

## Calendar of Events

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February 28, 2025  
- March 1, 2025

**IMHCA 2025 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

*IMHCA invites you to join us in Orland Park for our 2025 Annual Conference: Building Foundations to Flourish: Going Beneath the Surface of Social Justice and Mental Health. Our annual conference features Friday Keynote Camesha Jones, founder and clinician at Sista Afya Community Mental Wellness in Chicago, IL, as well as a variety of engaging breakout sessions. Earn up to 12 CEUs!*

January 28, 2025

**Assessing Boundaries and the Supervisory Relationship**  
**Zoom**  
09:00 AM - 04:00 PM CST  
**PRICING:**

*IMHCA Members: \$119*

*Non-Members: \$139*

*This workshop looks at the theory and strategies that focus on the supervisor/supervisee relationship. It offers some specific examples of ways to enhance the relationship and presents issues representing good boundaries in supervision. Specific attention will be given to how the COVID-19 Pandemic has impacted supervision and the barriers sometimes created by telehealth and technology.*

*Dr. Toni Tollerud is a Distinguished Teaching Professor Emerita in the College of Education at Northern Illinois University. As an educator for over 48 years, Dr. Tollerud has had extensive experiences in supervision training including student teachers, school counselors, agency counselors, and counselors-in-training.*

February 12, 2025

## **Addressing Ethics and Best Practices in Supervision**

### **Zoom**

09:00 AM - 04:00 PM CST

### **PRICING:**

*IMHCA Members: \$119*

*Non-Members: \$139*

*This workshop will focus on professional ethics and best practices that are critical for counselors, social workers, and other professional therapists/clinicians who work in an agency, clinical or school setting as supervisors, or who receive supervision. It is the responsibility of supervisors, and the art of supervision, to help ensure that professional therapists are effectively equipped with the necessary skills and knowledge to deliver competent and ethical services. It also emphasizes the responsibility of the profession to protect the welfare of every client.*

*Supervision is an integral part of training and continuing education for professionals. This workshop will review supervision best practices by updating the most current ethical standards, provide recent information, review policies and procedures, and highlight intentional interventions for supervisors. This will include ethical and legal concerns for planning the supervision sessions, building a strong supervisory relationship, assuring informed consent, documenting supervision sessions, and evaluating supervisee progress. A review of how the Covid-19 pandemic has influenced ethical behavior in supervision will be presented.*

*Opportunity to practice the skills through role play and scenarios will occur. Handouts will be provided.*

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February 28, 2025

- March 1, 2025

## **IMHCA 2025 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

Charlotte Lee, (815) 787-0515

myimhca@gmail.com

March 13, 2025

## **Trauma Informed Supervision: Strategies to Avoid and Address Burnout**

### **Zoom**

09:00 AM - 04:00 PM CST

### **PRICING:**

*IMHCA Members: \$119*

*Non-Members: \$139*

*Therapists who work with populations experiencing high levels of trauma need intentional supervision that will help them address the complex issues of their clients as well as how they may be reacting psychologically and emotionally in the situations. Supervisors have a responsibility to assess these reactions in the supervisee, and, if necessary, to offer strategies and referrals that will maintain wellness and effectiveness.*

*This workshop will review the critical factors of a trauma-informed system of care and how supervisors can infuse this into their clinical supervision. It will explore alternative theoretical approaches to trauma-informed supervision including changes in language, being strength-based, and using a reflective supervision model. Additionally, participants will consider trauma within the intersectionality of gender, race, and class, and how it needs to align with the mission of social justice. Finally, participants will review the psychoeducational aspects of vicarious trauma and compassion-fatigue and look at evidence-based strategies to promote self-care and wellness with supervisees.*

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