

## 5. PROGRAM WEEK 2

### 5.1 PLENARY LECTURES† FOR WEEK 2, 9:00 – 10:30

Monday, July 24	<p><b>Meaningfulness with John Newbauer</b></p> <p>“Human beings live in the realm of meanings. . . . No human being can escape meanings.” (A. Adler, 1931). As we live, we create meaning in our lives and we rarely ask ourselves what life means or what is life for. Let’s explore this idea of meaningfulness together, even though we know we won’t get it “right.”</p>
Tuesday, July 25	<p><b>The Crucial Cs – What are they and why do we need them? with Betty Lou Bettner</b></p> <p>Adler gave us the theory; Dreikurs moved the theory to application; and The Crucial Cs provide an easy path to connect them.</p>
Wednesday, July 26	<p><b>IP and Other Approaches with Richard Watts</b></p> <p>Alfred Adler’s influence on current counseling and psychotherapeutic practice is greater than that of Freud’s because so many of Adler’s ideas were revolutionary and far ahead of his time. This presentation will discuss the enormous common ground between Individual Psychology (IP) and many contemporary approaches to counseling and psychotherapy and address how IP serves as an outstanding foundation for theoretically consistent and technically eclectic/integrative practice.</p>
Thursday, July 27	<p><b>Healthy Living: Mind-Body-Spirit with Marion Balla</b></p> <p>Both Adler and Dreikurs wrote and lectured about holistic health and the importance of recognizing the embeddedness of our lives from the perspective of Body, Mind and Spirit. We own the responsibility to be conscious of our wellbeing on all levels. Through exploration of the life tasks, early childhood messages regarding health and wellbeing and the creation of patterns and choices we can ensure more balance and mindful daily living.</p>
Friday, July 28	<p><b>Where We Go From Here with Paul Rasmussen (Moderator)</b></p> <p>We are facing a time in our civilized history where Adlerian Principles are more important than ever. In this plenary session, multiple presenters will talk about the future of Adlerian theory and the role of all of us in making the world a better place.</p>

†Educational Objectives are found on the website [www.icassi.net](http://www.icassi.net)

### 5.2 EARLY MORNING COURSES FOR CHILDREN AND YOUTH FOR WEEK 2

Children			Youth		
A421	Irvine, M., Williams, A	Children’s Program	A421	Hubbard, S	Early Morning Youth Recreation, 12-17

## 5.3 OVERVIEW: TYPE A COURSES

Type A Courses (2 hours each day)

Week 2 Courses Mornings 11:00 – 13:00			Week 2 Courses Afternoons 14:30 – 16:30		
English Courses					
A401	Abramsom, Z	Why am I Still Single?	A501	Abramson, Z	Adlerian Counseling and Psychotherapy: Structure, Goals, How it is done
A402	Balla, M	Intergenerational Patterns	A502	Balla, M	Family Dynamics in Action
A403	Bitter, J	Practicing Lifestyle	A503	Bettner, B. L	Couple Enrichment
A404	Bluvshstein, M	Fundamentals of Adlerian Psychology	A504	Bitter, J	Working with Families: An Adlerian Approach
A405	Ferguson, E. D	Individual Psychology in the Workplace (1+2)	A505	Holder, J	Purposefulness of Substance Abuse
A406	Joosten, T	Cooperative Problem Solving	A506	John, K	Social Equality in Action
A407	Millar, A	Becoming a Supervisor	A507	Millar, A	Working with Loss and Grief
A408	Rasmussen, P	Adaptive Reorientation Therapy	A508	Newbauer, J	Metaphors and Fictions
A409	Schafer, A	Adlerian Parenting Today!	A509	Shoham, Y	Encouragement in Stressful Situations
A410	Shifron, R	Early Recollections, the Therapist's Treasures	A510	Tate, B	Creativity and Private Logic
A411	Sperry, J	Adlerian Case Conceptualization			
A412	Walton, F	Counseling parents of Children Diagnosed ADHD			

English-German Courses*					
A413	Landscheidt, U	Psychology in the Classroom	A511	Hillenbrand, A	Diet Fiction
A413	Landscheidt, U	Psychologie im Klassenzimmer	A511	Hillenbrand, A	Essen, Ernährung, Diät - Fiktion oder Wirklichkeit

\* The course is bilingual, unless all participants in the course agree it can be one language.

## 5.4 OVERVIEW: TYPE B COURSES

(4 hours each day during Mornings and Afternoons.)

Choose only one Type B Course for this week.

