

## TYPE A COURSES – WEEK ONE, BLOC 2, 11:00 AM to 13:00 PM

### ENGLISH COURSES – BLOC 2

#### **A201, Abramson, Zivit - Couples in Conflict**

How does a couple relationship start? How does it get into trouble? The 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.

#### **A202, Balla, Marion - Intergenerational Patterns**

This course investigates the relationship between family myths, values, and current life problems. Using early memories and genograms, we will explore belief systems and their connections to the Adlerian Life Tasks. This didactic/experiential workshop aims to help participants balance life tasks and creatively move forward with vigor and zest.

#### **A203, Bitter, Jim - Living Life More Fully: Self-Care and Self-Awareness with Social Interest**

The paradox of living is that the best way to care for yourself is through positive connections with others, through making a contribution to the whole, and through loving as much as you can from wherever you are at a moment in time. Using mindfulness, personality priorities, and awareness exercises, the workshop focuses on living life more fully.

#### **A204, Callus, Joyce - Fundamentals of Individual Psychology**

This practical workshop will help participants understand some very important concepts of Adler and Dreikurs. Concepts that shed a different light on the way we see life. Questions related to personality, inferiority feelings and inferiority complex, birth order, family constellation, sound mental health, and so on. This is a course for new and not-so-new persons at ICASSI.

#### **A205, Ferguson, Eva Dreikurs – Individual Psychology in the Workplace**

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.

#### **A206, Fitzgerald, Michael – The Spirit of Encouragement**

The goal is to create a feeling of courage and to express it. We plan to explore the mistaken ideas that fuel our discouragement. Examining the resolutions we concluded when we felt discouraged and to creatively explore these ideas using storytelling. Rewriting them into common sense and sharing within a safe environment.

#### **A207, Joosten, Theo - Cooperative Problem Solving**

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 language and the incident method will get special attention. Participants will be able to apply the incident method. Case examples provided by the participants will be used.

#### **A208, Millar, Anthea - Becoming a Supervisor**

This class is designed for helping professionals who wish to develop supervision skills, whether in social and health care, early-years services, coaching or therapy. We will focus on building a

supervisory relationship that combines equality and authority, ensuring ethical practice through encouragement and effective feedback, and the use of creative methods, particularly in relation to Lifestyle issues.

**A209, Tate, Bruce - Early Recollections: An Introduction**

Early Recollections (ERs) play a central role in Adlerian therapy. ERs are nonverbal messages and descriptions of how we view life. This course will introduce theory and also enable learners to develop practical skills to help them work with ERs. The course will include experiential and creative elements.

**A210, Walton, Frank - Family Counseling**

The primary means of teaching this course will be through live demonstrations with parents, children, and/or adolescents. Participants will be given the opportunity 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.

**GERMAN-ENGLISH COURSES – BLOC 2**

**A211, Heuschen, Helmut - Health & Movement: An Holistic Approach**

Health has become the life task number one in the world. One's lifestyle and the lifestyle of the societies however can lead into chronic disease. The analysis of daily patterns of movements in relations to the patterns of movements in our early childhood can help to find out ways to a more healthy life.

**A211, Heuschen, Helmut - Lebensstil, Bewegung in sozialer Interaktion und Gesundheit(Deu/Eng)**

Im Sinne der Lebensstilfragen auf der Grundlage der Individualpsychologie wollen wir in vielen Spiel und Bewegungssituationen unsere Bewegungsmöglichkeiten in der Gruppe erleben und befragen. Dabei können wir entdecken, wie subjektive Sichtweisen Bewegungsformen einengen und auch zu Krankheiten führen können. Über das Erleben von Bewegungsformen im Spiel werden neue Zugänge auf dem Weg zur Gesundheit begreifbar gemacht und eingeübt.

**A212, Landscheidt, Uti - Lifestyle through Art Therapy**

Art Therapy was developed by Sadie T. Dreikurs as a method to approach lifestyle through one's creativity. Working in the group with various materials we will discover aspects of our own lifestyle as well as learning to interpret the art of others. It will be exciting and relaxing (no artistic skills required). Based on "Cows can be purple" by Sadie T. Dreikurs.

**A212, Landscheidt, Uti - Lebensstil und Kunsttherapie**

Kunsttherapie wurde von Sadie T. Dreikurs als Methode zur Lebensstilanalyse entwickelt. Durch gemeinsames Arbeiten in der Gruppe werden wir sowohl eigene Aspekte davon entdecken als auch lernen, andere Kunstwerke dahingehend zu interpretieren. Dieser Kurs ist spannend und entspannend zugleich (keine künstlerischen Fertigkeiten erforderlich). Basierend auf dem Buch: "Kühe können lila sein" von Sadie T. Dreikurs.

