

PROGRAM WEEK 1

4.1 PLENARY LECTURES[†] for Week 1, 9:00 – 10:30

Monday, July 25	<p>IP in Contemporary Times with Eva Dreikurs Ferguson The basic principles of Adlerian psychology are reviewed and shown to be supported by contemporary developments in research and other areas of psychology.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will learn the core principles of I.P. 2. Participants will understand how broadly applicable the IP principles are to everyday life.
Tuesday, July 26	<p>ERs and Dreams: A Demonstration with Gerhard Baumer In this presentation Gerhard will demonstrate how to use ERs and dreams in counseling and therapy.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will learn the principles of early recollections. 2. Participants will understand how ERs and dreams are used in counseling and therapy.
Wednesday, July 27	<p>Trauma Recovery and Social Connection with Anthea Millar Traumatic events can shatter a person’s sense of connection and belonging. Anthea will describe how rebuilding connection is now acknowledged as an essential aspect of trauma recovery, further affirming Adler’s psychology.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. To gain an understanding of the impact of positive social connection during and following a traumatic event. 2. To develop understanding of strategies that support regaining of connection in relation to recovery from trauma.
Thursday, July 28	<p>Couples Contract According to ERs with Betty Lou Bettner and Rachel Shifron Using Early Recollections in order to train those who work with couples, identifying the current couple's contract. The current contract could be different from their initial one.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. To train participants to find the couple's contract in ERs. 2. To teach participants to find the couple's strengths and abilities in order to change the initial contract.
Friday, July 29	<p>Community Feeling with Wilfried Datler Adler wrote about the impact of early relationships on the development of community feeling. Research in recent decades has verified and enriched Adler’s theory. This presentation will focus on significant findings for education, counseling and psychotherapy.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will gain an understanding of the impact of early relationships on one’s level of community feeling. 2. Participants will learn application of the research to education, counseling and psychotherapy.

4.4 COURSE DESCRIPTIONS FOR WEEK 1

Type A Courses : Week 1[†] Mornings (11:00 - 13:00)

English Courses

A201, Abramson, Zivit – Successful Aging

Aging, becoming older, brings new challenges to our lives. We will look at these challenges by exploring questions such as: In what way do I choose to meet these challenges? What kind of an elderly person do I choose to be? For others? For myself? How can Adler's and Dreikurs' ideas and principles guide me in this search? (German translation by the instructor when necessary.)

Learning Objectives:

1. Participants will become aware that the way they will spend the last part of their lives is up to them.
- 2: Participants will learn helpful ways of coping with the task of going through the last part of life.

A202, Belangee, Susan – Social Media and Social Interest

Social interest is the cornerstone of mental health in Adlerian philosophy and practice. Much scholarly debate explores whether social media promotes engagement or contributes to disconnection as individuals spend time on Facebook, Twitter, etc. This class presents the scholarly research regarding social media and mental health and provides participants the chance to discuss Adlerian ideals in light of that research. The special Summer 2015 issue of *The Journal of Individual Psychology* will serve as a foundation for discussions.

Learning Objectives:

1. Participants will gain a deeper understanding of social interest and how it influences all life tasks.
2. The impact of social media on mental health will be presented for participants to share and discuss their own perspectives on social media usage and how it helps and/or hurts one's social interest.

A203, Callus, Joyce– Fundamentals of Individual Psychology

We appreciate ideas and technology that make every day tasks easier. Adler and Dreikurs, through their ideas and concepts, contribute to making life easier when it comes to personal understanding as well as improving relationships.. Concepts like personality development, understanding goals of behaviour, inferiority feelings/complex, birth order, tasks of life, etc. will be addressed in this workshop. A hands on approach will be used.

Learning Objectives:

1. Introduce participants to basic concepts of Adler and Dreikurs.
2. Help participants understand and follow other Adlerian/Dreikursian courses.

A204, 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.

Learning Objectives:

1. Learn how Adlerian principles apply to workplace problems.
2. Learn to identify private logic and group processes in the workplace.

