

ADDENDUM – CONTINUING EDUCATION

The following programs offered at ICASSI 2018 have been approved by Adler University for CEs. **Adler University is approved by the American Psychological Association to sponsor continuing education for psychologists. Adler University maintains responsibility for this program and its content."**

PLENARIES

IP and Community – Eva Dreikurs Ferguson, Ph.D in Psychology, Professor of Psychology, Southern Illinois University Edwardsville

Description: Adlerian Psychology is a social-personality-developmental psychology. Humans fundamentally have a need ‘to belong.’ To understand the individual we need to understand the person’s relationship with the community. Striving to contribute to the community (Gemeinschaftsgefühl) is vital for mental health. **1.5 CEs**

Educational Objective 1: participants will identify actions that represent ‘community feeling’ (Gemeinschaftsgefühl)

Educational Objective 2: participants will identify how individuals’ different goals lead to different levels of social interest.

Educational Objective 3: participants will define the Adlerian term community feeling.

Level or instructions (introductory, intermediate or advanced): **intermediate**

There is no conflict of interest or commercial support in the provision of this plenary/workshop.

Law of Movement – Marina Bluvshstein, Ph.D in Psychology, L.P., LMFT, Director of the Center for Adlerian Practice and Scholarship.

Description: Law of Movement is the most important law in Adlerian Psychology, a framework through which we view human personality, a magnifying glass showing us vectors of usefulness in human activity, a yardstick measuring a degree of alliance between an individual striving and a trajectory of human evolution. This presentation will invite the audience to integrate Law of Movement with contemporary neuroscience by detecting and actively using motor metaphors to ignite courageous movement in each of us. **1.5 CEs**

Educational Objective 1:

Participants will describe Adler’s Law of Movement.

Educational Objective 2:

Participants will explain manifestations of Adlerian Law of Movement in individual and communal life, and will compare adaptive and maladaptive expressions of movement.

Educational Objective 3:

Participants will apply neural theory of metaphor with Adlerian Law of Movement by preparing and using metaphors that activate the brain's motor cortex.

Level or instructions (introductory, intermediate or advanced): **intermediate**

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Psychological Muscle – Paul Rasmussen, Ph.D. in Clinical Psychology, Licensed Psychologist, Staff Psychologist WJB Dorn Veterans Affairs Medical Center

Description: Psychological muscle refers to human strengths that need to be developed in childhood if one is to be prepared for the challenges of adulthood. Being an adult is difficult. An effective adult must be prepared to face burdens, get along with others, control impulses and cope with aversive feelings. Developing the qualities to face these challenges as an adult is not impossible, but is difficult. As Adler argued, it is easier to prepare the child than it is to cure the adult. Notions of psychological muscle are compared to basic life tasks, the Crucial C's and to historical and contemporary psychological and non-psychological views of virtue and value. **1.5 CEs**

Educational Objective 1: Learners will be able to list the dimensions of psychological muscle and compare them to life tasks and Crucial C's.

Educational Objective 2: Learners will be able to list and compare the dimensions of psychological muscle to Aristotelean Virtues.

Educational Objective 3: Learners will be able to describe the relationship between psychological muscle and vulnerability to psychological diagnoses.

Level or instructions (introductory, intermediate or advanced): **Intermediate**

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Feeling Inferior on the Web – Ursula Oberst, Ph.D. in Psychology, Associate Professor
FPCEE Blanquerna, Universidad Ramon Llull

Description: This plenary gives an introduction to the opportunities and challenges of internet-based technologies and applications under a viewpoint of Adlerian Psychology. According to Adler, feeling connected with others is of utmost importance for the wellbeing of individuals, and inferiority feelings arise when people are discouraged and this need to belong is not satisfied. In our contemporary society, with internet and internet-based applications for communication, social media and online social networking

sites, Adler's vision of an ideal communal life where all people can be connected, seems to have come closer. However, online communication and the use of online social networks like Facebook and WhatsApp, can also lead to negative consequences, such as inferiority feelings, especially in younger and vulnerable individuals. Adlerian theory's role in addressing belonging and inferiority in the internet-age are examined.

1.5 CEs

Educational Objective 1: Participants will be able to list the opportunities of the use of the internet and internet-based communication applications.

Educational Objective 1: Participants will be able to analyze the risks of the use of the internet and internet-based communication applications.

Educational Objective 3: Participants will be able to assess belonging and inferiority in an online environment through Adlerian theory and practice.

Level or instructions (introductory, intermediate or advanced): Intermediate

There is no conflict of interest or commercial support in the provision of this plenary/workshop.

COURSES

Title: IP in the workplace (Part 1) Eva Dreikurs Ferguson, Ph.D in Psychology, Professor of Psychology, Southern Illinois University Edwardsville

Description: 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. **2 CEs**

Learning Objective 1:

Participants will identify Adlerian concepts directly related to understanding of workplace dynamics.

Learning Objective 2:

Participants will identify individuals' goals of behavior and movement in life, including actions that represent 'community feeling' (Gemeinschaftsgefühl).

Learning Objective 3:

Participants will be able to recognize how early childhood experiences affect one's reactions to workplace problems

Level of Instructions (introductory, intermediate or advanced): **Intermediate**

There is no conflict of interest or commercial support in the provision of this workshop.

