

Week One Classes Blocs 2 and 3*

ICASSI has two types of classes: Type A and Type B. Type A courses are for 2 hours each day either in Bloc 2 (11:00 – 13:00) or Bloc 3 (14:30-16:30). Type B classes meet for 4 hours each day in Bloc 2 AND Bloc 3.

* The language the course will be taught in is indicated by Eng = English, Ger = German. A Ger/Eng course is a bi-lingual course, unless **all** participants in the class agree that it can be one language.

** Courses identified as (1) are for Week One only. Courses identified as (1+2) indicate that although the course continues through Weeks One and Two, participants may choose to register for just the first or second week or both weeks.

Week One Classes Bloc 2, Mornings from 11:00 to 13:00	Faculty
<p>A201 Emotions and Private Logic (Eng) (1)</p> <p>People often seek therapy because of emotional distress. The nature of that distress gives immediate evidence of the types of problems faced and the private logic assumptions being violated. Emotions usually follow private logic and often conflict with common sense. This is why Dreikurs referred to this as the “peculiar relationship.” This relationship is described relative to the purpose of emotions within the teleological model and their role in the holistic model of thinking, feeling and acting with a social context. Through lecture, demonstration and practice, participants will learn to work with emotion to create emotional and life-style reorientation.</p>	<p>Paul Rasmussen Limit: 20 Not Open to Youth</p>
<p>A202 Managing Grief and Loss in Our Personal and Professional Lives (Eng) (1)</p> <p>Grief and loss is a frequent experience in all our lives. This course will explore the grieving process and present strategies for coping within each stage of living and working with grief and loss. The application of the concepts of private logic, early recollections, life tasks, and movement will be an integral part of the group activities.</p>	<p>Marion Balla Limit: 15 Open to Youth</p>
<p>A203 Family Counseling (Eng) (1)</p> <p>This course may serve as an introductory or advanced course due to the fact the primary means of teaching will be through live demonstrations. Participants will have an opportunity to observe and experience use of “The Most Memorable Observation” as a technique for understanding how one’s belief system influences choice of parenting style. Problems common to practicing therapists will be discussed, including treating children diagnosed with Attention Deficit Hyperactive Disorder. Open to professionals, parents, and adolescents.</p>	<p>Frank Walton Limit: 20 Open to Youth</p>

Week One Classes Bloc 2, Mornings from 11:00 to 13:00	Faculty
<p>A204 Lifestyle and Art Therapy (Ger/Eng) (1)</p> <p>Art therapy is a creative method to deepen the knowledge of oneself. Through interaction with others we learn to understand our own and other persons' lifestyles. This course is for participants who are new to Individual Psychology, and for advanced counselors who want to expand their skills through a creative method. This course is based on the book "Cows can be purple" by Sadie Tee Dreikurs.</p>	<p>Uti Landscheidt</p> <p>Limit: 12</p> <p>Open to Youth</p>
<p>A205 Cooperative Problem Solving (Eng) (1)</p> <p>Whether in faculties, families or professional settings, people meet problems. This course will explore practical ways of helping each other find encouraging solutions to these social challenges. The influence of the language we use and the incident method will get special attention. This will be done through the input of "examples" provided by the participants.</p>	<p>Theo Joosten</p> <p>Limit: 24</p> <p>Not Open to Youth</p>
<p>A206 Individual Psychology in the Workplace (Eng) (1 + 2)</p> <p>Adlerian Psychology helps improve human relations in all settings, including the work place. 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.</p>	<p>Eva Dreikurs Ferguson</p> <p>Limit: 25</p> <p>Not Open to Youth</p>
<p>A207 Play Therapy: An Introduction (Eng) (1)</p> <p>An overview of the basic principles and procedures of play therapy, this program will introduce participants to (1) a rationale for play therapy, (2) appropriate toys and play media for both site-based and traveling play therapy, (3) the facilitative language of play therapy, and (4) the use of play therapy in an Adlerian theoretical context. This program is appropriate for all persons who work with children ages three to ten.</p>	<p>Richard Watts</p> <p>Limit: 25</p> <p>Open to Youth</p>
<p>A208 Empowering Parents and Children (Ger/Eng) (1)</p> <p>It is no secret that parenting or teaching today can be a complex task. This is a course designed with the needs of parents and educators in mind. This course will help 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>	<p>Erika Echle and Joyce Callus</p> <p>Limit: 20</p> <p>Not Open to Youth</p>