A205, 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. Respectful

listening, personal attitude 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.

Learning Objectives:

1. Participants will learn Adlerian insights related to sustainable values for mankind.
2. Participants will understand descriptions of Social interest and what contributes to its development.

A206, Tate, Bruce – Sexual Identity – An Adlerian Perspective

While there have been important shifts towards acceptance of difference and equality, these are not universal. Many practitioners feel ill-prepared in addressing sexual identity with clients, particularly when people face discrimination or worse and struggle with uncertainty. We will examine issues and cultural influences clients face. This course will explore issues relating to sexual identity, including identifying challenges and strengths.

Learning Objectives:

1. To examine difference and diversity in patterns of sexual identity in the context of cultural influences and Adlerian theory.
2. To consider aspects of Adlerian practice that may benefit clients presenting with issues around sexual identity.

A207, 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. Small group discussion will be an integral part of the course.

Learning Objectives:

1. Participants will be expected to learn a systematic approach to implementing principles of Individual Psychology in family counseling.
2. Participants will be able to use the Most Memorable Observation to help parents understand how important aspects of their private logic influence their choice of parenting style.

A208, Vainker, Brenda – Mindfulness

Mindfulness is a mind-body approach that helps us improve the quality of our lives by learning to relate differently to experience. This experiential course will introduce participants to the core practices in the eight-week mindfulness-based cognitive therapy course, developed as a treatment for relapsing depression and now widely used to combat anxiety and chronic stress.

Learning Objectives:

1. Through practice, participants will become familiar with mindfulness of breath and body, mindful movement, the body scan, the three-minute breathing space.
2. Participants will have an opportunity of exploring for themselves how mindfulness practice can enrich their lives.

English-German Courses*

A209, 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.

Learning Objectives:

1. Participants will understand how dreams influence our emotions and unconscious expectations.
2. Through practice, participants will become familiar with understanding dreams from an I.P. perspective.

A210, Landscheidt, Uti – Art Therapy: Cows can be Purple*

Art Therapy was developed by Sadie T. Dreikurs as a method to approach life style. For beginners and advanced participants who wish to explore themselves in creative actions as well as counselors working with groups and single clients who want to expand their repertoire. 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). The course is based on “Cows can be purple” by Sadie T. Dreikurs (available at Icassi).

Learning Objectives:

1. Participants will understand the basic methods used in art therapy.
2. Participants will discover own lifestyle and others’ lifestyle aspects through art.

English-Slovakian Courses***A211, Balla. Marion – Intergenerational Patterns***

This course investigates the relationship between family myths, values, and current life problems. Participants will investigate their personal genograms and assess the impact of family patterns through the generations. Through the application of early recollections and life tasks, belief systems related to generational family patterns will be discovered.

Learning Objectives:

1. Participants will learn to develop their understanding of the complex interplay among intergenerational relationships, values, and beliefs within families.
2. Participants will explore messages related to the five life tasks from an intergenerational perspective.

A212, Čechová Daniela– Supporting Interventions for Parents*

This course provides a range of opportunities to illustrate parent training interventions for more satisfying parent-child relationships. Supportive parenting interventions are built on the participants’ insight, new knowledge and encouragement through analyzing their cases. This course is based on the fields of Individual Psychology, Attachment Theory and Interpersonal Neurobiology.

Learning Objectives:

1. Participants will be able to explain logic of children behaviour and dynamics of interactions of all involved partners with the focus on complexity of behaviour.
2. Participants will learn to apply effective interventions to effect lasting change in parent-child/adolescent relationships.

A213, Rasmussen, Paul – Emotion and Private Logic*

The important relationship between one’s private logic and emotional feelings is presented. The two types of emotion and the three purposes of emotions are presented along with ways to use that knowledge to help uncover the individual’s private logic. This relationship is particularly notable in early recollections, which will be a major component of this course. This course is useful in understanding the self and working with clients.

Learning Objectives:

1. Participants will understand the relationship between private logic and emotions.
2. Participants will understand the importance of emotions in treatment.