English Courses		
B601	Buck, H	Integrative Adlerian Art Therapy: Understanding Self to Understand Others
B602	Watts, R	Creative Interventions for Brief Therapy

## OVERVIEW: CHILDREN AND YOUTHS' PROGRAM

Mornings		Youth Program		Afternoons	
A 420	Shoham, Y	Personal Development for Youths 12-17	A 520	Hofstra, P	Youth Recreation 12-17 years
Mornings		Children's Program		Afternoons	
A 421	Irvine, M, Cice, J	Children's Program	A 521	Wee, K, Oldenburg, I	Children's Recreation

## 5.4 COURSE DESCRIPTIONS FOR WEEK 2

Type A Courses: Week 2 <sup>†</sup> Mornings (11:00 - 13:00)	
English Courses	

### A401, Abramson, Zivit – Why am I still Single?

The course will deal with an interesting phenomenon: Many people feel they would very much like to be part of a couple, to have a partnership, but it does not happen. They are still single. There are many obstacles that are unknown to a person but can prevent him or her from becoming part of a mutually committed couple. We shall discuss those possible obstacles. Participants will be encouraged to volunteer for demonstrations of work with individuals stuck in this position of being single in spite of wanting to change this.

### A402, Balla, Marion – Intergenerational Patterns

This course investigates the relationship between family myths, values, and current life problems. Participants will investigate their personal genograms and assess the impact of family patterns through the generations. Through the application of early recollections and life tasks, belief systems related to generational family patterns will be discovered.

#### **A403, Bitter, James – Practicing Lifestyle Assessment: The Key to Therapeutic Practice**

Adler challenged the Freudian model (the psychology of possession) by focusing on a psychology of use and the style of living each individual adopted in a personal movement toward self-selected/ self-created (life) goals. Today, this movement is called lifestyle or one's style of living. This workshop teaches a process for lifestyle assessment and the use of this process in therapeutic practice.

#### **A404, Bluvshstein, Marina – Fundamentals of Adlerian Psychology**

This course will introduce participants to fundamentals of Adlerian Psychology, its historical context, major theoretical assumptions, and practical usefulness in a contemporary world. Adlerian understanding of humankind and human nature will be discussed through Adler's life story. Adlerian assumptions will be learned experientially, with participants actively practicing these concepts in class.

#### **A405, Ferguson, Eva Dreikurs – Individual Psychology in the Workplace**

Adlerian psychology helps improve human relationships in all settings, including the workplace. Workplace solutions are applicable also to problems in the family and school. Participants' own work problems are discussed. Work roles, conflict resolution, group dynamics, and personality variables are viewed within the Adler-Dreikurs framework. (1+2)

#### **A406, Joosten, Theo – Cooperative Problem Solving**

In families, community or professional settings, people meet problems. This course will explore practical ways of helping each other find encouraging solutions to these social challenges. The language and the incident method will get special attention. Participants will be able to apply the incident method. Case examples provided by the participants will be used.

#### **A407, Millar, Anthea – Becoming a Supervisor**

This practical class is designed for all helping professionals who wish to develop their supervision skills, whether working in social and health care, early-years services, coaching or therapy. Drawing on Adlerian theory and practice, we will focus on building a supervisory relationship that combines equality and authority, ensuring ethical practice through encouragement and effective feedback, and the use of creative methods, particularly in relation to Lifestyle issues.

#### **A408, Rasmussen, Paul – Adaptive Reorientation Therapy**

In this course, Adler's notion of reorientation as the primary focus of treatment is presented. Participants are taken through the components of the theory, identification of the desired state and strategies for promoting reorientation.

#### **A409, Schafer, Alyson – Adlerian Parenting Today!**

Today's parents face new challenges that Adler and Dreikurs could never have anticipated. Pokemon GO, snapchat, texting, standardized testing and job scarcity were not part of the parenting landscape then. This course will provide parents with an overview of democratic parenting, principles for child guidance, and the application of our principles to modern family issues. Bring your questions! Group work and demonstrations

#### **A410, Shifron, Rachel – Early Recollections, the Therapist's Treasures**

ERs are metaphors, a creative way to describe accurately the patient's current emotional state. The metaphoric language is essential for the development of a mutual language between the therapist and the patient. The creative way of working with ERs will be the main theme of this workshop. This workshop is open for therapists and counselors and teachers who work with individuals, couples and family.

