

# Chicagoland Association of Child Life Professionals

## 2018 CACLP Symposium

**Saturday March 3, 2018**

**Erikson Institute**

*451 N. LaSalle St*

*Chicago, IL 60654*

*Chicagoland Association of  
Child Life Professionals  
Host*

*Erikson Institute  
Sponsor*



## Summary of Programs

**8:00am - 8:30am:** Registration and Continental Breakfast

**8:30am - 9:30am: Keynote Speaker** – Jill Olson –**Funny Bones Improv** [www.funnybonesimprov.com](http://www.funnybonesimprov.com)

**Presentation Title:** "Sometimes We ALL Need a Good Laugh"

**Presentation Summary:** Improvisation allows us to be anywhere and anything that the audience suggests. Without the need for elaborate scenery, props, or costumes, we have explored everything from skydiving Olympic gold-medal room cleaning, as well as symphonic concerts featuring barnyard animals. Everything the audience says or does is absolutely the best thing to say or do. By supporting all of your ideas, we can not only add laughter to the day but also encourage creative thinking and confidence in oneself all at the same time!

**9:30am - 9:35am:** Break

**9:35am - 10:35am:** Break out Session #1 (choose one)

**Title 1:** *Patient-Led Learning and Play*

**Speaker:** Allie Jones, BA, CCLS

**Summary:** Play is a tool, skill, coping technique and learning opportunity. This presentation will focus on the importance and necessity of play being at the core of child life services in hopes to inspire and rekindle the knowledge and application of play. By incorporating play into our daily practice, play leads to learning, mastery and effective coping for the pediatric patient. The presentation will then provide examples and anecdotes of ways patient led play benefits coping strategies—specifically in regards to chronic patients. An example of preparation, procedural support and diagnosis education will be demonstrated as a way to ignite other professional ideas of ways they can continue to promote similar values of play in their daily practice.

**Title 2:** *This is My Heartbeat Song*

**Speaker:** Elisabeth Bombell, Mt-BC, NICU Music Therapist

**Summary:** This presentation will highlight Music Therapy as a clinical profession in the treatment of patients and families in the congenital heart defect population. Specifically, the heartbeat recording intervention which utilizes technology, song writing, and song discussion to promote family integration, collaboration, choice making, coping, emotional expression and positive perception. This presentation will include 3-4 case studies, including identifying goal areas, appropriate interventions, process, and final product/results. Each case highlights how music therapy can enhance the holistic care of patients and families.

**10:35am-10:45am-Break**

**10:45am - 12:15pm:** Break Out Session #2 - (choose one)

**Title 1:** *Pediatric Pain Management and Opioid Crisis*

**Speaker:** Dr. Diana Bottari DO, FAAP, Pediatric Sedation Medical Director

**Summary:** Presentation will focus on definitions of pain, how pain is perceived, treatment of pain and the hot topic of the opioid crisis. The audience will learn how pain management in pediatrics should be a high priority and why the opioid crisis will affect hospitalized children and families.

**Title 2:** *Child Life at an Advocacy Center*

**Speaker:** Annie Drehkoff, MS, CCLS

**Summary:** This presentation will include a detailed description of what a children's advocacy center is and how it serves families who have been through trauma. Then, more specifically, it will address how the child life department at Chicago Children's Advocacy center supports children and families. There are many differences and similarities to how child life functions at an advocacy center as compared to that of a pediatric hospital. Those differences, plus a detailed description of the various roles and responsibilities of the Chicago CAC child life staff, will be illustrated in the presentation. Lastly, a vision for the future of child life at Chicago CAC and other advocacy centers will be discussed.

Break Out Session # 2 (cont'd)

**Title 3:** *Bridging the Gap – Strategies to empower parents and caregivers of children with special needs.*

**Speaker:** Nancy Gouch, BCRS, CAC, LCCI, LSH

Nancy Gouch is an expert in the field of applied aromatherapy using the brain's olfactory connection to restore balance to body systems and emotions. She is board certified and licensed in the application of essential oils to promote wellness and a fully certified instructor for the Center for Aromatherapy Research and Education (CARE), teaching on the faculty for more than 10 years.

**Summary:** Families with special needs children often find gaps between healthcare and homecare. Popular natural remedies like essential oils can be used to complement professional therapies at home when used properly. This presentation will demonstrate how different aromas influence the brain and olfactory system to promote emotional balance. Participants will sample oils to support relaxation, relieve pain, stimulate digestion, as well as improve focus for task performance. We will explore the biochemistry of essential oils and why they work so safely and effectively when used correctly. We will also discuss essential oil quality, application and safety considerations.

**12:15pm - 1:00pm:** Lunch (provided by CACLP)

**1:00pm - 2:30pm:** Break Out Session #3 (choose one)

**Title 1:** *Are you Grounded? An Exploration of Creative Arts and Yoga to promote resiliency and prevent compassion fatigue, burnout and vicarious trauma.*

**Speaker:** Lori Mackey, DAT, ATR-BC, LPC, CCLS, YTT 200

**Summary:** Professional caregivers are at risk of developing burnout, compassion fatigue, and/or vicarious trauma. Participants will learn the similarities and differences between these phenomena and the signs and symptoms that increase individual risk. Through experiential art and yoga, participants will explore their personal boundaries, learn simple self-care and grounding techniques to increase resiliency and self-awareness.