Type A Courses Week 1[†]
Afternoons (14.30 – 16.30)

English Courses**A301, Balla, Marion - Gender Issues**

The course will provide participants with an increasing understanding of the impact of gender roles within families, intimate relationships, workplaces and the wider community. Gender guiding lines, birth stories, and early memories will be used to explore personal decisions related to gender.

Open to Youth.

Learning Objectives:

1. Participants will define the concept of social embeddedness in our society and the importance of viewing gender through a societal lens.
2. Participants will explore the beliefs and the early childhood messages and decisions about gender roles which influence relationships in all areas of our lives.
3. Participants will learn the value of using gender guiding lines, birth stories and early memories in clinical practice.

A302, Callus, Joyce – Individual Psychology - a vital support for Parents and Educators

Bringing up children and educating them are two of the most important jobs in life, for we carry our childhood all our life. This course aims at helping participants discover ‘another way’ towards effective and collaborative parenting and teaching. We often ask why are children defiant, or lack self-esteem? These and other issues will be tackled in this course.

Learning Objectives:

1. Participants will be exposed to Adler & Dreikurs teachings re parenting and the education of children.
2. Participants will have hands on experiences in the application and use of these concepts in the family/classroom to redirect negative behaviour, foster cooperation vs competition and strengthen relationships.

A303, Fitzgerald, Michael – Living 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. We will examine the way we live life and creatively explore these ideas using memories, dreams and stories. We will use these experiences to create role plays around common sense and have open discussions within a safe environment.

Open to Youth.

Learning Objectives:

1. To allow participants to explore feelings and discouraging experience’s to discover private logic. From these experiences reflect using mediation, creative writing, and discussion.
2. Through the creative expression and sharing of their stories participants can explore the discouragements and illogical resolutions and reframe into common sense and feelings of courage through re-experience and recreation of the story.

A304, John, Karen – Social Equality in Action

Social equality requires new ways of leading and relating, yet we struggle to exercise our rights and responsibilities effectively. We look at leadership approaches, what prevents us from using our ‘good authority’, and explore feelings and actions that undermine democratic living. Working cooperatively in teams and using ERs and psychodrama, we will strive to achieve social equality in action.

Open to Youth.

Learning Objectives:

1. Participants will examine concepts of power and authority: democratic (authoritative), autocratic (authoritarian), and laissez faire (permissive) styles of leadership in relation to own lifestyle issues towards a deeper understanding of ourselves and others.
2. Participants will identify and explore what gets in the way of exercising our democratic rights and responsibilities, appreciating others’ rights and responsibilities, and leading democratically, examining the meaning and relevance of feelings and actions, and finding ways forward.

A305, Pelonis, Peggy – Discover the Leader in You

It is important for the leader to develop his/her leadership identity according to his/her personal characteristics. It is important that one understands strengths and weaknesses as well as the ability to influence others through word and deed. Using Lifestyle Assessment and the use of Early Recollections, individuals will have the opportunity to “see” themselves as leaders and will have the choice to develop their unique leadership qualities further. **Open to Youth.**

Learning Objectives:

1. Participants will understand leadership through the eyes of Adler.
2. Participants will begin the process of developing a personal leadership style.

A306, Schürer, Yvonne – Couples Counseling

A couples counselor needs a clear concept, or sessions will become chaotic. Great flexibility is also required to prevent the counselor from becoming a mere tamer. In this course an Adlerian step by step model will be introduced and explored through lecture and demonstration. Various exercises will allow the participants to adapt the model in a flexible way, and practice in different situations.

Learning Objectives:

1. Participants will learn more about themselves – be it as a counselor or be it as a partner in a relationship.
2. Professionals learn a structured model of Adlerian couples counseling.

A307, Shoham, Yoav – Encouragement: Overcoming Stressful Situations

This program has been planned especially for ICASSI and is designed to teach coping strategies in daily stressful situations. Using Adlerian encouragement principles in various creative ways, enables us in dealing with daily life pressures.

