

PROFESSIONAL DEVELOPMENT

- 2016, January 27: "Mandated Reporter Online Training" Department of Children and Family Services, recorded webinar, 2 hours
- 2016, April 7: "Rainbows for All Children Online Facilitator Training," sponsored by Rainbows for All Children, online course, 5 hours
- 2016, April 16-17: "Laughter Yoga Leader Training," presented by Lynda, Turloukis, Certified Laughter Yoga Master Trainer, in-person, no CEs awarded
- 2016, September 15-18: "Fundamentals of Hypnosis (Basic Workshop)," sponsored by American Society of Clinical Hypnosis-Education and Research Foundation, in-person, 20 hours
- 2016, October 8: "Counseling and Resource Expo," sponsored by National Louis University, in-person, 3 hours
- 2017, January 6: "Male-Sensitive Couples Counseling," sponsored by American Counseling Association, self-study, 1 hour
- 2017, January 24: "Hoarding Disorder: Diagnosis, Assessment, and Treatment," sponsored by American Counseling Association, self-study, 1 hour
- 2017, January 24: "Music and Counseling, fifth edition," sponsored by American Counseling Association, self-study, 1 hour
- 2017, March 10: "Introduction to Acceptance and Commitment Therapy," sponsored by Illinois Mental Health Counselors Association, in-person, 6 hours (volunteer graduate student at IMHCA Conference and attended various mental health sessions throughout the conference March 11)
- 2017, March 12: "Solution-Focused Brief Therapy for Common Client Problems," sponsored by Illinois Mental Health Counselors Association, in-person, 6 hours (volunteer graduate student at IMHCA Conference)
- 2017, May 14: "TF-CBT Web: An Online Training Course for Trauma-Focused Cognitive Behavioral Therapy," sponsored by Medical University of South Carolina, self-study, 10 hours
- 2017, June 15: "Introductory Competencies for LGBTQ-Affirmative Counseling," sponsored by American Counseling Association, self-study, 1 hour
- 2017, June 16: "Group Work Unlimited," presented by Kimberly A. Hart, in-person, 3 hours
- 2018, March 2-3: "Two-Day Advanced Training: Solution-Focused Brief Therapy For Common Client Problems," sponsored by Illinois Mental Health Counselors Association, in-person, 12 hours
- 2018, August 23: "Rewire the Anxious Brain: Certificate Course in Applied Neuroscience for Treating Anxiety, Panic, and Worry," sponsored by PESI, webinar, 18.5 hours
- 2018, September 3: "Bessel van der Kolk on Advanced Trauma Treatment Interventions: EMDR, Yoga, Neurofeedback, MDMA and more," sponsored by PESI, webinar, 1 hour

- 2018, September 3: “Janina Fisher on Using Neuroscience, Body Oriented and Parts Therapy Approaches to Treat Trauma,” sponsored by PESI, webinar, 1 hour
- 2018, September 4: “Bill O’Hanlon on the Inclusive Therapy Approach to Treat Trauma: Combining DBT, Ericksonian Hypnosis and Neuroscience for Powerful Outcomes,” sponsored by PESI, webinar, 1 hour
- 2018, September 4: “Mary Jo Barrett on Relational Trauma Therapy for Transformative Results,” sponsored by PESI, webinar, 1 hour
- 2018, September 4: “Pat Ogden on the Sensorimotor Approach to Healing Trauma through the Body,” sponsored by PESI, webinar, 1 hour
- 2018, September 4: “Peter Levine on Somatic Experiencing (SE) to Heal Trauma and Stress Disorders,” sponsored by PESI, webinar, 1 hour
- 2018, September 5: “Skip Rizzo on using Virtual Reality and Technology in the Treatment of Trauma,” sponsored by PESI, webinar, 1 hour
- 2018, December 14: “Dialectical Behavior Therapy (DBT) Certificate Course: 2-Day Intensive Training,” sponsored by PESI, webinar, 12.5 hours
- 2019, March 12: “IM+CANS Training,” sponsored by DHS, in-person, 6 hours
- 2019, April 2: “Rainbows for All Children Online Facilitator Recertification,” sponsored by Rainbows for All Children, webinar, 2 hours