**A213, Oberst, Ursula - Dealing with Difficult Behavior of Children**

This course is an experiential course addressed to parents, teachers and school counselors who want

to improve their ways of dealing with children with behavior and discipline problems. On the basis of the classical Adler-Dreikurs model, a systemic and strategic perspective is introduced and integrated. Class includes role-playing and enactment of problem situations.

**A213, Oberst, Ursula - Umgehen mit schwierigen Kindern**

Dieser Kurs richtet sich an Eltern, Lehrer und Schulpsychologen, die lernen wollen, besser mit Verhaltens- und Disziplinproblemen bei Kindern umzugehen. Auf der Basis des klassischen Adler-Dreikurs-Modells, wird ein systemischer und strategischer Ansatz aufgezeigt und integriert. Die Teilnehmer können eigene Problemsituationen vorstellen, die als Beispiel für experientielles Lernen mittels Rollenspiel dienen sollen.

**CHILDREN AND YOUTHS PROGRAM – BLOC 2**

**A220, Shoham, Yoav - Personal Development for Youth Ages 12-17**

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.*

**A221, Children's Program (Blocs 1 and 2), Hoekstra, Willy; Gruenig, Richard; Zelickman-Krizhak, Galit & Radu, Liliana**

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.*

**A221, Kinderprogramm (Block 1 und 2), Hoekstra, Willy; Gruenig, Richard; Zelickman-Krizhak, Galit & Radu, Liliana**

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.*

**TYPE A COURSES – WEEK ONE, BLOC 3, 14:30 to 16:30 PM**

**ENGLISH COURSES – BLOC 3**

**A301, Balla, Marion - Family Dynamics in Action**

This course offers participants an opportunity to understand a holistic approach to family patterns and their impact in the present day. The use of early recollections, birth stories and family sculpting will be presented in hands-on, movement-oriented experiences. **Open to Youth.**

**A302, Bitter, Jim - Understanding Families and Their Dynamics**

Using Adlerian family counseling, Family mapping, Dreikurs' four goals of children's misbehavior,

lifestyle assessment, and the mistaken goals of parents, participants will get a chance to understand their own family-of-origin dynamics as well as how to re-orient current family interactions or work with other families. Demonstrations will be used.

**A303, Callus, Joyce - Individual Psychology and Parenting**

Parenting- the most important job one can do in life- does not come naturally or easily. This workshop aims at showing “another way” for effective parenting. Topics include: how behavior is goal directed and how to redirect negative behavior; how discipline can be achieved without punishments; how low self esteem can be reversed; how to achieve effective communication.

**A304, Holder, Jim - Using Metaphors in Treatment and Reorientation**

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.

**A305, John, Karen - Social Equality in Action**

Social equality requires new ways of leading and relating, yet we struggle to exercise our rights and responsibilities. We look at leadership styles (autocratic, democratic, laissez faire), what prevents us from using our ‘good authority’, and explore feelings and actions that undermine democratic living, using ERs and psychodrama to identify lifestyle issues and dilemmas.

**A306, Millar, Anthea - Working Safely with Trauma**

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.

**A307, Schuerer, Yvonne – Using Lifestyle Analysis for Problem Solving**

We use our lifestyle as a navigation system to deal with new situations we encounter. Identify your personal “law of movement” by sharing your experiences, and learn to become a more encouraged and encouraging person. Professionals can learn a variety of methods to help a client understand his way to cope with current challenges.

**A308, Vainker, Brenda – Mindfulness**

In this course, we will experience the core practices of Mindfulness-Based Cognitive Therapy, developed to treat relapsing depression. Mindfulness is a mind-body approach to life that helps us to relate differently to experience. We will discover how practising mindfulness helps combat depression, anxiety and chronic stress, and improves the quality of our lives.

**GERMAN-ENGLISH COURSES – BLOC 3**

**A309, Baumer, Gerhard – Dreams and their Interpretation**

We process our experiences and unsolved conflicts in our dreams. Dreams influence our emotions and unconscious expectations of the following day, are final. There are similarities to lifestyle work with early recollections. We use dreams of participants and explore dream work from a practical and theoretical standpoint. This course is for all who are interested in dream analysis.

**A309, Baumer, Gerhard – Träume und ihre Deutung**

Wir verarbeiten unsere Erlebnisse und unverarbeitete Konflikte in unseren Träumen. Träume beeinflussen unsere Emotionen und unbewußten Erwartungen des Folgetages, sind final. Traumarbeit ähnelt der Analyse von Kindheitserinnerungen im Rahmen der Lebensstilanalyse. Im Kurs bearbeiten wir Träumen der Teilnehmer und setzen uns praktisch und theoretisch mit der Traumanalyse auseinander. Dieser Kurs ist für alle geeignet, die sich mit Träumen beschäftigen wollen.