Learning Objectives:

1. Participants will learn about stressful mechanisms.
2. Participants will learn the Adlerian encouragement principles.

A308, Sperry, Jon – Adlerian Case Conceptualization

Case conceptualization is considered by many to be the most important competency expected in clinical practice today. In this class participants will learn a step-by-step strategy and process for developing a concise, accurate, and compelling case conceptualization and treatment plan based on the client's basic pattern of movement which integrates other key Adlerian constructs.

Learning Objectives:

1. Participants will learn the key elements of an effective Adlerian case conceptualization.
2. Participants will learn a step-by-step strategy for developing an effective Adlerian case conceptualization and treatment plan based on pattern recognition.

A309, Tate, Bruce – “It’s all Fiction” Creativity & Private Logic

Fiction is a key concept within Individual Psychology. Use is made of elements of fiction in helping clients understand their lifestyle and in creative therapeutic approaches. We will explore our basic fictions and how we can make use of them within our own lives, through presentation, discussion and experiential exercises. No prior knowledge of Adlerian theory is required.

Learning Objectives:

1. Participants will learn Adlerian concepts linked to fiction, creativity and private logic.
2. Participants will make connection with their own personal narratives and private logic.

English-German Courses*

A310, Echle, Erika – Nonviolent Communication with Youth*

Mutual respect and equality are the basis of successful communication. By changing our attitudes, our language and our style of communication also change, which makes equal and non-violent communication possible. In this course we will be practicing effective communication strategies, preferably with young dialog partners. Parents with their youth are particularly welcome.

Learning Objectives:

1. To learn about respectful communication strategies.

2. To practice respectful communication.

A311, Hillenbrand, Andrea – Addiction*

Alcoholics and other substance addicts are unpopular patients. They are considered difficult, being easily offended, accusing others and lying. By looking at the development of their addiction, we will try to understand how the substance is used to face the tasks of life and achieving a felt plus and why the unpopular features are logical, understandable and even make sense. **Open to Youth.**

Learning Objectives:

1. Participants will understand the development of an addiction.
2. Participants will become aware of examples for the intention of substance use in the attempt to fulfill the tasks of life.

English-Slovakian Courses*

A312, 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 and strengths acknowledgement.

Learning Objectives:

1. Participants will learn to assess the client’s metaphorical significance in their early recollections.
2. Participants will learn to build metaphors.

A313, 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.

Learning Objectives:

1. Participants will gain further understanding of the neurological and bio-psychosocial aspects of trauma, linking these with core Adlerian concepts.
2. Participants will develop essential skills in trauma therapeutic processes and intervention: enabling a sense of safety, developing dual attention and re-focusing on resources and social connection.

**Type B Courses Week 1†
Mornings and Afternoons**

English Courses

B101, Bettner, Betty Lou – Adler, Life Task and “The Crucial C’s”

Adler’s theory outlined what all human beings need. Since we are socially embedded we need others, we need to grow and improve; we need to be needed; and we need encouragement. This course explains human needs as “The Crucial Cs ” (connect, capable, count, courage) and applies them to our life tasks. Additionally, the material covered allows us to explore ways to understand ourselves and others in all of our relationships.

Learning Objectives:

1. Participants will outline human needs and perceptions required for healthy relationships.
2. Participants will develop attitudes and techniques which contribute to those goals.

B102, Shifron, Rachel – Adlerian Supervision

The purpose of this course is to present an Adlerian model for supervision in three professional fields: THERAPY, COUNSELING AND TEACHING. The supervisor is a good listener and has to be an expert in understanding the supervisee's lifestyle. Therefore, issues concerning lifestyle and use of early recollections will be part of the workshops. Therapists, counselors and teachers are welcome to take part in this workshop.

Learning Objectives:

1. Participants will learn an Adlerian model of supervision.
2. Participants will identify the Therapist's lifestyle issues concerning the presented case.

B103, Watts, Richard – Creative Strategies in Brief Therapy

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. In this course, participants will learn (via discussion, demonstration, and practice) various Adlerian techniques (and others) uniquely suited for work in brief counseling, guidance, and therapy setting.

