

## TYPE B Classes

Week One Classes Meet in Bloc 2 and Bloc 3 each day	Faculty
<p><b>B101 How is lifestyle created? (Eng) (1)</b></p> <p>Adler said: “The individual is the picture and the artist.” We are the artists of our 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><b>Betty Lou Bettner</b> Limit: 25 Open to Youth</p>
<p><b>B102 Use of Early Recollections in Adlerian Psychotherapy and Counseling (Eng) (1)</b></p> <p>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.</p> <p>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></p> <p>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.</p> <p>No artistic skill required.</p>	<p><b>Hala Buck</b> Limit: 12 Not Open to Youth</p>