

## WEEK ONE CLASSES BLOCS 2 AND 3

ICASSI usually 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 Course labeled Type C is an intensive Workshop and runs from 09:00 to 16:30 Wednesday through Friday.

\* The language the course will be taught in is indicated by Eng = English, Ger = German. An Eng/Ger or Deu/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 11:00-13:00)

<p><b>A201 Individual Psychology in the Workplace (Eng) (1+2)</b> 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 Limit: 20 Not Open to Youth</p>
<p><b>A202 Cooperative Problem Solving (Eng) (1)</b> Whether 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 influence of the language we use and the incident method will get special attention. This will be done through the input of case examples provided by the participants.</p>	<p>Theo Joosten Limit: 20 Not Open to Youth</p>
<p><b>A203 Finding Good Authority (Eng) (1)</b> Democracy requires new ways of relating and leading, yet we struggle to identify and claim our good authority. We will examine the concept of authority, authoritative, autocratic and laissez faire leadership, and what prevents us from using power responsibly at home and work. We will look at the relevance of feelings and behaviors that undermine democratic living, enacting dilemmas and exploring lifestyle issues.</p>	<p>Karen John Limit 12 Not Open to Youth</p>
<p><b>A204 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 change, 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.</p>	<p>Marion Balla Limit 15 Open to Youth</p>
<p><b>A205 Lifestyle Analysis Using Family Constellation (Eng) (1)</b> Lifestyle assessment can be performed in many different ways. In this course we focus on our family of origin, the childhood laboratory where we developed and tested our social skills. Through creative exercises participants discover their individual lifestyle. Professionals can learn various methods for group work as well as for individual therapy.</p>	<p>Yvonne Schürer Limit 12 Not Open to Youth</p>

## WEEK ONE CLASSES BLOCS 2 AND 3

<p><b>A206 Family Issues (Eng) (1)</b></p> <p>Healthy societies grow from healthy families. Healthy families are not perfect families. Conflict and issues happen in every family. These can be destructive or a means of strengthening relationships. Solving conflicts, and handling issues from an Adlerian perspective can make all the difference. Feelings of inferiority, poor communication, misunderstanding behavior may all come between a healthy parent / educator positive relationship. Participants will have the opportunity to experience the application of IP when solving these issues. After all, as Adler said, "It is not the problem that is a problem."</p>	<p>Joyce Callus Limit 20 Not Open to Youth</p>
<p><b>A207 Family Counseling (Eng) (1)</b></p> <p>This course may serve as an introductory or advanced course due to the fact that the primary means of teaching will be through live demonstrations with parents, children, and/or adolescents. Participants will be given the opportunity to volunteer to participate in a family counseling demonstration and will have an opportunity to observe and experience use of "The Most Memorable Observation" as a means for understanding how one's belief system influences choice of parenting style.</p>	<p>Frank Walton Limit 20 Open to Youth</p>
<p><b>A208 Sexual Orientation: An Adlerian Perspective (Eng) (1)</b></p> <p>This course will examine issues relating to sexual orientation for both professionals and non-professionals. In recent years there have been some important developments in enhancing equality – it is now possible for same-sex couples to marry in some countries. This is not universal and many people face discrimination or worse. We will examine issues and cultural influences our clients may face.</p>	<p>Bruce Tate Limit 15 Not Open to Youth</p>
<p><b>A209 From Competition to Cooperation (Eng) (1)</b></p> <p>The goal of cooperative group processes is to create positive cooperation of all group members (students and adults). Each individual contribution is respected without competition with each other. In this way problem solving strategies can be developed and social interest can be trained. These goals can be reached through family/class meetings, conflict managing models, work with contracts and other methods. The course is not only for teachers but for everyone who works with groups.</p>	<p>Erika Echle Limit 20 Open to Youth</p>
<p><b>A211 Couples in Conflict (Eng/Ger) (1)</b></p> <p>How does a couple relationship start? How does it get into trouble? It may have to do with individual issues of Lifestyle or it may be a couple conflict.</p> <p>This course is both for people who wish to understand their own partnership issues a little better (whether they participate as a couple or as one of the partners) and for professionals who wish to experience or witness typical Adlerian ways of understanding couples difficulties.</p> <p><b>Paare im Konflikt (Eng/Deu) (1)</b></p> <p>Wann wird ein Paar ein Paar? Wie beginnt der Ärger? Es könnte mit individuellen Lebensstillaspekten zu tun haben, oder es könnte ein Paarkonflikt sein.</p> <p>Dieser Kurs ist sowohl für Menschen, die ihre eigene Beziehung etwas besser verstehen möchten (ob sie nun alleine oder als Paar</p>	<p>Zivit Abramson Limit 15 Not Open to Youth</p>