Learning Objectives:

1. Participants will understand how Adlerian counseling and therapy may be understood as a "brief" counseling and therapy perspective.
2. Participants will learn (via discussion, demonstration, and practice) techniques particularly suited for work in Adlerian brief counseling, guidance, and therapy settings.

PROGRAM WEEK 2

5.1 PLENARY LECTURES[†] for Week 2, 9:00 – 10:30

Monday, Aug 1	<p>What Really Matters with Theo Joosten Theo will discuss Adlerian insights related to sustainable values for humankind. The tension between long term and short term goals will be addressed.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will learn Adlerian insights related to sustainable values for mankind. 2. Participants will learn descriptions of Social interest and what contributes to its development.
Tuesday, Aug 2	<p>Understanding Clients from an Adlerian Perspective with Jon Sperry Adler and Dreikurs proposed a holistic and strengths-based model for understanding and therapeutically treating individuals with mental health challenges. Jon will present an integrated Adlerian model for understanding human behavior and for fostering well-being and social interest among individuals with mental health challenges.</p> <p>Learning Objectives:</p>

	<p>1. Participants will learn an integrated Adlerian model for understanding human behavior.</p> <p>2. Participants will learn an integrated Adlerian model for fostering well-being and social interest among individuals with mental health challenges.</p>
Wednesday, Aug 3	<p>It is all Fiction with Bruce Tate</p> <p>Fiction is a key concept within Individual Psychology. Use is made of elements of fiction in helping clients understand their lifestyle and in creative therapeutic approaches. The presentation will explore creativity and private logic alongside different aspects of fiction that we each make use of in our day-to-day lives.</p> <p>Learning Objectives:</p> <p>1. Participants will learn Adlerian concepts linked to fiction, creativity and private logic .</p> <p>2. Participants will make connection with their own personal narratives and private logic.</p>
Thursday, Aug 4	<p>Art Therapy with Uti Landscheidt</p> <p>Uti will discuss Adlerian Art Therapy – its history, its use and its importance in counseling.</p> <p>Learning Objectives:</p> <p>1. Participants will learn how art therapy was developed by Sadie T. Dreikurs.</p> <p>2. Participants will learn how art therapy can be a helpful tool in Counseling.</p>
Friday, Aug 5	<p>Family Counseling with Frank Walton</p> <p>Frank will work with parents and children to demonstrate a typical initial family counseling session.</p> <p>Learning Objectives:</p> <p>1. Participants will increase their knowledge of relevancy of Adlerian principles to family counseling.</p> <p>2. Participants will increase knowledge of counselling techniques relevant to family counselling.</p>

<p>Type A Courses: Week 2[†] MORNINGS (11:00 - 13:00)</p>
<p>English Courses</p>
<p>A401, Balla, Marion – Managing Life Transitions</p> <p>This course is designed to assist participants to identify and explore the losses and gains inherent in major life transitions, eg. aging, career change, retirement, graduation, marriage/ partnership, major illness, empty family nest, separation/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 transitions.</p> <p>Learning Objectives:</p>

1. Participants will identify and explore losses and gains in life transitions.
2. Participants will learn to face life transitions with courage and humour using early recollections, anniversary dates and exploration of life tasks.

A402, 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.

Learning Objectives:

1. Learn how Adlerian principles apply to workplace problems.
2. Learn to identify private logic and group processes in the workplace.

A403, John, Karen – Groups Dynamics and Facilitation

Promoting social equality within the workplace and in other contexts requires understanding and attending to group dynamics and group needs, as well as to individual needs and life style issues. In this interactive, experimental and experiential course, participants are invited to enact group experiences and scenarios in order to increase their effectiveness as group and team members, facilitators and leaders.

Learning Objectives:

1. Participants will increase their understanding of group dynamics, group and individual needs in groups.
2. Participants will identify and explore creatively one's own and others' experiences of leading or participating in groups and find effective ways forward.

A404, 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. Respectful listening, personal attitude 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.

