

••• REGISTRATION FORM •••

Please check the appropriate box:

- Graduate Student Registration..... \$50
- Non-Member Graduate Student Registration..... \$75
- Member Registration..... \$100
- Non-Member Registration ..... \$125

Payment Options:

- Check enclosed payable to:  Credit Card
- Illinois School Counselor Association (Master Card, VISA, AMEX, Discover)*

*Purchase orders are accepted. Illinois School Counselor Association's CPS vendor number is 65791, and FEIN number is 27-0086648.*

Name \_\_\_\_\_

Address \_\_\_\_\_

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IEIN # or IDFPR License # \_\_\_\_\_

*IEIN number from ISBE is required to receive PD credit.*

Email Address \_\_\_\_\_

Phone Number (      ) \_\_\_\_\_

Name of School \_\_\_\_\_

Credit Card # \_\_\_\_\_

Expiration Date \_\_\_\_\_ V-Code \_\_\_\_\_

Signature \_\_\_\_\_

Registration Options:

Online: [www.ILSchoolCounselor.org](http://www.ILSchoolCounselor.org)      By Phone: (815) 787-0515

By Mail: P.O. Box 144      By Fax: (815) 787-0505  
DeKalb, IL 60115

**Continuing Education Hours:** This program is recognized as providing 5.0 CE's for: LPC / LCPC and LSW / LCSW (IDFPR license 159.001342) • For Psychologists (IDFPR license # 268.000065.) • For MFTs (IDFPR license # 168.000228.). 5.0 PDs ISBE Provider Code 16019027P000000.

**Confirmation / Directions:** Upon receipt of the registration form we will email confirmation letters and a location map. Maps are also available on our website. [www.ILSchoolCounselor.org](http://www.ILSchoolCounselor.org)

**Refund policy:** Registrations, cancelled before seven days prior to the workshop, can be refunded minus a \$20 administration fee. No refunds can be made seven days prior to the workshop. Workshops may be cancelled or rescheduled due to inadequate registration or other circumstances beyond our control. If ISCA cancels a workshop due to inadequate registration, you will receive a full refund. ISCA is not responsible for any loss or damage as a result of substitution, alteration, or cancellation of an event. ISCA shall assume no liability whatsoever in the event that a workshop is cancelled, rescheduled or postponed due to fortuitous event, Act of God, unforeseen occurrences or any other event that renders performance of this conference impracticable, illegal or impossible. For purposes of this clause, a fortuitous event shall include, but not be limited to: war, fire, labor strike, extreme weather or other emergency. ISCA will make every effort to offer a substitution event in the case ISCA cancels because of a fortuitous event or Act of God.

**Proof of ISCA Membership:** To receive the member discount you need to be a current member of ICA and the ISCA division. If you are unsure, please call and we can verify your membership status.

**Registration Deadlines:** Registrations must be received by the ISCA office one week prior to the workshop. Space is limited in this workshop.



P.O. Box 144 • DeKalb, IL 60115



Salvaging Sisterhood: Raising Awareness  
About Relational Aggression

PRESENTED BY JULIA TAYLOR, PHD

# ISCA TRAINING EVENT

**Strengthening Sisterhood:  
Empowering Girls to Resist Societal  
Pressures, Fight Unrealistic Media Standards,  
and Develop a Healthy Body Image, Part I**

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**Strengthening Sisterhood: School Counseling  
Techniques to Help Adolescent Girls Manage  
Relational Aggression, Part II**

**Friday • December 7, 2018**  
UTI • LISLE, IL

PRESENTER: **JULIA TAYLOR, PHD**

PDs • 5.0 PDs through ISCA / ISBE  
CEs • 5.0 CE's for LPC/LCPC/LSW/LCSW/LMFT/Psychologists



P.O. Box 144 • DeKalb, IL 60115 • [myisca@gmail.com](mailto:myisca@gmail.com)  
[www.ILSchoolCounselor.org](http://www.ILSchoolCounselor.org)

# SALVAGING SISTERHOOD TWO PART SERIES

**DATE:** Friday • December 7, 2018

**LOCATION:** UTI • 2611 Corporate W Dr. • Lisle, IL 60532  
2nd floor • General meeting room

**REGISTRATION FEES:**

Member Student.....	\$50
Non-Member Student.....	\$75
Member Professional.....	\$100
Non-member professional.....	\$125

**PDs** • 5.0 PDs through ISCA / ISBE  
**CEs** • 5.0 CE for LPC/LCPC/LSW/LCSW/LMFT/Psychologists



Graduating from a school with a quality reputation is important. As the leading provider of training for students seeking careers as professional automotive, diesel, collision repair, motorcycle and marine technicians, UTI has graduated more than 190,000 technicians during 50 years in business. Our reputation is built not only on the quality of our training and instructors but also the success that UTI graduates experience in their careers.