- 2019, April 8-10: “Certified Clinical Trauma Specialist – Individual (CCTS-I),” presented by Eric Gentry, Ph.D., sponsored by Udemy, webinar, 17 hours (no CEs awarded)
- 2019, April 13: “Group Work Across the Life Span,” sponsored by National Louis University, in-person, 3 hours
- 2019, May 3: “Trauma Informed Care: A Conversation,” sponsored by MaineStay Youth & Family Service, in-person, 2 hours
- 2019, May 7: “Teens Talk About Mental Health,” sponsored by MaineStay Youth & Family Service and Chicago Behavioral Hospital, in-person, 1.5 hours
- 2019, May 10: “Internal Family Systems Therapy (IFS): A Revolutionary & Transformative Treatment for Healing of PTSD, Anxiety, Depression and More,” sponsored by PESI, in-person, 6 hours
- 2019, June 19: “Writing Treatment Plans and Case Notes: Helpful Hints for Practitioners,” sponsored by Illinois Mental Health Counselors Academy, webinar, 3 hours
- 2019, July 1: “Treating Complex Trauma with Internal Family Systems: A comprehensive Certificate training course,” by Dr. Frank Anderson, sponsored by PESI, webinar, 12.5 hours
- 2019, July 1: “Treating Complex Trauma Clients at the Edge: How Brain Science Can Inform Interventions,” sponsored by PESI, webinar, 2 hours

- 2019, July – 2020, June: Governing Council as IASGW (Illinois Association of Specialists in Group Work) Vice President, sponsored by Illinois Counseling Association, 6 hours
- 2019, August 21: “WEBINAR: Addiction and Anxiety: presented by Patrick B. McGrath, PhD & Sarah Briley, EdD, LCPC, CADC,” sponsored by AMITA Health: Alexian Brothers Behavioral Health, webinar, 1 hour
- 2019, August 21: “WEBINAR: Eating Disorder Behaviors, Anxiety and Compulsive Behaviors: Presented by Lacey Lemke, PsyD and Kathleen Torres, LCSW,” sponsored by AMITA Health: Alexian Brothers Behavioral Health Hospital, live webinar, 1 hour
- 2019, August 23: “Multicultural Competency with Transgender and Gender Non-Conforming Clients,” sponsored by Community Behavioral Healthcare Association, in-person, 3 hours
- 2019, September 11: “Cultivating Compassion for Borderline Personality Disorder,” sponsored by Eating Recovery Center/Insight Behavioral Health Centers, in-person, 1 hour
- 2019, October 25: “Activities That Work,” sponsored by MaineStay Youth & Family Service and Chicago Behavioral Hospital, in-person, 2 hours
- 2019, November 6: “CPTWeb: An On-line Training Course for Cognitive Processing Therapy,” sponsored by Medical University of South Carolina, webinar, 9 hours
- 2019, November 7: “Strategies for Trauma-Informed Cultural Consciousness: Connecting Body and Brain,” sponsored by Illinois Counseling Association, in-person, 6 hours
- 2019, November 8 & 9: “71st Annual ICA Conference,” sponsored by Illinois Counseling Association, in-person, 10 hours
- 2020, January 31: “Complex Healing for Patients and Families: Assessment and Interventions for Mood, Anxiety & Eating Disorders,” sponsored by MaineStay Youth & Family Services and Chicago Behavioral Hospital, in-person, 5.5 hours
- 2020, February 8: “Counseling and Resource Expo Professional Development,” sponsored by National Louis University, in-person, 2 hours
- 2020, March 3: “Mental Health Strategies Among Youth,” sponsored by MaineStay Youth & Family Services and Chicago Behavioral Hospital, in-person, 1.5 hours
- 2020, March 26: “Grounding Techniques in Tele-Therapy,” sponsored by R. Cassidy Seminars and Trauma Institute & Child Trauma Institute, live webinar, 1 hour
- 2020, April 4-5: “Advanced Training for Trauma Treatment of Complex PTSD,” presented by Eric Gentry, Ph.D., sponsored by Udemy, webinar, 15.5 hours (no CEs awarded)