Learning Objectives:

1. Participants will learn Adlerian insights related to sustainable values for mankind.
2. Participants will understand descriptions of Social interest and what contributes to its development.

A405, Millar, Anthea – Becoming a Supervisor

This practical class is designed for all helping professionals who wish to develop their supervision skills, whether working in social and health care, early-years services, coaching or therapy. Drawing on Adlerian theory and practice, 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.

Learning Objectives:

1. Participants will develop further understanding of the tasks and skills specific the supervisory process, drawing on an Adlerian foundation.
2. Participants will develop skills in the appropriate use of authority, the use of effective and encouraging feedback, and use of creative methods within the supervisory process.

A406, Rasmussen, Paul – Adaptive Reorientation Therapy

Adler described therapy as a process of "reorientation." Adaptive Reorientation Therapy focuses on that task of therapy and keeps the client's focus on the desired state and helps him or her to understand mistaken beliefs. Relying on lifestyle analysis, the individual's movement is identified and sub-optimal strategies are revealed. With emphasis on hope, optimism and encouragement, adaptive reorientation helps the individual to better achieve a healthy desired state.

Learning Objectives:

1. Participants will understand the role of reorientation in treatment.
2. Participants will develop an Adlerian framework for doing treatment.

A407, Sperry, Jon – Drumming and Music in IP

Drum and music therapy are holistic interventions that assist individuals and groups to foster social interest and well-being. This course will review drum and music therapy interventions that can be used for self-care or with clients in a therapeutic setting. The format for this course will be highly experiential and will also include some brief lectures.

Learning Objectives:

1. Participants will learn the key theoretical principles of incorporating Individual Psychology-based drumming and music interventions in clinical practice and for personal self-care.
2. Participants will learn Individual Psychology-based drumming and music interventions that foster an increase in social interest and overall well-being among participants and clients.

A408, Tate, Bruce – Early Recollections: An Introduction

Early Recollections (ERs) play a central role in Adlerian therapy. In ERs we uncover strengths and resources alongside nonverbal messages and descriptions of how we view ourselves, others and 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.

Learning Objectives:

1. Participants will examine theory related to ERs and how to work with this in therapy.
2. Participants will develop practical skills in working with ERs in an Adlerian framework.

English-German Courses*

A409, Echle, Erika – Stress and Coping*

The requirements of working life increase continuously. A conscious stress management helps to deal with stress better - and achieve the professional goals successfully. Stress is a complex, important physical and psychological reaction. It ensures that we are alert and able to act on mental and physical challenges. Problems arise when the generated tension becomes a permanent condition, whether through challenges in the family or work setting or even through constant small annoyances. In this course we will be dealing with the questions of how to reduce the burden, relax, keep perspective, gain composure and find inner balance? Coping with stress through mindfulness.

Learning Objectives:

1. Participants will understand what stress is.
2. Participants will learn how to manage stress and find inner balance.

A410, Landscheidt, Uti – Art Therapy: Cows can be Purple*

Art Therapy was developed by Sadie T. Dreikurs as a method to approach life style. For beginners and advanced participants who wish to explore themselves in creative actions as well as counselors working with groups and single clients who want to expand their repertoire. 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). The course is based on ""Cows can be purple" by Sadie T. Dreikurs (available at Icassi).

Learning Objectives:

1. Participants will understand the basic methods used in art therapy.
2. Participants will discover own lifestyle and others' lifestyle aspects through art.

English-Slovakian Courses*

A411, Abramson, Zivit. – Neurosis from an Adlerian Perspective*

Although using the same term as Freud, "neurosis," 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 and how it might apply to us. We will also identify ways to change. Both lay people and professionals are welcome.

Learning Objectives:

1. Participants will explore Adler's meaning of neurosis.
2. With an understanding of Adler's understanding of neurosis, participants will then learn ways to change one's life.