## WEEK ONE CLASSES BLOCS 2 AND 3

<p>teilnehmen), als auch für Berufstätige, die typische adlerianische Methoden kennenlernen möchten, um Beziehungsschwierigkeiten zu verstehen.</p>	
<p><b>A215 Lebensstil und Kunsttherapie (Deu) (1)</b>                  Kunsttherapie ist eine kreative Methode, um das Eigenverständnis zu vertiefen. Durch gemeinsames Arbeiten in der Gruppe lernen wir, unseren eigenen Lebensstil und den der anderen besser zu verstehen. Dieser Kurs ist für Erstteilnehmer bei Icassi genauso wie für Fortgeschrittene, die ihr Beratungsrepertoire um ein schöpferisches Verfahren erweitern wollen. Der Kurs basiert auf dem Buch "Kühe können lila sein" von Sadie Tee Dreikurs. Keine künstlerischen Fähigkeiten nötig!</p>	Uti Landscheidt Limit 12 Open to Youth
<p><b>A220 Personal Development for Youth Ages 12-17 (Eng)</b>                  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.</p>	Yoav Shoham Limit 25 Open to Youth Only
<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>A221 Kinderprogramm (Block 1 und 2) (Eng/Deu)</b>                  Das Programm bietet Sport, Kunst, Musik und Spielaktivitäten an. Innerhalb kleiner Gruppen haben die Kinder die Möglichkeit, Aktivitäten zu planen. Individualpsychologische Erziehungs- und Gruppenleitungsprinzipien werden angewendet.                  *Bitte beachten Sie: Das Programm findet in Block 1 und in Block 2 statt. Eltern bringen ihre Kinder um 8:45 zu dem Programm.</p>	Hoekstra, Vainker & Krizhak Limit 25 Open to Children Only

## WEEK ONE CLASSES BLOC 3 (AFTERNOONS 14:30-16:30)

<p><b>A301 Using Metaphors in Treatment and Reorientation (Eng) (1)</b>                  This workshop will focus on recognizing the metaphorical significance in memories when clients talk about their situation and give us recollections. The importance of meeting the client where they are in their misguided beliefs to promote movement will be discussed. Participants will learn to use "deep", "shallow", and "punch" metaphors while assisting clients in reorientation.</p>	Jim Holder Limit 12 Not Open to Youth
<p><b>A302 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. We will clarify the difference between praise and encouragement and overall build courage to face the issues constructively in our personal and work life. Target: Everyone.</p>	Yoav Shoham Limit 20 Open to Youth

## WEEK ONE CLASSES BLOCS 2 AND 3

<p><b>A303 Working Safely with Trauma (Eng) (1)</b></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.</p>	<p>Anthea Millar Limit 18 Not Open to Youth</p>
<p><b>A304 Understanding Gender Differences (Eng) (1)</b></p> <p>The course will provide participants with an increased understanding of the impact of male and female roles within intimate relationships, workplaces and the wider community. Gender guiding lines, birth stories and early memories will be utilized to explore personal decisions related to gender. Target: All</p>	<p>Marion Balla Limit 15 Open to Youth</p>
<p><b>A305 Useful Techniques for Adlerian Brief Therapy (Eng) (1)</b></p> <p>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. Target: All people helpers.</p>	<p>Richard Watts Limit 10 Not Open to Youth</p>
<p><b>A306 Parenting Issues (Eng) (1)</b></p> <p>Bringing up children could be the most important job in a parent's life, yet children do not come with a manual. Adler and Dreikurs gave special attention to the education and upbringing of children as adult traits/behavior could be seen in childhood. Very often parents want the best for their children and the application of IP in the family provides another way of handling challenging behavior, doing away with punishments and rewards and establishing a democratic family. In this workshop participants will have an opportunity to learn and practice all this.</p>	<p>Joyce Callus Limit 20 Not Open to Youth</p>
<p><b>A311 Dreams (Eng/Ger) (1)</b></p> <p>It is common knowledge that we process our day to day experiences at night. We reframe and process them there according to our lifestyle. Dreams are very much directed towards the next day, and tone our emotions and expectations towards the future. There are some similarities to early recollections. We will show how to work with both in order to understand motives and goals that we are striving towards. The course gives awareness of these processes through working with the participants' dreams, sometimes comparing with early recollections. The course is for psychotherapists, counselors as well as for people who want to work on unsolved life-issues, gaining more self-awareness or increasing their understanding of human nature.</p>	<p>Gerhard Baumer Limit 16 Not Open to Youth</p>
<p><b>A311 Träume (Eng/Deu) (1)</b></p> <p>Es ist allgemein bekannt, dass wir unsere täglichen Erlebnisse im Schlaf verarbeiten. Wir deuten sie um und verarbeiten sie nach unserem Lebensstil. Träume sind sehr stark auf den nächsten Tag ausgerichtet, und leiten unsere Emotionen und Erwartungen Richtung</p>	<p>Gerhard Baumer Limit 16 Not Open to Youth</p>