Week One Classes Bloc 2, Mornings from 11:00 to 13:00	Faculty
<p>A209 Working with Trauma for Professionals (Eng) (1)</p> <p>In recent years, increased understanding of the neurological and biopsychosocial 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>Anthea Millar</p> <p>Limit: 18 Not Open to Youth</p>
<p>A210 Wellness, Positive Psychology and Individual Psychology (Eng) (1)</p> <p>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>Becky LaFountain</p> <p>Limit: 15 Not Open to Youth</p>
<p>A220 Personal Development for Youth Ages 12-17 (Eng)</p> <p>This course is for youths ages 12-17 to facilitate the growth of self-understanding and to increase social interest and community-oriented behavior.</p> <p>*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>Yoav Shoham</p> <p>Limit: 25 Open to Youth Only</p>
<p>A221 Children's Program (Bloc 1 and 2) (Eng/Ger)</p> <p>This program will offer athletic, art, music and play activities. Adlerian child-rearing and classroom management principles will be used.</p> <p>*Please note: The program runs through Blocs 1 and 2. Parents bring their children to the program at 8:45.</p>	<p>Hoekstra, Krueger, Gruenig</p> <p>Limit: 25 Open to Youth Only</p>

Week One Classes Bloc 3, Afternoon from 14:30-16:30	Faculty
<p>A301 Neurosis from an Individual Psychology Perspective (Ger) (1)</p> <p>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>Zivit Abramson Limit: 25 Open to Youth</p>
<p>A302 Managing Life Transitions (Eng) (1)</p> <p>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>Marion Balla Limit: 25 Open to Youth</p>
<p>A303 Dealing with Addictions (Eng) (1)</p> <p>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>Jim Holder Limit: 12 Not Open to Youth</p>
<p>A304 Putting Individual Psychology into Practice (Ger/Eng) (1)</p> <p>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>Uti Landscheidt Limit: 25 Open to Youth</p>
<p>A305 Group Dynamics (Eng) (1)</p> <p>Promoting social equality within the workplace, training and other contexts requires 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.</p>	<p>Karen John Limit: 10 Not Open to Youth</p>

Week One Classes Bloc 3, Afternoon from 14:30-16:30	Faculty
<p>A306 Couples Enrichment (Eng) (1)</p> <p>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.</p>	<p>Yvonne Schuerer</p> <p>Limit: 15 Not Open to Youth</p>
<p>A307 Addressing Spirituality: an Adlerian Perspective (Eng) (1)</p> <p>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.</p>	<p>Richard Watts</p> <p>Limit: 10 Open to Youth</p>
<p>A308 History and Development of Individual Psychology (Eng) (1)</p> <p>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.</p>	<p>Bill Linden</p> <p>Limit: 15 Not Open to Youth</p>
<p>A309 Encouragement (Eng) (1)</p> <p>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.</p>	<p>Yoav Shoham</p> <p>Limit: 25 Open to Youth</p>
<p>A310 Leadership Development (Eng) (1)</p> <p>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.</p>	<p>Jay Colker</p> <p>Limit: 16 Not Open to Youth</p>

Week One Classes Bloc 3, Afternoon from 14:30-16:30	Faculty
<p>A311 Lifestyle Assessment (1)</p> <p>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.</p> <p>That course is for psychotherapists, counsellors and people who work in social or pedagogical fields or are interested in gaining more self-awareness.</p>	<p>Gerhard Baumer</p> <p>Limit: 18 Not Open to Youth</p>
<p>A320 Youth Recreation: Ages 12-17 (Eng/Ger) (1+2)</p> <p>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.</p>	<p>Hauser, Hofstra</p> <p>Limit: 25 Open to Youth Only</p>
<p>A321 Children's Recreation (Eng/Ger) (1+2)</p> <p>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.</p>	<p>Krueger, Hoekstra, M.</p> <p>Limit: 25 Open to Children Only</p>