#### **A411, Sperry, Jon – Adlerian Case Conceptualization**

Case conceptualization is considered by many to be the most important competency expected in clinical practice today. This presentation describes a step-by-step strategy and process for developing a concise, accurate, and compelling case conceptualization and treatment plan based on the client's basic pattern of movement which integrates other key Adlerian constructs.

#### **A412, Walton, Frank – Counseling Families With Children Who Meet ADHD Criteria**

An overview of conclusions of prominent scientists with regard to use of drugs for treatment of children who meet the ADHD criteria will be presented. The instructor will explain and demonstrate how an underdeveloped sense of community feeling and mistaken approaches to life frequently influence children to manifest behavior that meets the criteria for the ADHD diagnosis. Specific techniques for working with these parents and children will be demonstrated. Small group discussion will be an integral part of this course.

### English-German Courses\*

#### **A413, Landscheidt, Uti –Psychology in the classroom**

Worldwide we see a shift towards teaching in classrooms as Dreikurs' theory already taught us years ago: merely knowing how to teach subjects is not enough, you have to know how to teach students. In this course we talk about hidden goals, encouragement, class meetings, the role of the teacher as group leader, democratic methods and many other aspects.

#### **A413, Landscheidt, Uti - Psychologie im Klassenzimmer**

Weltweit gelangt man immer klarer zur Erkenntnis, die Dreikurs schon vor vielen Jahren hatte: man kann sich nicht mehr nur mit dem Unterrichten von Schulfächern zufrieden geben, man muss wissen, wie man Schüler unterrichten kann. In diesem Kurs sprechen wir über Ziele des Verhaltens, Ermutigung, Klassengespräche, die Rolle des Lehrers als Gruppenführer, demokratische Methoden und vieles mehr.

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### Children and Youth Program

#### **A420, Personal Development for Youth Ages 12-17, Shoham, Yoav**

This course is for youth aged 12-17 to facilitate the growth of self-understanding and to increase social interest and community-oriented behavior.

\*Please note: The youth registered in this course may also participate in an early morning recreation program from 8:45 until 11:00.

#### **A421, Children's Program (Early Morning and Morning), Irvine, Magnus; Williams, Alison; Cice, Joe**

This program will offer athletic, art, music and play activities. Adlerian child-rearing and classroom management principles will be used.

\*Please note: The program runs through Early Morning and Morning. Parents bring their children to the program at 8:45.

## Type A Courses – WEEK 2† Afternoons (14.30 - 16.30)

### English Courses

#### **A501, Abramson, Zivit – Adlerian Counseling and Psychotherapy: Structure, Goals, How it is done**

This course will give in a nut shell the structure of Adlerian counselling or therapy with individuals. What does an Adlerian do that is different from other schools? What goals do we really want to achieve with our work? How do we go about it? There will be demonstrations of a typical session, and for this participants will be asked to volunteer.

#### **A502, Balla, Marion – Family Dynamics in Action**

This course offers participants an opportunity to understand a holistic approach to family patterns and their impact in the present day. The use of early recollections, birth stories and family sculpting will be presented in hands-on, movement-oriented exercises. Open to Youth.

#### **A503, Bettner, Betty Lou – Couple Enrichment**

Intimate relationships are often described as the most difficult. This relationship requires cooperation and respect of two different perceptions of self, others, and life. It is the meeting of two different sets of private logic. Let's explore this relationship in terms of goals, hopes, expectations, choices, wants vs. needs, emotions, and methods for resolving conflicts. This course is open to individuals, couples, and those who work with couples or are interested in the topic.

#### **A504, Bitter, James – Working with Families: An Adlerian Approach**

Adlerian family counseling was developed and systematized by Rudolf Dreikurs and carried into the world by his many student/colleagues, including Oscar Christensen and Manford Sonstegard. This is an experiential workshop using Dreikurs' model in multiple family consultation demonstrations. Interventions include assessments of family constellation, mistaken goals, typical days, goal disclosure, and the use of encouragement and natural and logical consequences. Open to Youth.

#### **A505, Holder, Jim – Purposefulness of Substance Abuse**

From an Adler-Dreikurs perspective, participants will learn how private logic formulates the psychological underpinning and purposefulness of substance abuse, thereby influencing how an individual's genetics are incorporated in daily living and movement toward a goal.

#### **A506, John, Karen – Social Equality in Action**

Social equality requires new ways of leading and relating, yet we struggle to exercise our rights and responsibilities effectively. We look at leadership approaches, what prevents us from using our 'good authority', and explore feelings and actions that undermine democratic living. Working cooperatively in teams and using ERs and psychodrama, we will strive to achieve social equality in action. Open to Youth.

