



Being Together:
The Opportunity in Relationships

A DAY FOR WOMEN AND MEN

Sunday, November 22, 2009



Oakton
Community College

Des Plaines Campus, 1600 East Golf Road

Being Together:

The Opportunity in Relationships

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Spend a day exploring, discussing, and evaluating issues that affect relationships. While a variety of topics will be covered during the day, the keynote addresses and numerous workshops will focus on opportunities for intimacy, communication, and healing in relationships. Please join us.

KEYNOTE SPEAKERS

Patricia Love, Ed.D.



For more than 25 years, Pat Love has traveled the world promoting marriage and committed relationships through her popular books, *Hot Monogamy* and *The Truth About Love*, and appearances on CNN, *The Oprah Winfrey Show*, *The Today Show*, and *Marriage Uncensored* (PBS).

Love is a contributor to *Cosmopolitan*, *Men's Health*, *Good Housekeeping*, *Woman's World*, and other popular magazines. She is a licensed marriage and family therapist and past president of the International Association for Marriage and Family Counseling. Her latest book, *How to Improve Your Marriage Without Talking About It* (with co-author Steven Stosny), is available in 10 languages.

Steven Stosny, Ph.D.



Founder and director of Washington, DC-based CompassionPower, Steven Stosny has treated more than 6,000 clients for anger and relationship problems. Stosny is the author of *Love Without Hurt: Turn Your Resentful, Angry, or Emotionally Abusive Relationship Into a Compassionate, Loving One* and (with co-author Pat Love) *How to Improve Your Marriage Without Talking About It*.

He has been a guest on *The Oprah Winfrey Show*, *The Today Show*, *CBS Sunday Morning* and CNN's *Talkback Live*, as well as the subject of articles in *The New York Times*, *The Washington Post*, *U.S. News & World Report*, *The Wall Street Journal*, *Esquire*, *Cosmopolitan*, and *Psychology Today*.

SCHEDULE OF EVENTS

8:30-9 a.m. **REGISTRATION**
Student Street (Coffee and Bagels)

9-9:30 a.m. **DRUMMING** Sheboom

9:30-9:45 a.m. **WELCOME TO “BEING TOGETHER:
THE OPPORTUNITY IN RELATIONSHIPS”**
TenHoeve Center

9:45-11:15 a.m. **MORNING KEYNOTE**
TenHoeve Center

**“Finding Love Beyond Words: How to Improve
Your Relationship Without Talking”**

The standard advice for distressed couples is “better communication.” Pat Love and Steven Stosny know, however, that many couples unconsciously fall into a vicious verbal cycle. Failure to recognize this toxic dynamic reinforces negative patterns and feelings that range from anxiety to aggression.

11:15-11:30 a.m. **BREAK**

11:30 a.m. - 1 p.m. **SESSION I WORKSHOPS**

1-2 p.m. **LUNCH**

2-3:30 p.m. **SESSION II WORKSHOPS**

3:30-3:45 p.m. **BREAK**

3:45-5:15 p.m. **AFTERNOON KEYNOTE**
TenHoeve Center

**“Sexy Body, Sexy Brain: Sex and Compassion in
Relationships”**

Sex has the power to evoke strong emotions in relationships. Join Pat Love and Steven Stosny to explore cultural expectations and better understand the different intimacy styles of men and women.

5:15-6 p.m. **CONFERENCE CLOSING**
TenHoeve Center

FOR OAKTON STUDENTS: Scholarships to attend *Being Together: The Opportunity in Relationships* are available. Interested currently enrolled students are encouraged to contact Bea Cornelissen, Office of College Advancement (Room 1144, Des Plaines campus), 847-635-1812 to apply.

For more information, contact Paul Johnson at pjohnson@oakton.edu, 847-376-7088 or Gregory Baldauf at greg@oakton.edu, 847-635-1846.

This brochure is available at www.oakton.edu/relationships.pdf.

Creating Spiritual Partnerships

Maria Caruso. Learn how to create “Spiritual Partnerships,” defined by Gary Zukav of the Seat of the Soul Institute as partnerships between equals for the purpose of spiritual growth. These partnerships can be formed in families, between friends, in the workplace—anywhere that individuals wish to grow spiritually with each interaction. Emotional awareness, responsible choice, intuition, and trust are applied on this path to “authentic power.”

Maria Caruso, MSW, is an Imago Relationship Therapist with 20 years experience as a licensed clinical social worker. She serves as a Divine Path Facilitator in her work with individuals, couples, families, and Circles of Trust, as well as in her personal life.