A412, Walton, Frank – Counseling Families With Children Who Meet ADHD Criteria

The instructor will explain and demonstrate how an underdeveloped sense of community feeling and mistaken approaches to life frequently influences children to manifest behavior that meets the criteria for the ADHD diagnosis. Every effort will be made to provide counseling demonstrations exclusively with families who have children who meet the criteria for the ADHD diagnosis. Specific techniques to work with these parents and children will be offered. A 207 Family Counseling is recommended, although not required, as a prerequisite for this course.

Learning Objectives:

1. Participants will be expected to learn: conclusions of prominent scientists with regard to use of drugs for treatment of children who manifest behavior that meets the criteria for the ADHD diagnosis.
2. Participants will be expected to learn: a systematic approach to understanding and helping parents and children in a family wherein a child meets the criteria for the ADHD diagnosis.

**Type A Courses – WEEK 2⁺
AFTERNOONS (14.30 - 16.30)**

English Courses

A501, 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 couple difficulties. (German translation by the instructor when necessary.)

Learning Objectives:

1. For participants to understand their own partnership issues.
2. For professionals to learn typical Adlerian ways of understanding couples difficulties.

A502, 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 exercises. **Open to Youth.**

Learning Objectives:

1. Participants will learn an Adlerian perspective on family dynamics and patterns and their impact on daily life.
2. Participants will experience opportunities to view early recollections and birth stories in hands-on group exercises.

A503, Holder, Jim – Addictions and ERs

From an Adler-Dreikurs perspective, participants will learn how private logic sets an individual up for addictive behaviors. A key to treatment and insight 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. Neuroplasticity will be discussed.

Learning Objectives:

1. Participants will learn how people addict themselves and recover themselves .
2. Participants will learn the use of first use memories.

A504, John, Karen – Social Equality in Action

Social equality requires new ways of leading and relating, yet we struggle to exercise our rights and responsibilities effectively. We look at leadership approaches, what prevents us from using our 'good authority', and explore feelings and actions that undermine democratic living. Working cooperatively in teams and using ERs and psychodrama, we will strive to achieve social equality in action.

Open to Youth.

Learning Objectives:

1. Participants will examine concepts of power and authority: democratic (authoritative), autocratic (authoritarian), and laissez faire (permissive) styles of leadership in relation to own lifestyle issues towards a deeper understanding of ourselves and others.
2. Participants will identify and explore what gets in the way of exercising our democratic rights and responsibilities, appreciating others' rights and responsibilities, and leading democratically, examining the meaning and relevance of feelings and actions, and finding ways forward.

A505, Millar, Anthea – Working with Loss and Grief

In this practical course for helpers, we will look at the many different types of loss and the varied ways we may grieve depending on our Lifestyle. Using an Adlerian framework, we will explore therapeutic approaches to working with clients experiencing both normal and more complex grief, whilst gaining a further understanding of our own attitudes and beliefs around loss.

Learning Objectives:

1. Participants will gain an understanding of models of grief integrated with an Adlerian approach, and explore their own attitudes and beliefs of loss.
2. Participants will develop therapeutic skills in working with clients experiencing normal and complex grief.

A506, Pelonis, Peggy – Coping with Change

Change can be welcomed and sought after at times, yet in other instances it is unwelcome, leaving us feeling vulnerable, empty and unsure. The emotions associated with loss often disrupts the balance we try so hard to achieve. This workshop can be useful in coping with change or helping others do so. Lifestyle Assessment and experiential exercises will provide insight into private logic and personal coping styles. **Open to Youth.**

Learning Objectives:

1. Participants will understand the process of change.
2. Participants will understand personal coping styles and how to change or enhance these.

A507, Schürer, Yvonne – Lifestyle - A Creative Masterpiece

Learn more about your lifestyle and understand the dynamic, creative way it guides you through life. You develop this clever navigation system in your childhood. Perhaps now is the time to look at your creation; to learn to admire the parts that are masterfully done, and to see which parts are due for revision. This group is for all those willing to share their experiences with others. Students can learn several encouraging and enlightening methods of lifestyle assessment.

Learning Objectives:

1. Participants will become aware of certain important aspects of their own lifestyle and understand its impact on their current social life.
2. Participants will learn encouraging methods of cooperative lifestyle assessment.