## WEEK ONE CLASSES BLOCS 2 AND 3

<p>Zukunft. Es gibt ein paar Gemeinsamkeiten zu Kindheitserinnerungen. Wir zeigen, wie man mit beiden arbeitet, um unsere Motive und die Ziele, nach denen wir streben zu verstehen. Dieser Kurs gibt Aufschluss über diesen Prozess, indem wir mit den Träumen von Teilnehmern arbeiten und diese manchmal mit Kindheitserinnerungen vergleichen. Dieser Kurs ist für Psychotherapeuten, Berater und Personen, die an ungelösten Lebensdingen arbeiten möchten, mehr Selbsterkenntnis erlangen oder ihr Verständnis der menschlichen Natur erweitern möchten.</p>	
<p><b>A312 Being Single (Eng/Ger) (1)</b>          This course is about singles. Often being single is experienced as a sad situation forced on the individual. We shall ask the questions: Could it be that it is a choice? Could it be a matter of not finding the right partner/situation? The personal assumptions and expectations we have, that we are not aware of, can be an obstacle in our way towards entering a couple relationship. Participants will be encouraged to volunteer for demonstrations of individual work.</p> <p><b>A312 Single Sein (Deu/Eng) (1)</b>          In diesem Kurs geht es um Singles. Oft empfinden die Menschen das Single-Dasein als traurige Situation, in der sie gefangen sind. Deshalb werden wir folgende Fragen stellen: Könnte es sein, dass das Single sein eine Entscheidung ist, die wir getroffen haben? Könnte es daran liegen, dass man nicht den richtigen Partner/die richtige Situation findet? Die persönlichen Vorstellungen und Erwartungen die wir haben und die uns nicht bewusst sind, können ein Hindernis auf unserem Weg in eine Paarbeziehung sein. Teilnehmer werden ermutigt, an Demonstrationen der eigenen Arbeit teilzunehmen.</p>	<p>Zivit Abramson          Limit 16          Not Open to Youth</p>
<p><b>A313 Alcohol Dependency (Eng/Ger) (1)</b>          Alcoholics are unpopular patients. They are considered difficult, being easily offended, accusing others and lying. By looking at the development of their addiction, we will aim to understand how alcohol is used to face the tasks of life and achieve a felt plus and why the unpopular features are logical, understandable and even make sense. The course is for both therapists and interested others of any age and experience.</p> <p><b>A313 Alkoholiker (Deu/Eng) (1)</b>          Alkoholiker sind unbeliebte Patienten. Sie gelten als schwierig, kränkbar, anklagend und als notorische Lügner. Indem wir die Entwicklung der Abhängigkeit betrachten, werden wir versuchen zu verstehen, inwiefern der Alkohol dazu dient, die Lebensaufgaben zu erfüllen und zum gefühlten „Plus“ zu gelangen, und warum die unbeliebten Eigenschaften durchaus logisch und verständlich, ja auf ihre Weise sogar sinnvoll sind. Der Kurs richtet sich an Therapeuten sowie andere Interessierte, unabhängig von Vorkenntnissen.</p>	<p>Andrea Salewsky          Limit 20          Open to Youth</p>
<p><b>A314 Lifestyle Analysis and Realignment Using Fairy Tales (Ger/Eng) (1)</b>          In this course we will take scenes from our childhood, teen years and adulthood. We will then role-play and write down the key scenarios. This will be followed by turning our life into fiction, by creating fairy tales and other forms of poetry. After reading this fiction we will be able to turn it back into new ways of being in our present lives.</p>	<p>Helmut Heuschen          Limit 15          Not open to youth</p>