Title: IP in the workplace (Part 2) Eva Dreikurs Ferguson, Ph.D in Psychology, Professor of Psychology, Southern Illinois University Edwardsville

Description: Adlerian psychology helps improve human relationships in all settings, including the workplace. Workplace solutions are applicable also to problems in the family and school. Work roles, conflict resolution, group dynamics, and personality variables are viewed within the Adler-Dreikurs framework. This course will build upon Part One by focusing on both the commonalities between work-related problems and other challenges that individuals experience in life and uniqueness of each individual's experience framing a foundation for creating unique for each individual workplace solutions. **2 CEs**

Learning Objective 1:

Participants will explain how private logic operates to create success and conflict in the workplace through Adlerian concepts of Lifestyle, private logic, and mistaken beliefs.

Learning Objective 2:

Participants will discuss how their own workplace challenges differ from the ones of others in the class through the Adler-Dreikurs framework of Lifestyle and private logic.

Learning Objective 3:

Participants will identify how their own workplace solutions may differ from solutions of their peers through the Adler-Dreikurs framework of creative power of self, while still being grounded in a common strength of community feeling (Gemeinschaftsgefühl) as an Adler-Dreikurs framework.

Level of Instructions (introductory, intermediate or advanced): **Intermediate**

There is no conflict of interest or commercial support in the provision of this workshop.

Title: IP in the workplace (Part 3) Eva Dreikurs Ferguson, Ph.D in Psychology, Professor of Psychology, Southern Illinois University Edwardsville

Description: Adlerian psychology helps improve human relationships in all settings, including the workplace. Workplace solutions are applicable also to problems in the family and school. Work roles, conflict resolution, group dynamics, and personality variables are viewed within the Adler-Dreikurs framework. This course will build upon Part Two by focusing on the topics of goals of behavior and Law of Movement as they apply to workplace. **2 CEs**

Learning Objective 1:

Participants will recognize individuals' goals of behavior and movement in life in workplace case examples through Adler-Dreikurs framework of teleology (goal-directedness) and Adlerian Law of movement.

Learning Objective 2:

Participants will analyze how their own workplace solutions reflect their unique goal-directed movement and how this may be perceived as different from unique solutions of others in the class through the Adler-Dreikurs framework of teleology and phenomenology.

Learning Objective 3:

Participants will assess how the group dynamics of the class discussions impact the creative workplace decision-making process through Adlerian tenets of belongingness and cooperation as a prerequisite of successful survival.

Level of Instructions (introductory, intermediate or advanced): **Intermediate**

There is no conflict of interest or commercial support in the provision of this workshop.

Title: IP in the workplace (Part 4) Eva Dreikurs Ferguson, Ph.D in Psychology, Professor of Psychology, Southern Illinois University Edwardsville

Description: Adlerian psychology helps improve human relationships in all settings, including the workplace. Workplace solutions are applicable also to problems in the family and school. Work roles, conflict resolution, group dynamics, and personality variables are viewed within the Adler-Dreikurs framework. This course will build upon Part Three by focusing on group dynamics and leadership styles as tied to an individual's Lifestyle and as impacting workplace health. **2 CEs**

Learning Objective 1:

Participants will identify types of group dynamics and leadership styles, from an Adlerian perspective, focusing on Adler-Dreikurs tenets of striving, democratic relationships, Lifestyle, and belongingness.

Learning Objective 2:

Participants will analyze the impact of leadership styles on workplace dynamics (conflict and conflict resolution) through case examples using Adler-Dreikurs framework of belongingness, cooperation, and democratic relationships.

Learning Objective 3:

Participants will design a plan to create a healthy workplace integrating new awareness of their own Lifestyle goals and private logic and new knowledge about workplace dynamics and leadership styles.

Level of Instructions (introductory, intermediate or advanced): **Intermediate**

There is no conflict of interest or commercial support in the provision of this workshop.

Title: IP in the workplace (Part 5) Eva Dreikurs Ferguson, Ph.D in Psychology, Professor of Psychology, Southern Illinois University Edwardsville

Description: Adlerian psychology helps improve human relationships in all settings, including the workplace. Workplace solutions are applicable also to problems in the family and school. Work roles, conflict resolution, group dynamics, and personality variables are viewed within the Adler-Dreikurs framework. This course will build upon Part Four by focusing on creative and strengths-based integration of Adler-Dreikurs ideas of the task of work, group dynamics, democratic relationships, Gemeinschaftsgefühl, private logic, and unique personal goal-directed movement into the challenge of building a healthy democratic and socially-interested workplace.

2 CEs

Learning Objective 1:

Participants will assess ways in which workplace problems are community problems and ways in which workplace solutions should be community-based solutions within the Adler-Dreikurs framework of Social Interest and social field theory.

Learning Objective 2:

Participants will demonstrate effective strategies for resolving common workplace problems as community problems through the Adler-Dreikurs framework of creative power of self and cooperation.

Learning Objective 3:

Participants will analyze and provide a strength-based feedback to solutions created by their class peers through Adler-Dreikurs framework of cooperation, belongingness, and ‘community feeling’ (Gemeinschaftsgefühl)

Level of Instructions (introductory, intermediate or advanced): **Intermediate**

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