Bridge over Troubled Waters

Peggy and Leo Dhont. Couples in intimate relationships often “cruise” over troubled waters where they encounter the turbulence of disagreement and angry interaction. This workshop will define and demonstrate how committed couples can build a bridge between the different realities they each hold as “truth.”

Leo Dhont, LCSW, has been practicing psychotherapy for nearly half a century and, with his wife Peggy, has been presenting Imago Relationship workshops for 18 years. Peggy Dhont, BA, coaches women and couples in relational skills and, as a certified celebrant, conducts ceremonies for all of life’s transitional events.

Midlife and Beyond: Developing the Inner Marriage

Kay Gardner and John Cooper. The first half of our life is spent looking for the perfect partner, and finding the best ways to communicate and meet each other’s needs. The second half is spent taking those projections back into ourselves and developing wholeness within. Through lecture and experiential exercises, Gardner and Cooper will help us explore *Heiros Gamos*, and comprehend what it means to be whole within ourselves.

John Cooper, MSOD, is an organization and leadership development consultant and adjunct faculty at the Chicago School of Professional Psychology and Northwestern University. Kay Gardner, MS, is a therapist in private practice, lead trainer in the Internal Family Systems training, and a co-leader of the Woman’s Circle.

Understanding the Differences between Men and Women

Sheri and Christopher Miller. Join us to consider male and female differences as they impact relationships in families and work. Strategies for establishing trust and negotiating these differences will be explored.

Christopher Miller, D.Min., is director of the Counseling Center of the First Presbyterian Church of Evanston, where he has been a psychotherapist for more than 25 years. Sheri Miller, BA, is the registrar and director of studies at Chicago Theological Seminary. She has been advising and coaching students for more than 30 years and is an activate participant in Woman Within.

Fathers and Daughters/Daughters and Fathers

Wendy Kopald and Greg Baldauf. Join us to explore the wonderful, complicated, and sometimes painful relationship that exists between fathers and their daughters.

Greg Baldauf, Ph.D., is a professor of student development and psychology and has been on the faculty at Oakton for 29 years. He is the founder of Men’s Day and the co-chair of the Men’s Program. Wendy Kopald, LCSW, is a psychotherapist who has practiced for more than 25 years. She is the co-creator and co-leader of the Woman’s Circle.

Listening From Love

Faith Curtis and George Rounds. Since all relationships depend on awareness, learn new ways of connecting by speaking from a solid archetypal space and listening to understand. We recognize the inclinations of many women and men in dealing with partners—the needs, risks, and shadows that get in the way. This workshop offers a deeper understanding of those energies and tools to create healthier interactions.

George Rounds, BA, is a “recovering CEO” and experienced life coach, as well as a Certified Association Executive (CAE) and Certified Professional Coactive Coach (CPCC). Faith Curtis, MSW, is a Professional Certified Coach (PCC). She received training and certification from the Coaches Training Institute in San Rafael, California.

Battling to Bliss

Judith and Bob Wright. Do you want a great relationship? Then you need to let go of fairy tales and “conventional wisdom” as you battle to bliss! Whether you are single and dating, in a long-term relationship, or have been married for years, this powerful workshop will show you how to have a relationship that others surely will envy.

Judith Wright, Ed.D., and Bob Wright, Ed.D., are both acclaimed authors, well-known inspirational speakers, and lifestyle consultants. The husband and wife team also founded the Wright Leadership Institute.

Models of Connection

Carol Jungman and David Fireman. Participants will explore two models of connection, based on two distinct pedagogies. Following a short description, participants will be guided through a demonstration of each and a group discussion. Understand the benefits of both models and gain tools and skills to “connect” in many settings.

David Fireman, MSW, is executive director of the Center for Grief Recovery and Creativity in Chicago. He has nearly 20 years experience as a social worker and therapist, specializing in grief recovery, depth psychotherapy, and guided imagery. Carol Jungman, MOD, is a consultant, trainer and coach, working in the areas of diversity, social justice, group dynamics, team sustainability, and organization change. She is a certified trainer for the Matrix Leadership Institute.

Sex: What Are You Thinking?

Emily Kaske, Elizabeth Weber, and Cary Schawel. This highly interactive workshop will utilize clicker technology to anonymously survey audience members on their very personal sexual attitudes, beliefs, and behaviors. See how your responses compare!