#### **A507, Millar, Anthea – Working with Loss and Grief**

In this practical course for helpers, we will look at the many different types of loss and the varied ways we may grieve depending on our Lifestyle. Using an Adlerian framework, we will explore therapeutic approaches to working with clients experiencing both normal and more complex grief, whilst gaining a further understanding of our own attitudes and beliefs around loss.

### **A508, Newbauer, John – Early Recollections (ERs), Metaphors and Fictions in Therapy, Supervision and Consultation**

Adlerians are often trained to use ERs to understand life style. ERs are metaphors that guide our behaviors and decisions. Much of life is based on fictions derived from these ERs. This workshop will help participants understand ERs, identify metaphors, and work with them in therapy and supervision. Participants' own ERs and those of their clients will be used.

### **A509, Shoham, Yoav – Encouragement: Overcoming Stressful Situations**

This program has been planned especially for ICASSI and is designed to teach coping strategies in daily stressful situations. Using Adlerian encouragement principles in various creative ways, enables us in dealing with daily life pressures.

### **A510, Tate, Bruce – Creativity and Private Logic**

Fiction is a key concept within Individual Psychology. Use is made of elements of fiction in helping clients understand their lifestyle and in creative therapeutic approaches. We will explore our basic fictions and how we can make use of them within our own lives, through presentation, discussion and experiential exercises. No prior knowledge of Adlerian theory is required.

## **English-German Courses\***

### **A511, Hillenbrand, Andrea – Diet Fiction**

When it comes to eating and dieting, we are faced with a lot of fictions. Dieting will help you lose weight, life will be wonderful when you finally lose weight. Really? As Adlerians we understand that it is all fiction indeed. In order to change our eating behavior we must understand our goals and the personal role of eating, weight and body in our lifestyle. We will do so by using Early Recollections and observing our own eating behavior. Open to Youth.

### **A511, Hillenbrand, Andrea – Essen, Ernährung, Diät - Fiktion oder Wirklichkeit\***

Vieles rund um Essen und Diät hat mehr mit Fiktion als mit Wirklichkeit zu tun. Durch Diäten nimmt man ab, und wenn ich schlank bin werde ich endlich glücklich. Wirklich? Als Individualpsychologen wissen wir, dass in der Tat alles Fiktion ist. Um unser Essverhalten zu ändern, müssen wir unsere Ziele sowie die persönliche Bedeutung von Essen, Gewicht und Figur im Rahmen unseres Lebensstiles verstehen. Wir tun dies anhand der Arbeit mit Frühen Kindheitserinnerungen und Verhaltensbeobachtung unseres eigenen Essverhaltens. Open to Youth.

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## Type B Courses Week 2<sup>†</sup> Mornings and Afternoon

### English Courses

#### **A601, Buck, Hala – Integrative Adlerian Art Therapy: Understanding Self to Understand Others**

Art therapy, early recollections and the body – Adler’s “physical speech” is a powerful way to explore issues of belonging and differentness. In an increasingly multicultural world, we need not only to understand others’ belief systems and world views, but explore our own cultural identity as well. This is central to cross-cultural understanding, social equality and competence.

#### **B602, Watts, Richard – Creative Interventions for Brief Therapy**

Brief therapy approaches are increasingly in demand and many professionals are practicing in agencies and schools where they are expected to work with many clients and students in specific, time-limited frameworks. Due to this, many professionals are seeking effective and easy-to-use methods for assisting clients in achieving fast and lasting behavioral change. In this course, participants will learn (via discussion, demonstration, and practice) various Adlerian techniques uniquely suited for work in brief counseling, guidance, and therapy setting. In addition, selected techniques from other approaches that are useful in an Adlerian brief therapy context will be included.

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### Children and Youth Program

#### **A520, Youth Recreation, 12-17 year olds, Hofstra, Pauline**

Youth 12-17 from various countries will together determine the activities (games, art, drama, music, photography, etc.) to be engaged in during the session, using an interactive decision-making model. Activities focus on connecting with one another and developing capabilities in collaboration and team (play) work. Games are cooperative in nature and focus on including all participants.

#### **A521, Children’s Recreation, Wee, K, Oldenburg, I**

Come and have fun with us! Children will be offered art, music, athletic activities and games in a class that uses Adlerian child-rearing and classroom management principles. Small group meetings will give children the chance to plan activities.