**Here are just a few of the benefits you can get from UTI!**

- Fun Hands-On Learning
- You Can Start & Finish Fast
- Certified Instructors with Real-World Experience
- Manufacturer-Specific Advanced Training
- 11 Campuses Nationwide
- UTI is Industry's Choice for Technician Training
- Approximately 4 out of 5 graduates get jobs in their field of study

## 9 AM – 12 PM

### STRENGTHENING SISTERHOOD: EMPOWERING GIRLS TO RESIST SOCIETAL PRESSURES, FIGHT UNREALISTIC MEDIA STANDARDS, AND DEVELOP A HEALTHY BODY IMAGE, Part I

Today's standards of beauty are unrealistic and unattainable. It's not a coincidence that body image disturbances are widespread, contagious, and toxic. Girls are inundated with confusing messages that often interfere with their ability to learn, lead, and develop authentic relationships. This workshop will address these important issues, with a focus on helping girls develop leadership skills to combat and revive a generation that has become exhausted by body bashing, social media saturation, and the myth of perfection.

**Expected session outcomes:**

- Participants will have a clear understanding of body image, media literacy, and the pressures girls face on a daily basis.
- Participants will learn how to creatively assist girls and their families in developing leadership skills that promote a healthy and balanced life.
- Participants will learn specific counseling techniques to empower girls to rise above our cultural standards of success.
- Participants will learn tools to teach girls to assertively advocate for themselves.
- Participants will be provided with a plethora of resources that can easily be integrated into a comprehensive school counseling program.

## 1 PM – 3 PM

### STRENGTHENING SISTERHOOD: SCHOOL COUNSELING TECHNIQUES TO HELP ADOLESCENT GIRLS MANAGE RELATIONAL AGGRESSION, Part II

Navigating the cultural and social context of girl world is not a simple task. Relationally aggressive behavior is often prevalent during the tumultuous adolescent years, and intensified by the use social media. And while relational aggression in youth continues to receive national attention, resources that address this behavior remain scarce. This workshop will focus on the cultural context of relational aggression, current research including the role of bystanders, and prevention and intervention strategies to help girls manage this behavior.

**Expected session outcomes:**

- Participants will understand the context of relational aggression and the myriad of ways girls engage in this behavior.
- Participants will learn about current research and evidence-based techniques to help adolescents cope with relational aggression.
- Participants will learn techniques to lesson relationally aggressive behaviors.
- Participants will understand bystander behavior.
- Participants will learn interactive and proactive prevention and intervention strategies.
- Participants will learn how to work with caregivers of girls who engage in, and are targets of relational aggression.



## JULIA TAYLOR, PHD

**Julia V. Taylor, Ph.D.**, is an Assistant Professor of Counselor Education in the Curry School of Education at the University of Virginia in Charlottesville, VA.

Prior to academia, Taylor worked as middle and high school counselor for eight years. Afterward, she was appointed to the founding leadership team for Wake County Public School's first single gender academy, where she served as the Dean of Student Services. During her time as a practitioner, she focused the majority of her research on body image, media literacy, relational aggression, and girls' leadership development. In turn, she authored *The Body Image Workbook for Teens*, *The Bullying Workbook for Teens*, *Salvaging Sisterhood*, *G.I.R.L.S: Group Counseling*

Activities for Enhancing Social and Emotional Development (G.I.R.L.S. is two separate curricula, one for secondary ages, and another for elementary ages), and a children's book, *Perfectly You*.

Taylor frequently presents this line of research to parents, educators, school counselors, and students across the country. She has a passion for helping girls develop a true sense of self, stand up to unrealistic media expectations, take healthy risks, and cultivate meaningful relationships.

When not working, she enjoys yoga, running, reading, and spending time with friends and family in Brooklyn, NY - her home away from home.

## ... SCHEDULE ...

- 8:00 am** ..... Sign-in registration
- 8:00 am - 9:00 am** ..... Continental breakfast provided by UTI
- 9:00 am - 12:00 pm** ..... Presentation • Julia Taylor
- 12:00 pm - 1:00 pm** ..... Lunch • provided by UTI
- 1:00 pm - 3:00 pm** ..... Presentation • Julia Taylor
- 3:00 pm** ..... Distribution of PDs/CEs