## WEEK ONE CLASSES BLOCS 2 AND 3

<p>Material: Diary and colored pencils, photos from childhood may also be useful.</p> <p><b>A314 Lebensstilanalyse und -neuausrichtung mit Märchen</b>          Der Kurs schaut auf die eigene Lebensgestaltung in Kindheit, Jugend und im Erwachsenenalter. Hier werden wir Kernszenen spielen und beschreiben. Die kreierte autobiographischen Texte übertragen wir in fiktive literarische Formen: Vornehmlich Märchen. Auch andere Formen können gewählt werden (Fabeln, Gedichte, Kurzerzählungen). Aus der Welt des Fiktiven schauen wir wieder in die Realität, vielleicht in eine teilweise andere Realität zurück.          Ein Tagebuch, Buntstifte, Fotos aus der Kindheit sind ein nützliches Material.</p>	
<p><b>A315 Umgang mit Stress (Deu) (1)</b>          Die Anforderungen der Arbeitswelt nehmen laufend zu. Ein bewusstes Stressmanagement hilft, mit den Belastungen besser umzugehen – und die beruflichen Ziele erfolgreich zu erreichen. Stress ist eine komplexe, wichtige körperliche und psychische Reaktion. Sie sorgt dafür, dass wir bei geistigen und körperlichen Herausforderungen besonders wach und handlungsfähig sind. Problematisch wird es, wenn die erzeugte Anspannung zum Dauerzustand wird, sei es durch familiäre oder berufliche Belastungen oder auch nur durch ständige kleine Ärgernisse. In diesem Kurs gehen wir den Fragen nach wie kann ich Ballast abwerfen, Abschalten, mir einen Durchblick schaffen, Gelassenheit erlangen und inneres Gleichgewicht finden?          Stressbewältigung durch Achtsamkeit</p>	<p>Erika Echle          Limit 15          Not Open to Youth</p>
<p><b>A320 Youth Recreation: Ages 12-17 (Eng/Ger) (1+2)</b>          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.</p> <p><b>A320: Jugendfreizeitprogramm, 12-17 Jahre (Eng/Deu) (1+2)</b>          Jugendliche (12-17 Jahre) aus verschiedenen Ländern beschließen gemeinsam mit Hilfe eines interaktiven Entscheidungsmodells, welche Aktivitäten unternommen werden. Die gemeinsamen Aktivitäten konzentrieren sich auf den Aufbau zwischenmenschlicher Beziehungen und die Entwicklung von Kooperations- und Teamfähigkeit. Die Spiele sind kooperativ und schließen alle Teilnehmer mit ein.</p>	<p>Hofstra          Limit 25          Open to Youth Only</p>
<p><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.</p> <p><b>A321: Kinderfreizeitprogramm (Eng/Deu) (1+2)</b>          Komm und hab Spaß mit uns! Kindern wird ein Programm aus Kunst, Musik, sportlichen Aktivitäten und Spielen angeboten. Der Kurs wendet individualpsychologische Prinzipien an, wie z.B. Gruppentreffen zum Planen der Tagesaktivitäten.</p>	<p>Grünig &amp; Krizhak          Limit 25          Open to Children Only</p>

## WEEK ONE CLASSES BLOCS 2 AND 3

### TYPE B CLASSES (Meet in Bloc 2 and Bloc 3 Each Day)

<p><b>B101 DSM-V: An Adlerian Perspective (Eng) (1)</b></p> <p>In this course the changes in the DSM-V from DSM-IV are summarized as well as the relationship between DSM and ICD systems of classification. The majority of the time will be spent discussing how an Adlerian oriented professional can speak the language of the DSM system and use it in a productive way without having to compromise the advantages of working within the Adlerian model of conceptualization and treatment.</p>	<p>Paul Rasmussen Limit 20 Not 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. This workshop is open for therapists and counselors who work with individuals, couples, families and vocational therapists.</p>	<p>Rachel Shifron Limit 15 Not Open to Youth</p>
<p><b>B103 Integrative Art Therapy: Understanding self and others including globally mobile families and immigrants (Eng) (1)</b></p> <p>Art, body and Early Recollections are powerful ways to explore issues of belonging and differentness and especially relevant for immigrants, mixed marriages, and mobile crosscultural lifestyles. Whether this applies to you or you're a counselor/therapist/teacher of such individuals, it's important to understand the hidden challenges and strengths of living in between worlds and its effect on identity and sense of "home." No artistic skill required.</p>	<p>Hala Buck Limit 12 Not Open to Youth</p>
<p><b>B104 Adler and the Crucial C's in Action (Eng) (1)</b></p> <p>Adler's theory outlines what all human beings need: to belong, to improve, to find significance, and to be encouraged. For easy remembering we call them the "Crucial Cs" — to connect, feel capable, to count, and have courage. This course will outline how all of them are needed in the three tasks that all of us face: to make friends and relate to family, to find jobs and careers, and to develop an intimate relationship. We will explore how important they are in all of these areas and what happens when we don't provide them for others or when we don't have them in our lives.</p>	<p>Betty Lou Bettner Limit 20 Not Open to Youth</p>

### 3-DAY INTENSIVE LEADERSHIP WORKSHOP

## WEEK ONE CLASSES BLOCS 2 AND 3

<p><b>C100 3-Day Intensive Leadership Workshop</b></p> <p>An intensive course for leaders at any level wanting to build and sustain optimal relationships and business results, this course is designed to enhance leadership style and increase participants' understanding and application of best practices in leadership and management. Participants will work to consider application of best practices within their settings including recruitment and selection, on-boarding, coaching, performance management, team building, change management, and employee management. Throughout the workshop, leaders will work together on their most pressing leadership challenges and practices. Collectively, leaders will co-create innovative solutions and next best steps. See full details in separate leaflet and on the website: <a href="http://www.icassi.net">www.icassi.net</a></p>	<p>Jay Colker Limit 20 Not Open to Youth</p>
---	--