A508, Shoham, Yoav – The Art of Encouragement

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 differences between praise and

encouragement. We will learn techniques to build courage to face the issues constructively in our personal and work life.

Learning Objectives:

1. Participants will learn the encouragement principles.
2. Participants will clarify the differences between praise and encouragement.

A509 Watts, R. – Spirituality and Adlerian Psychology

For many clients, their spirituality is foundational for their understanding of self, others, and the world. Adlerian therapy can be used in ways that respect client's spiritual beliefs and facilitates the therapeutic process. We will: (a) discuss how Adlerian theory and practice resonates with numerous spirituality perspectives and (b) practice techniques and procedures that are particularly useful for enhancing one's own spirituality. **Open to Youth.**

Learning Objectives:

1. Participants will understand how Adlerian psychology resonates with key ideas and beliefs across various spirituality perspectives.
2. Participants will learn how selected techniques and procedures from or congruent with Adlerian therapy may be used to enhance one's spirituality and/or work with clients in spirituality sensitive Adlerian counseling.

English-German Courses*

A510, Oberst, Ursula – How to Raise, Help and Trust Difficult Children*

This course is addressed to parents, teachers and counsellors who want to improve their dealing with children with behavior and discipline problems, as well as with their families. On the basis of the classical Adler-Dreikurs model, a systemic and strategic perspective is introduced and integrated. Problem situations presented by the participants will serve as examples for experiential learning by means of role-playing and enactment of the problem situation.

Learning Objectives:

1. Participants will consolidate their knowledge about the Adlerian-Dreikurs approach of dealing with difficult children and their families.
2. Participants will learn to use techniques in order to prevent conflicts in the family and in the classroom and to intervene efficiently when problems arise.

English-Slovakian Courses*

A510, Bettner, Betty Lou – Couples Enrichment*

Of all relationships intimate ones would be described as the most difficult. This relationship requires social feeling and cooperation of two different perceptions of self, others, and life. It is the meeting of two different sets of private logic. Let's explore this relationship in terms of goals, hopes expectations, choices, wants vs. needs, emotions, and methods for resolving conflicts. This course is open to individuals, couples, and those who work with couples.

Learning Objectives:

1. Participants will learn what partners must have from each other for a successful relationship.
2. Participants will learn how to encourage a partner and how to resolve conflicts in a respectful way.

A512, Shifron, Rachel – Early Recollections, the Therapist's Treasures*

ER's 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. The creative way of working with ER's will be the main theme of this workshop. This workshop is open for therapists and counselors and teachers who work with individuals, couples and family.

Learning Objectives:

1. Participants will learn how to analyze their patient's lifestyle.
2. Participants will find strengths and the ability to change in ERs.

**Type B Courses Week 2+
Mornings and Afternoons**

English

A601, Buck, Hala – Adlerian Art Therapy and Cross-Cultural Understanding

In an increasingly multicultural world, crossing over to another culture requires not only understanding other belief systems and world views, but exploring one's own cultural identity as well. Using art materials as a language of expression, and ERs, one discovers what helps and what hinders effective cross-cultural, mutually respectful communication on a personal and professional level. No artistic ability required.

Learning Objectives:

1. Participants will experience, through art making and group process, Adlerian principles in action as they explore their personal, cultural and intergenerational beliefs.
2. Participants will learn how to integrate art therapy processes, Early Recollections and body language (Adler's "physical speech") to access cultural and intergenerational patterns. This will enable them to enhance their effectiveness with multicultural clients, colleagues, and family members.

B602, Shaked, Anabella – Psychodrama

Psychodrama applies dramatic methods to facilitate insight and personal growth. Based on Adlerian principles, Psychodrama offers a holistic experience on cognitive, affective, and behavioral levels, and recognizes a person's private logic. Psychodrama uses active methods to offer multiple perspectives to life situations. This course allows for creative exploration of self and relationships.

Learning Objectives:

1. Participants will learn how psychodrama offers a holistic experience.
2. Participants will explore self and relationships.