- 2020, April 11: “Working with Core Beliefs of 'Never Good Enough',” sponsored by The National Institute for the Clinical Application of Behavioral Medicine, webinar, 4 hours
- 2020, April 11: “Working with What the Body Knows: Introduction to Somatic Experiencing,” sponsored by PESI, webinar, 1 hour

- 2020, April 12: “Addressing the Emotional Roots of Physical Pain,” sponsored by PESI, webinar, 1.25 hours
- 2020, April 16: “Releasing the Body from the Bonds of Trauma: A Somatic Approach to Healing Abandonment Issues and Attachment Wounds,” sponsored by PESI, webinar, 1.5 hours
- 2020, April 30: “Helping Clients Survive the Experience of Fear and Threat,” presented by Janina Fisher, Ph.D., sponsored by Commonwealth Educational Seminars, live webinar, 3 hours
- 2020, June 17: “The Gottman Method Approach to Better Couples Therapy” presented by John M. Gottman, Ph.D.; Julie Schwartz Gottman, Ph.D.; William Bumberry, Ph.D.; Vagdevi Meunier, Psy.D., sponsored by PESI, webinar, 2 hours
- 2020, June 17: “John Gottman & Julie Gottman on the New Science of Couples and Family Therapy,” presented by John M. Gottman, Ph.D.; Julie Schwartz Gottman, Ph.D., sponsored by PESI, webinar, 1 hour
- 2020, June 24: “Enhancing Assessment in Couples Therapy: New Approaches to Improving Outcomes,” presented by John M. Gottman, Ph.D.; Julie Schwartz Gottman, Ph.D.; William Bumberry, Ph.D.; Vagdevi Meunier, Psy.D., sponsored by PESI, webinar, 2 hours
- 2020, June 25: “Couples Therapy for Treating Trauma: The Gottman Method Approach,” presented by John M. Gottman, Ph.D.; Julie Schwartz Gottman, Ph.D., sponsored by PESI, webinar, 2.75 hours
- 2020, June 26: “The Crisis of Trust in Today’s Couples,” presented by Richard Simon, Ph.D.; Julie Schwartz Gottman, Ph.D.; John M. Gottman, Ph.D., sponsored by PESI, webinar, 1 hour
- 2020, July 20-August 30: “Bilateral Hypnotherapy,” sponsored by International Trauma Training Institute, self study and interactive online course, 13 hours
- 2020, July 29: “Sexual Harassment Training,” sponsored by Illinois Counseling Association, webinar, 1 hour
- 2020, September 25: “Video Games in Play Therapy for Children, Adolescents, and Adults,” presented by Josué Cardona, MS, sponsored by Let’s Play Therapy Institute, live webinar, 2 hours
- 2020, September 29: “Feeling Great: Help Clients CHANGE the Way They FEEL with David Burns, MD,” sponsored by PESI, live webinar, 1 hour
- 2020, December 30: “Mandated Reporter for Child Abuse,” sponsored by Illinois Mental Health Counselors Association, webinar, 2 hours
- 2021, January 15: “Sensory Based Strategies for Self-Regulation,” sponsored by AMITA Health: Alexian Brothers Behavioral Health Hospital, live webinar, 2 hours
- 2021, March 5: “Post Traumatic Success,” sponsored by Illinois Mental Health Counselors Association, webinar, 3 hours
- 2021, March 9: “Identifying and Managing Vicarious Trauma Symptoms,” sponsored by Illinois Mental Health Counselors Association, webinar, 2 hours

- 2021, April 1-2: “Trauma and the Sensory System,” sponsored by Arizona Trauma Institute, live webinar, 12 hours
- 2021, April 4: “Introduction to Healing with Trauma Informed Yoga,” sponsored by Udemy, webinar, 6 hours (no CEs awarded)
- 2021, April 11: “Trauma Treatment for Children,” sponsored by Udemy, webinar, 6 hours (no CEs awarded)
- 2021, April 23 - May 21: “ArtKey: Use Art to Unlock More Effective Trauma Narratives,” sponsored by Commonwealth Educational Seminars (CES), live webinars and online interactive study, 18 hours
- 2021, April 24-25: “Clinical Decision Making, Assessments and Treatment Goals,” sponsored by Illinois Mental Health Counselors Association, webinar, 12 hours
- 2021, May 22: “Counselor Symposium,” sponsored by Illinois Counseling Association’s National Louis University Chapter, in-person, 2 hours