**Title 2:** *What's Your LGBTQ IQ?*

**Speaker:** Brittany Smith, MA, CCLS, Lurie Children's Hospital, Chicago, Illinois • Megan O'Connell, MS, CCLS, CEIM, Lurie Children's Hospital, Chicago, IL

**Summary:** The role of child life specialists requires current information about the lesbian, gay, bisexual, transgender and queer (LGBTQ) patient population and their families. Reflection on personal and institutional practices will help create action steps through hands-on activities, small groups, and large group discussions. This presentation will describe the terms commonly used to describe members of the LGBTQ community. It will recognize the common social and institutional barriers to appropriately responding to the needs of LGBTQ patients and families and help explain the importance of advocacy for LGBTQ patients and families by child life specialists in healthcare settings. It will address how to assess the current practices in your institution and prepare the next steps for your department, institution and/or personal practice.

**Title 3:** *Ethics and Matters of the Heart*

**Speaker:** Rupali Gandhi, MD

**Summary:** Dr. Gandhi will share important insights from her years of experience caring for children and families within the healthcare setting. Participants will learn basic ethics information, along with case studies applicable for the child life field.

**2:30pm - 2:45pm:** Break-Snacks provided

**2:45pm - 4:15pm: Closing Speaker**

**Title: *Research & Reflections on the Body Mind Connection***

**Speaker:** Jean Bailey is a consultant to the toy industry, and a Certified Play Expert and Trainer for the American Specialty Toy Retailers Association (ASTRA). Bailey also serves on the Editorial Advisory Board for ASTRA and co-authored a book for librarians on Sensory Storytime for Children. As former director of the National Lekotek Center, a non-profit that works with children of all abilities utilizing toys and play, Bailey authored over 500 articles on the value of play. For over 12 years, she has promoted, studied, written white papers and reviewed supporting research on toys and play as it relates to child development. Bailey has presented on toys and play internationally and domestically and has 25 years of experience in marketing/communications with several Fortune 500 companies.

**Summary:** Research continues to reveal the amazing ability for the mind and the body to communicate with each other-- often in ways completely beyond our conscious awareness. This presentation will take a tour of some of the latest research coming from cognitive science, psychology and neuroscience that involves the body-mind connection and suggest ways to use these findings in your career and life. We will explore the differences between our conscious and our subconscious mind and how to work with both for the best results in helping both yourself and those you serve.

**General Questions Contact:  
CACLP Board: [caclpconference@gmail.com](mailto:caclpconference@gmail.com)**

**Payment/Registration Questions:  
CACLP Treasurer: [caculptreasurer@gmail.com](mailto:caculptreasurer@gmail.com)**

***Please complete and submit registration form via:  
email- [caculptreasurer@gmail.com](mailto:caculptreasurer@gmail.com)***

**\*Registration opens Jan. 20<sup>th</sup> and remains open until spots are filled \***

**GET YOUR SPOT TODAY...SPOTS FILL QUICKLY!!!**

# Registration Form

*Please complete and submit registration via:*

*email- [caclptreasurer@gmail.com](mailto:caclptreasurer@gmail.com)*

**\*Registration opens Jan. 20<sup>th</sup> and remains open until spots are filled \***

**Conference Fees: \$60 for Members, \$75 for Non-Member Students and**

**\$100 for Professionals,**

**\$20 for individual session attendance**

## Payment Methods

Chicagoland Association of Child Life Professionals P.O. Box 4543 Wheaton, IL 60189 <i>Checks payable: Chicagoland Association of Child Life Professionals</i>	Venmo ID: @CACLP
<b>Chase Quick Pay: <a href="mailto:caclptreasurer@gmail.com">caclptreasurer@gmail.com</a></b>	

Name:

Title:

Affiliation (Employer, School):

Email:

Phone Number:

Emergency Contact (for conference purpose only)

Name:

Phone Number:

**CACLP Member:** PLEASE CIRCLE YES NO INTERESTED

### Break Out Sessions

*Please indicate your 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> (when applicable) choice for the 3 Break Out Sessions*

Session 1: Learning and Play: \_\_\_\_\_ Heartbeat Song: \_\_\_\_\_

Session 2: Pain \_\_\_\_\_ Advocacy Center: \_\_\_\_\_ Bridging the Gap: \_\_\_\_\_

Session 3: Creative Arts: \_\_\_\_\_ LGBTQ IQ: \_\_\_\_\_ Ethics: \_\_\_\_\_

**Please note any dietary restrictions or food allergies:** \_\_\_\_\_

### *Recommended hotels near the conference*

Wyndham Grand Riverfront  
71 East Upper Wacker Drive  
Chicago, IL 60601

Comfort Suites  
320 N Michigan  
Chicago, IL 60601

La Quinta  
1 S Franklin St.  
Chicago, IL 60601