



<p>participants grasp Adlerian and Dreikursian concepts that enhance the understanding of children's behavior, cooperation, effective communication, and problem solving techniques. Discipline could be another bone of contention for adults working with children. Positive discipline provides an alternative to rewards and punishments thus enhancing mutual respect, self-esteem and conflict resolutions. This is a hands-on program that empowers participants to unleash their creative self and make decisions on the useful side of life.</p>	Not Open to Youth
<p><b>A209 WORKING WITH TRAUMA FOR PROFESSIONALS (ENG) (1)</b>  In recent years, increased understanding of the neurological and bio-psychosocial aspects of trauma has resulted in more effective processes that integrate well with an Adlerian therapeutic approach. This highly practical course will focus particularly on developing the therapeutic skills of ensuring safety and stability, developing dual attention and building on the person's resilience and social connection. Target group: Health professionals and those in training. Limited to: 18 participants.</p>	<p><b>ANTHEA MILLAR</b>  Limit: 18  Not Open to Youth</p>
<p><b>A210 WELLNESS, POSITIVE PSYCHOLOGY AND INDIVIDUAL PSYCHOLOGY (ENG) (1)</b>  Wellness is a lifestyle choice that deals with positive health. Wellness consists of all aspects of functioning: physical, psychological, social, intellectual and spiritual. These topics will be approached under the overarching themes of Adler's holism and life tasks. Positive Psychology, whose roots are in IP, will also be integrated. Participants can apply the material learned to themselves as well as their clients.</p>	<p><b>BECKY LAFOUNTAIN</b>  Limit: 15  Not Open to Youth</p>
<p><b>A220 PERSONAL DEVELOPMENT FOR YOUTH AGES 12-17 (ENG)</b>  This course is for youths ages 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.</p>	<p><b>YOAV SHOHAM</b>  Limit: 25  Open to Youth Only</p>
<p><b>A221 CHILDREN'S PROGRAM (BLOC 1 AND 2) (ENG/GER)</b>  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 Blocs 1 and 2. Parents bring their children to the program at 8:45.</p>	<p><b>HOEKSTRA, KRUEGER, GRUENIG</b>  Limit: 25  Open to Children Only</p>

<b>Week One Classes Bloc 3, Afternoon from 14:30-16:30</b>	<b>Faculty</b>
<p><b>A301 NEUROSIS FROM AN INDIVIDUAL PSYCHOLOGY PERSPECTIVE (GER) (1)</b>  In spite of using the same terms as Freud, Adler understood human beings and their relationships in a totally different way. Neurosis is one good example of this. Using the same term Adler was not interested in diagnosis. He was interested in people's choices of the way they face life. We shall explore Adler's understanding of the neurotic attitude towards life. Participants will learn whether they have been making neurotic choices and how they can change these. Both lay people and professionals are welcome.</p>	<p><b>ZIVIT ABRAMSON</b>  Limit: 25  Open to Youth</p>
<p><b>A302 MANAGING LIFE TRANSITIONS (ENG) (1)</b>  This course is designed to assist participants to identify and explore the losses and gains inherent in major life transitions, e.g. aging, career choices and changes, retirement, marriage, empty family nest, divorce. Through the use of early recollections, anniversary dates, and the exploration of life tasks, participants will gain increased insight and strategies to manage major life changes. Open to youth.</p>	<p><b>MARION BALLA</b>  Limit: 25  Open to Youth</p>
<p><b>A303 DEALING WITH ADDICTIONS (ENG) (1)</b>  From an Adler-Dreikurs perspective, participants will learn how private logic sets an individual up for addictive behaviors. A key to treatment and awareness is how the addiction itself reinforces the belief system. Processes used will include Early Recollection interpretations, the re-writing and re-reading of ERs, and honing the therapist's sensitivity, predictive potential, and perceptive reasoning.</p>	<p><b>JIM HOLDER</b>  Limit: 12  Not Open to Youth</p>
<p><b>A304 PUTTING INDIVIDUAL PSYCHOLOGY INTO PRACTICE (GER/ENG) (1)</b>  Adlerian principles such as priorities, social interest, and encouragement will be taught through exercises in which participants are actively involved. This course is for beginners who want to learn about themselves, and for advanced participants who want to learn new activities to use in parents groups, workplaces and other social settings.</p>	<p><b>UTI LANDSCHEIDT</b>  Limit: 25  Open to Youth</p>
<p><b>A305 GROUP DYNAMICS (ENG) (1)</b>  Promoting social equality within the workplace, training and other contexts requires</p>	<p><b>KAREN JOHN</b>  Limit: 10</p>

