Care; David Daskovsky Ph.D., Senior Psychologist, Yellowbrick

6 Anxiety in Children and Adolescents:

Hollie Sobel Ph.D., Assistant Professor Psychiatry and Behavioral Science, Rush University Medical Center; Peter Fink M.D., Children and Adolescent Psychiatry, Rush University Medical Center; Kristen Kenefick Psy.D., Associate Department Chair, Clinical Psychology, Child and Adolescent Track, Chicago School of Professional Psychology

7 Anxiety and Substance Abuse:

Gail Basch M.D., Director of The Rush Addiction Medicine Program at Rush University Medical Center; John Calamari Ph.D., Director, Anxiety and OCD Treatment and Research Program, Rosalind Franklin University

8 Impact of Anxiety Disorder on Relationships:

Danielle Black Ph.D., Assistant Director, Anxiety Research Program, The Family Institute at Northwestern University; Lara Schuster LCSW, Program Director, Mood and Anxiety Program, Insight Psychological Center

9 “Keep Calm and Carry On; Lessons on Managing Worry, Anxiety, Fear”:

Mark L. Reinecke Ph.D., ACT, Author, Professor of Psychiatry and Behavioral Science, Chief Psychologist at Northwestern Memorial Hospital

10 Spirituality and Anxiety Management:

Father Richard Jakubik LCSW, St Francis Xavier Parish, Wilmette; Rabbi Peter S. Knobel, Ph.D., Rabbi Emeritus, Beth Emet The Free Synagogue, Evanston

11 Anxiety Treatment Options:

Patrick B. McGrath Ph.D., Director, ABBHH Center for Anxiety and OCD, Alexian Brothers, Barbara Howard MA, LCPC, CADC, Outpatient Therapist, Alexian Brothers Center for Mental Health

12 Social Anxiety:

Daniel Levin M.D., Director of Residency Training in Psychiatry, Rush University Medical Center

13 Panic Disorder:

Karen Lynn Cassiday Ph.D., ACT, Clinical Director and Owner of Anxiety and Agoraphobia Treatment Center Chicago/Deerfield

14 Cognitive Behavior Therapy:

Sheila M. Dowd Ph.D., Assistant Professor of Psychiatry and Behavioral Science, Rush University Medical Center; Seoka Salstrom, Ph.D., Amanda Holly Ph.D., Co-Founders Chicago Cognitive Behavioral Treatment Center

15 Anxiety and Sleep Disorders:

Thor Johansen Psy.D., Samaritan Interfaith Counseling Center

Registration Form

How to Register

Online at www.naomicoheninstitute.org

Mail Completed form to:

NRC Institute at The Chicago School
325 N. Wells St. Chicago IL 60654

Name: _____

Organization: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email Address: _____

Discussion Groups

Please give us your three choices by session #:

1. _____

2. _____

3. _____

Registration Fees:

\$30 before 5/20/2012 \$ _____

\$35 after 5/20/2012 \$ _____

\$10 LCSW, LCPC & CEU (5CEU's) \$ _____

No Charge IAODAPCA CEU's (4CEU's) _____

I would like to make a donation to NRCI to help others attend this conference \$ _____

Total Payment \$ _____

Payment required at time of registration

Method of Payment:

Check: Make checks payable to Naomi Ruth Cohen Institute

American Express Mastercard Visa

Name of Cardholder: _____

Credit Card Number: _____

Exp. Date: _____ Security Code: _____

Signature: _____

For more information contact us at
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