- 2021, December 3-4: “Starting, Maintaining, and Expanding a Successful Private Practice, sponsored by Illinois Mental Health Counselors Association, live webinar, 10 hours
- 2022, February 9: “No Surprises 301ns,” sponsored by Illinois Mental Health Counselors Association, live webinar, 1 hour
- 2022, February 17-19: “EMDR: A Rapid, Safe, and Proven Treatment for Trauma,” sponsored by PESI, online, fully interactive course, 12.5 hours
- 2022, May 31: “Black Women in Counseling and Counselor Education Training Programs: Factors Impacting Achievement,” sponsored by Northwest Suburban Chapter of ICA, live webinar, 1.5 hours
- 2022, June 29: “Implicit Bias Training 301ib,” sponsored by Illinois Mental Health Counselors Association, webinar, 1 hour
- 2022, July 29: “Medicaid Webinar Part 1 301me1,” Illinois Mental Health Counselors Association, webinar, 1 hour
- 2022, July 7: “Janina Fisher’s Certified Clinical Trauma Professional Training Level 2 (CCTPII): Treatment of Complex Trauma and Dissociative Disorders,” sponsored by PESI, webinar, 22.25 hours
- 2022, August 17: “Clear and Present Danger: When to Wave the ‘Red Flag’,” sponsored by Illinois Mental Health Counselors Association, live webinar, 1 hour
- 2022, September 30: “IASGW Presents: Trauma-Informed Group Treatment in Specialized Populations,” sponsored by Illinois Counseling Association, live webinar, 2 hours
- 2022, October 11: “IASGW Presents: Trauma-Informed Group Treatment in Specialized Populations,” sponsored by Illinois Counseling Association, live webinar, 2 hours

- 2022, October 16-18 and 28-30, November 5: “EMDR Virtual Training Course Integrating EMDR into your Clinical Practice,” sponsored by EMDR Consulting, live interactive webinar, 50 hours
- 2022, November 30: “Alzheimers Webinar 301alz,” sponsored by Illinois Mental Health Counselors Association, recorded webinar, 1 hour
- 2022, December 6: “Webinar: Sexual Harassment,” sponsored by Illinois Counseling Association, webinar, 1 hour
- 2022, December 28: “EF 369b Effective Strategies Audio Supervision training,” sponsored by Illinois Mental Health Counselors Association, audio recording, 6 hours
- 2023, January 6-8: “An Introduction to the Integration of Ego State Therapy Structural Dissociation, and EMDR Therapy By Farnsworth Lobenstine, LICSW,” sponsored by NBCC, live webinar, 16 hours
- 2023, January 11: “EV 369a Evaluation and Assessment in Counseling Supervision Audio Training,” sponsored by Illinois Mental Health Counselors Association, audio recording, 6 hours
- 2023, February 9: “Addressing Ethics and Best Practices in Supervision,” sponsored by Illinois Mental Health Counselors Association, live webinar, 6 hours
- 2023, February 15: “Trauma Informed Supervision: Strategies to Avoid Burnout,” sponsored by Illinois Mental Health Counselors Association, live webinar, 6 hours
- 2023, April 27-30: “Internal Family Systems Model - Level 1 Retreat. Session 1: Introduction to the Internal Family Systems Model. Session 2: Working with the Protective System (878),” presented by Kay Gardner, LCPC, sponsored by the IFS Institute, live & interactive webinar, 27 hours
- 2023, May 13: “DD 5.12.23 Misery of Mastery: Documenting Medical Necessity for Psychotherapists – Beth Rontal – Live,” sponsored by Amedco, live webinar, 6 hours
- 2023, June 8: “Chronic Suicidality and Self-Destructive Behavior,” sponsored by PESI, webinar, 2 hours
- 2023, June 8: “Creating Safety with High-Conflict Couples: A Nonverbal Approach,” sponsored by PESI, webinar, 2 hours
- 2023, June 8: “Janina Fisher’s Integrative Approach to Treating Trauma: Blending IFS, Sensorimotor, Mindfulness, Psychoeducation, and More,” sponsored by PESI, webinar, 7.5 hours