Cary Schawel, MA, is a professor of psychology and student development at Oakton. Emily Kaske, BA, is a graduate student at the Illinois School of Professional Psychology and a former Oakton student who has taken the course, Human Sexuality. Elizabeth Weber is an Oakton student who also has participated in the course, Human Sexuality.

A Peruvian Shamanic Perspective on Relationships

Shanon Marie and Dan Haycraft. We typically think of relationships in the context of our life partners, friends, family, and co-workers. Peruvian Shamans, however—known as the “Masters of Relationships”—have a unique perspective thanks to their understanding of energy and fundamental universal principals. Join us to explore the concept of “relationship” from a different cosmology. Learning the Peruvian Shamanic tradition will enhance your understanding and allow you to create new possibilities.

Dan Haycraft, MD, is a psychiatrist in private practice specializing in men's issues, specifically their challenges in relationships. He and his wife are co-founders of Twogether, Inc., a couples education and counseling resource. Shanon Marie is a shaman and founder and facilitator of K'anchay Sonqo.

Love and the Imagination

Candice Phillips and Gary Wilson. For centuries, “romantic love” has been regarded as a source of personal meaning, ecstasy—even wholeness. And yet, so many romantic love stories end in tragedy. Join us to unearth and explore a long forgotten story of love whose symbolism inspires the imagination and promotes practical application.

Candice Phillips, Ph.D., specializes in women's health and wellness. She received her doctorate from Pacifica Graduate Institute, as well as a CNM from The Frontier School of Midwifery and Family Nursing, and post-doctoral training in mind/body approaches to infertility and women's health at Harvard's Mind/Body Medical Institute. Gary Wilson, MA, earned his master's degree in mythology from Pacifica Graduate Institute. He also has a master's degree in pastoral counseling from Loyola University Chicago. He currently is a volunteer therapist at the C.G. Jung Center in Evanston, Illinois.

Lunch

1-2 p.m.

Session 2

2-3:30 p.m.

Healing Words and Rituals

Paul Johnson and Joe Kilikevics. Once named and embraced by ritual, the wounds of conflict, shame, and grief carried by men and women from generation to generation finally can begin to heal. The appreciation and blessings we share on this journey are a way to address all injuries, ushering in forgiveness, respect, and complementarity. Seek the fulfillment you deserve through shamanic wisdom and simple, creative rituals.

Joe Kilikevics, MFA, is founding director of the Shem Center for Interfaith Spirituality in Oak Park, Illinois. The center's programs include Male Spirit retreats. Since 1980 he has offered experiential interfaith retreats nationally and internationally, welcoming men and women into what he calls “a radically inclusive circle of respect.” Paul Johnson, M.S. Ed., is co-chair of the Men's Program and professor of psychology at Oakton.

If Men Are From Mars and Women Are From Venus, Then I Must Be From Pluto

Kathleen Carot. In both pop culture and academia, rigid, hierarchical norms of gender and sexuality dominate much of the discourse on relationships. Drawing from current research, mass media, and personal experience, a roundtable of Oakton faculty suggests that transcending these norms might be liberating—and improve our love lives!

Kathleen Carot, MM, is chair of the Women and Gender Studies program at Oakton and current president of the faculty association.

Marriage Through the Life Cycle: A Journey Together

Kay and Phil Metres. Examine the predictable stress inducers and growth possibilities in a marriage, focusing on the relationship challenges and rewards of each decade. We'll consider it all—from smooth terrain and steep climbs, to rocky roads and potholes. Learn how to be the best possible traveling companion while negotiating these passages.

Philip Metres, Ph.D., and Kay Metres, Ph.D., have been married 40 years. Both are clinical psychologists in private practice; Kay is in Evanston, Illinois, and Phil's office is in Northbrook, Illinois. Kay also is a spiritual director and supervisor. Phil is a Fellow in Somatic Psychotherapy and a facilitator for Wisdom Years/Victories of the Heart.

Pathways to Intimacy

Delores Rio and Irwin Aloff. Give yourself the opportunity to improve or begin a relationship. Participants will engage in exercises related to establishing a foundation for maintaining an intimate relationship. You'll also learn four essential guidelines to conflict resolution.

Irwin Aloff, M.Ed., is a counselor and facilitator. He has been an active member of New Warriors since 1987. Delores Rio, BA, is a graduate of Women Within and a professional artist. She and Irwin are life partners.

Rewarding Marriages

Teri Schmidt and Tim Clark. This workshop focuses on maintaining a mutually rewarding relationship throughout marriage. We'll look at each phase of a long-term relationship, indicators of quality, and the necessary adjustments to ensure success.