understanding and attending to group dynamics and needs, as well as to individual psychological needs and life style issues. In this highly interactive and experiential course, group members are invited to explore a range of group experiences and scenarios in order to increase their confidence as facilitators, trainers and group and team members. 10 participants.	Not Open to Youth
<b>A306 COUPLES ENRICHMENT (ENG) (1)</b> An intimate relationship is, as Adler clearly saw, an all-important task of life needing constant care. At no point can a happy couple lie back, thinking their work is done, for their garden of love will soon be overgrown with weeds and dry out. Partners need to learn how to become better gardeners. In this course we will focus on personal strengths and how to use them to cooperate and communicate more freely with the other, and in so doing become a better partner.	<b>YVONNE SCHUERER</b> Limit: 15 Not Open to Youth
<b>A307 ADDRESSING SPIRITUALITY: AN ADLERIAN PERSPECTIVE (ENG) (1)</b> Religious and spiritual clients both come from diverse cultural populations and may be a unique cultural population themselves. There are few examples of how therapeutic approaches can be adapted for use with clients' spirituality. This presentation addresses how Adlerian therapy may be used to work with clients in a way that respects their spiritual beliefs and facilitates the therapeutic process.	<b>RICHARD WATTS</b> Limit: 10 Open to Youth
<b>A308 HISTORY AND DEVELOPMENT OF INDIVIDUAL PSYCHOLOGY (ENG) (1)</b> Adlerian psychology is teleological and does not fit contemporary deterministic causal thinking. Kant, Vaihinger, and Smuts influenced Adler's writing, and some of those influences will be discussed in simple, everyday terms. No philosophical background is required, and practitioners will find these ideas enlightening and useful.	<b>BILL LINDEN</b> Limit: 15 Not Open to Youth
<b>A309 ENCOURAGEMENT (ENG) (1)</b> This course will introduce very practical ways we can encourage ourselves and others. Through exercises and discussion we will explore specific strategies that can enable greater confidence, positive contribution and connection, overall building courage to face issues constructively in our personal and work lives.	<b>YOAV SHOHAM</b> Limit: 25 Open to Youth
<b>A310 LEADERSHIP DEVELOPMENT (ENG) (1)</b> Leaders influence the culture of the organization and employees' levels of engagement, work satisfaction, cooperation, and performance. This course reviews leadership principles with an Adlerian lens. Participants will present their leadership issues and challenges and work with the instructor on implementing enhancements from an Adlerian perspective. Strategy and tactics at the organizational, team, and individual leadership levels will be discussed.	<b>JAY COLKER</b> Limit: 16 Not Open to Youth
<b>A311 LIFESTYLE ASSESSMENT (1)</b> This didactical and experiential course will show the unique principles and techniques of Adlerian Lifestyle Assessment used successfully in counselling, supervision and therapy. Participants work with early recollections and experience the importance of family constellation towards present life attitudes, priorities and orientations which form the unconscious goal and give the lifestyle direction. We learn how this can be brought to awareness and transformed in the process of Lifestyle Assessment. That course is for psychotherapists, counsellors and people who work in social or pedagogical fields or are interested in gaining more self-awareness.	<b>GERHARD BAUMER</b> Limit: 18 Not Open to Youth
<b>A320 YOUTH RECREATION: AGES 12-17 (ENG/GER) (1+2)</b> Youth 12 - 17 from various countries will together determine the activities 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. Games are cooperative in nature and focus on including all participants.	<b>HAUSER, HOFSTRA</b> Limit: 25 Open to Youth Only
<b>A321 CHILDREN'S RECREATION (ENG/GER) (1+2)</b> 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.	<b>KRUEGER, HOEKSTRA, M.</b> Limit: 25 Open to Children Only

## TYPE B Classes

<b>Week One Classes Meet in Bloc 2 and Bloc 3 each day</b>	<b>Faculty</b>
<b>B101 HOW IS LIFESTYLE CREATED? (ENG) (1)</b> Adler said: "The individual is the picture and the artist." We are the artists of our	<b>BETTY LOU BETTNER</b> Limit: 25

<p>personality. While there is heredity and environment Adler added a third force—the creative power of the individual. This innate creativity allows us to choose thoughts, feelings, perceptions, and behaviors that will assist us in reaching our goals. This course presents basic information to assist all those who wish to understand self and others, and teach Adlerian principles in order to help others actualize their creativity and develop social interest—the basis for mental health.</p>	<p>Open to Youth</p>
<p><b>B102 USE OF EARLY RECOLLECTIONS IN ADLERIAN PSYCHOTHERAPY AND COUNSELING (ENG) (1)</b>  One of Adler's genius ideas was to identify the powerful potential in the use of early recollections (ERs) in Adlerian Psychotherapy. The use of ERs is vital for the analysis of the patient's lifestyle. 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. ERs as metaphors supply excellent tools for finding the patient's strengths and creative abilities. In the therapeutic process, discovering the strengths enable the patient and the therapist to reconstruct the ERs and find productive/creative solutions to cope differently with life. The creative way of working with ERs will be the main theme of this workshop. This workshop is open for therapists and counselors who work with individuals, couples, families and vocational therapists.</p>	<p><b>RACHEL SHIFRON</b>  Limit: 15  Not Open to Youth</p>
<p><b>B103 UNDERSTANDING SELF, OTHERS AND CROSS-CULTURAL DYNAMICS THROUGH ART THERAPY (ENG) (1)</b>  In understanding ourselves we develop empathy to interact respectfully with “other.” Art is a powerful and healing way to explore one’s private logic around belonging and differences. Participants will learn how to process images, use group dynamics, watch and listen to body language that Adler called “physical speech.” By integrating art therapy processes, Early Recollections to access cultural and intergenerational patterns participants will enhance their effectiveness with multicultural clients, colleagues, and family members.  No artistic skill required.</p>	<p><b>HALA BUCK</b>  Limit: 12  Not Open to Youth</p>