- 2023, June 9: “Telehealth for Mental Health Professionals: Distance Therapy Training,” sponsored by PESI, webinar, 12.5 hours
- 2023, June 9: “Making Virtual Psychotherapy a Relational Experience,” sponsored by PESI, webinar, 7.5 hours
- 2023, June 9: “2-Day: Trauma Conference: The Body Keeps the Score Trauma Healing with Bessel van der Kolk, MD,” sponsored by PESI, webinar, 9.25 hours

- 2023, June 15-18: "Internal Family Systems Model - Level 1 Retreat. Session 3: Working with Exiles. Session 4: Dynamics of the Internal System and Working with the Body's Reaction (878)," presented by Kay Gardner, LCPC, sponsored by the IFS Institute, live & interactive webinar, 26.5 hours
- 2023, August 10-13: "Internal Family Systems Model - Level 1 Retreat. Session 5: The Therapeutic Relational System. Session 6: Integration and Completion (878)," presented by Kay Gardner, LCPC, sponsored by the IFS Institute, live & interactive webinar, 26.5 hours
- 2023, September 8: "Dissociative Identity Adaptations: Creating the Landscape for Successful Treatment," sponsored by NBCC, live webinar, 7 hours
- 2023, September 9: "Perpetrator Interjects in DID," sponsored by NBCC, live webinar, 7 hours
- 2023, September 28-November 28: "Fall 2023 [HSC 533] Counseling Practicum," Adjunct Professor for National Louis University's Master's Program - College of Psychology and Behavioral Sciences, in-person, 3 semester hours, 8 hours
- 2023, December 1-4: "Somatic Experiencing® Professional Training Beginning Level: Module I," presented by Alicen Halquist, MA, LPC, SEP, DARE, sponsored by SE™ International, live & interactive webinar, 24 hours
- 2024, January 1: "Webinar 301m Mandated Reporter for Child Abuse," sponsored by Illinois Mental Health Counselors Association, live webinar, 2 hours
- 2024, January 15: "EMDR Reboot," sponsored by the American Psychological Association, webinar, 6 hours
- 2024, February 4: "2-Day Intensive Training: Mindfulness Certification Course," sponsored by PESI, webinar, 12.5 hours
- 2024, February 5: "Music is Medicine: Incorporating Music into Clinical Practice," sponsored by TPN Health, live webinar, 1.5 hours
- 2024, March 1-4: "Somatic Experiencing® Professional Training Beginning II," presented by Alicen Halquist, MA, LPC, SEP, DARE, sponsored by SE™ International, live & interactive webinar, 24 hours
- 2024, March 9: "Psychological First Aid (PFA) Online," sponsored by the National Child Traumatic Stress Network, webinar, 5 hours
- 2024, May 3-6: "Somatic Experiencing® Professional Training Beginning III," presented by Alicen Halquist, MA, LPC, SEP, DARE, sponsored by SE™ International, live & interactive webinar, 24 hours
- 2024, May 16: "Demystifying Ethics and Law for Telebehavioral Health, Part 1," sponsored by American Counseling Association, webinar, 1 hour
- 2024, May 17: "Demystifying Ethics and Law for Telebehavioral Health, Part 2," sponsored by American Counseling Association, webinar, 1 hour

- 2024, May 18: “Dealing with Biases Toward Sexual Offenders or Others Who Have Engaged in Criminal Behaviors,” sponsored by Illinois Counseling Association, in-person, 2.5 hours
- 2024, May 20: “Demystifying Ethics and Law for Telebehavioral Health, Part 3,” sponsored by American Counseling Association, webinar, 1 hour
- 2024, May 20: “Demystifying Ethics and Law for Telebehavioral Health, Part 4,” sponsored by American Counseling Association, webinar, 1 hour
- 2024, May 22: “Healing Trauma and Restoring Wholeness with Drs Richard Schwartz, Peter Levine, and Scott Lyons,” live webinar, 1 hour (no CEs awarded)
- 2024, June 28: “Internal Family Systems Therapy for Chronic Pain,” sponsored by Cambridge Health Alliance, live webinar, 2.75 hours