Tim Clark, MSW, has specialized in working with married couples during his 35 years of counseling. Teri Schmidt, LCSW, has 35 years of practice in a wide range of mental health arenas. She has been in private practice and corporate consulting in Oak Park, Illinois, for the past 15 years.

Men Moving from Standing By to Standing Up

Debbie Bretag and Art Moore. Participants will experience a group presentation about *StandUp*, and learn how the program was developed as well as its goals.

Art Moore is the founder of StandUp, a group that encourages men's leadership in the campaign to end violence against women and girls. Debbie Bretag, MSW, is executive director of the Illinois Center for Violence Prevention. She has dedicated her career to supporting victims of violence and working to prevent others from becoming victims.

How to Remove Yelling From Your House

Gail and Derek Randel. You deserve a home where you are not always walking on eggshells. Wouldn't it be wonderful if there was no more yelling in your home? Yes, this is indeed possible. Learn tips and techniques that can be applied immediately.

Derek Randel, MA, is an author, speaker, and coach whose specialty is showing people how to eliminate yelling at home, and how to protect children from bullying and school violence. Gail Randel, MD, lectures on medical issues such as latex allergy and airway management. Her latest interests include physician wellness and effective parenting.

Something Bigger Than We Are

Marcia Heeter and John Lionberger. We intend to help individuals find a spiritual core in the wilderness in ways that civilization usually doesn't encourage or allow. It is not religion-specific, because finding God (or whatever you want to call "something bigger than we are") is an equal opportunity that simply defies religious boundaries.

John Lionberger, M.Div., was an agnostic/atheist for 50 years until he was ambushed by God in the wilderness. Now he leads adventures that enable people of any faith, and often no faith, to find what he has found. Marcia Heeter, D.Min., has two great passions: connecting with nature and following a spiritual path. In the last 15 years these have been united through her company, Women's Time Out, which offers guided retreats and canoe trips.

Break and Repair: The Lessons of Love

Laurie Kahn. The love lessons we learn in childhood serve as templates throughout our adult lives. Patterns emerge over and over again, sometimes derailing us in our intimate relationships. This workshop will explore love trauma and repair. We will define the aspects and capacities of love needed to sustain healthy and thriving relationships.

Laurie Kahn, MA, LCPC, is the director of WomenCare Counseling Center. Her work focuses on how trauma impacts people's capacity to form loving relationships.

Why Can't We Get Along? Understanding Conflict Resolution

Cindu Thomas-George and Kenneth Kikuchi. Gain a greater understanding of conflict through the lens of psychological conflict theory. Participants will be introduced to different conflict styles and effective ways to manage conflict. We'll also consider the impact of gender and cultural differences on interpersonal relationships.

Cindu Thomas-George, MA, is a professor of speech and communication studies at the College of Lake County. Her academic interests include critical race theory, multicultural education, and intercultural communication. Kenneth Kikuchi, Psy.D., is a professor of psychology at the College of Lake County and an adjunct instructor in the graduate program at Roosevelt University. His experience includes working with individuals of diverse ethnic, linguistic, and religious backgrounds, as well as sexual orientations.

Money and Relationships: A Workshop for Couples

Steve Wallman, David Kahn, and Brian James. One of the most common causes of relationship stress is money. This workshop will guide couples in exploring the impact of money on their relationships and upon themselves as individuals. Participants will learn to clarify the meaning of money in their lives and identify issues that need to be discussed. We'll also examine techniques for addressing money concerns in ways that strengthen bonds instead of adding stress.

Steve Wallman, MSW, is a psychotherapist who specializes in relationship issues, life transitions, and general counseling with individuals, couples, families, and groups. David Kahn is a portfolio manager and principle with SagePoint Financial. Brian James is a divorce mediator with C.E.L. & Associates, Inc., a private practice devoted to harmonious divorces.

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REGISTRATION FORM

Name

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City/State/Zip

Male Female

Cost for the conference is \$100 and includes a box lunch.

EARLY REGISTRATION FEE: \$79 (deadline November 16, 2009). No refunds.

I would like a free scholarship to *Being Together*. I am a currently enrolled Oakton student.

Please make check payable to Oakton Community College and mail to:

Bea Cornelissen, College Advancement, 1600 E. Golf Road, Des Plaines, IL 60016.

Credit card registration is available. Call 847-635-1812.

No prior sign-up for workshops or programs is required. The final schedule and room numbers for workshops will be in the registration packet you receive during check-in.

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