**A310. Heuschen, Helmut - Lifestyle Analysis and Realignment Using Various Forms of Journal Writing Through Transforming in fairy tales**

In this course we will take scenes from our childhood, teen years or 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. After reading this fiction we will discuss new ways of being in our present life.

**A310, Heuschen, Helmut - Lebensstilarbeit und Neuorientierung durch Schreiben von alltäglichen seelischen Vorgängen mit besonderer Hilfe von Schreiben von Märchen**

Wir wählen Szenen aus unserem Leben, denen wir eine besondere Bedeutung beimessen. Die Lebensrealität in diesen Szenen schauen wir uns an. Mit Hilfe Lösungsstruktur von Märchen formen wir sie in eine fiktionale Welt. Von dieser Welt kehren wir mit eventuell neuen Perspektiven in die Realität zurück.

Forschungsergebnisse über die Wirkung von Schreiben auf seelische Vorgänge werden uns hilfreich sein.

**A311, Salewsky, Andrea - Alcohol Dependency: Challenging the Patterns**

By looking at the development of alcohol addiction, we will take a look how alcohol is used to face the tasks of life and achieving a felt plus. By understanding why the unpopular features of alcoholic patients are logical and make sense we explore how to challenge the patterns in a Counseling context. The course is for both therapists and interested others of any age and experience. **Open to Youth.**

**A311, Salewsky, Andrea - Alkoholabhängigkeit: Die Muster durchbrechen**

Indem wir die Entwicklung der Abhängigkeit betrachten, werden wir betrachten, inwiefern der Alkohol dazu dient, die Lebensaufgaben zu erfüllen und zum gefühlten „Plus“ zu gelangen. Indem wir versuchen zu verstehen, warum die unbeliebten Eigenschaften von Alkoholpatienten durchaus logisch und auf ihre Weise sinnvoll sind, untersuchen wir, wie die Muster in der Beratung angegangen werden können. Der Kurs richtet sich an Therapeuten sowie andere Interessierte, unabhängig von Vorkenntnissen. **Offen für Jugendliche.**

**GERMAN COURSES – BLOC 3****A312, Oberst, Ursula - Emotionen in der Individualpsychologie**

Emotionale Prozesse sind intrinsisch mit unserem Denken und Verhalten verbunden; deshalb sind die Wahrnehmung, der Gebrauch und die Regulierung von Emotionen wichtige Fähigkeiten im täglichen Leben, in Beziehungen und am Arbeitsplatz. Diese Fähigkeiten können gelernt und trainiert werden. Allerdings sind emotionale Prozesse auch stark mit unserer privaten Logik verbunden. Daher können unsere emotionalen Fähigkeiten nur verbessert werden, wenn Lebensstilaspekte eingebunden werden.

### CHILDREN AND YOUTHS PROGRAM – BLOC 3

#### **A320, Youth Recreation, 12-17 year olds, Hofstra, Pauline**

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.

#### **A320, Jugendfreizeitprogramm, 12-17, Jahre, Hofstra, Pauline**

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.

#### **A321, Children's Recreation, Gruenig, Richard & Irvine, Magnus**

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.

#### **A321, Kinderfreizeitprogramm, Gruenig, Richard & Irvine, Magnus**

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.

### TYPE B COURSES - WEEK ONE, BLOCS 2 AND 3 - ENGLISH

#### **B101, Bettner, Betty Lou - Crucial C's in Action**

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 explore their relationship to the lifetasks: friendship, intimacy, and occupation.

#### **B102, Rasmussen, Paul - Psychopathology from an Adlerian Perspective**

In this course we will discuss common clinical conditions categorized in the DSM and ICD systems. Emphasized will be major depression and bipolar depression, anxiety disorders, delusional disorders and somatic conditions. These conditions will be described from an Adlerian case-conceptualization model with presentation of Adlerian treatment strategies.

#### **B103, Shifron, Rachel – Supervision**

This course presents an Adlerian model for supervision. In the Adlerian model the supervisees are unique individuals who work according to their lifestyles. The supervisor has to understand the lifestyle of the supervisee. Therefore, issues concerning lifestyle and use of early recollections will be part of the workshop. Therapists, counselors and teachers are welcome to take part in this workshop.

**B104, Watts, Richard - Creative Strategies in Brief Therapy**

Brief therapy approaches are increasingly in demand. 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 (and other) techniques uniquely suited for work in brief counseling, guidance, and therapy setting.