- 2024, July 2-August 22: “Summer 2024 [HSC 541] Trauma and Crisis Intervention Theory, Response Models and Techniques,” Adjunct Professor for National Louis University's Master's Program – College of Psychology and Behavioral Sciences, in-person, 3 semester hours, 10 hours
- 2024, July 14-16 & 22-23: “Brainspotting Phase 1,” sponsored by Brainspotting Trainings Inc, live & interactive webinar, 21 hours
- 2024, September 6-9: “Somatic Experiencing® Professional Training Intermediate I,” presented by Alicen Halquist, MA, LPC, SEP, DARE, sponsored by SE™ International, live & interactive webinar, 24 hours
- 2024, October 16: “Lunch & Learn 10/16/24 Webinar: Chat GPT will See You Now: A Discussion of AI in Psychology,” presented by Illinois Mental Health Counselors Association, live webinar, 1.5 hours
- 2024, October 23: “An IFS Approach to Foster Secure Internal Attachment,” sponsored by the National Institute for the Application of Clinical Behavioral Medicine, webinar, 3 hours
- 2024, October 24-25: “2024 IFS Annual Conference: IFS in Evolution - Broadening Applications of the IFS Model,” presented by the Internal Family Systems Institute, live webinar, 13.5 hours
- 2024, November 3-7: “#1034 Israel - Level 2 Deepening and Expanding,” presented by the Israeli Institute for IFS, interactive live webinar, 32 hours
- 2024, November 10: “Introduction to Dissociation and the MID: NBCC Credit,” sponsored by D & JAM Trainings, webinar, 3 hours
- 2024, December 6-9: “Somatic Experiencing® Professional Training Intermediate II,” presented by Alicen Halquist, MA, LPC, SEP, DARE, sponsored by SE™ International, live & interactive webinar, 24 hours
- 2024, December 18: Form completed for “2024 IFS Virtual Conference Self Study Certificate of Attendance,” presented by the Internal Family Systems Institute, recorded webinars, 22.5 hours

- 2024, December 20: “EMDR 2.0 An enhanced version of EMDR therapy,” presented by Suzy Matthijssen, Ph.D and Ad De Jongh, Ph.D, sponsored by Envision Counselling and Consulting, Inc., 6 hours
- 2025, January 1: “Cultural Competence: Exploring Communication and Behavior,” presented by Illinois Counseling Association, webinar, 1 hour
- 2025, January 4: “Ethics Series,” presented by Illinois Mental Health Counselors Association, webinar, 3 hours
- 2025, January 4: “Implicit Bias Awareness Training,” presented by Illinois Mental Health Counselors Association, webinar, 1 hour
- 2025, January 4: “Sexual Harassment Prevention Training,” presented by Illinois Mental Health Counselors Association, webinar, 1 hour
- 2025, January 24-26: “TS - 2025 Fundamentals of Attachment Style (Module 1 of 4 towards DARE certification),” presented by Alicen Halquist, MA, LPC, SEP, DARE, sponsored by Amedco Joint Accreditation Provider Number: 4008163, live & interactive webinar, 9 hours
- 2025, February 4 – 20: “Awakening Aliveness: Somatic Approaches to Healing Attachment Trauma,” presented by Diane Poole Heller, Ph.D. and Peter Levine, Ph.D., sponsored by Spiritual Competency Academy, live & interactive webinar, 6 hours
- 2025, February 21: “Opening the Door: Broaching Spirituality, Ethics, Religion, and Values in Counseling,” presented by Illinois Counseling Association, live & interactive webinar, 2 hours
- 2025, February 28-March 3: “Somatic Experiencing® Professional Training Intermediate III,” presented by Alicen Halquist, MA, LPC, SEP, DARE, sponsored by SE™ International, live & interactive webinar, 24 hours
- 2025, March 14-16: “Attachment Strategies for Adult Relationships (Module 2 of 4 towards DARE certification),” presented by Alicen Halquist, MA, LPC, SEP, DARE, sponsored by The Spiritual Competency Academy, live & interactive webinar, 7.5 hours