

## 4. PROGRAMM ERSTE WOCHE

### 4.1 VORLESUNGEN DER ERSTEN WOCHE† 9.00 – 10.30UHR

Montag, 17. Juli	<b>ICASSI: Vergangenheit, Gegenwart, Zukunft mit Eva Dreikurs Ferguson</b> Die Vorlesung wird einen Überblick über die grundlegenden Konzepte und Methoden der Individualpsychologie bieten und zeigen, wie man diese nutzen kann, um Probleme in der heutigen Zeit zu lösen. Einige historische Perspektiven werden dargelegt und einige Aspekte präsentiert, wie die Konzepte und Methoden bei zukünftigen gesellschaftlichen und individuellen Problemen genutzt werden können. Insbesondere Methoden, die von Dreikurs geprägt wurden, werden präsentiert.
Dienstag, 18. Juli	<b>Unabhängigkeit bei Kindern fördern mit Alyson Schafer</b> Warum ist es so schwer, dass Kinder pünktlich sind, ihre Aufgaben erfüllen und ihre Schulaufgaben ohne ständiges Nörgeln und Anleitung erledigen? Welche Ihrer Verhaltenszüge verhindern, dass Sie Verantwortung an ihre Kinder abgeben?
Mittwoch, 19. Juli	<b>Führungsstil mit Karen John</b> Demokratischer Führungsstil erfordert soziale Werte der Gleichwertigkeit von Wert und Würde, soziale Gerechtigkeit, materielle Sicherheit, sozialen Wohlstand, Verantwortung und Wechselbeziehungen, inspiriert Gemeinschaftsgefühl und Engagement, menschliche Sterblichkeit, gegenseitige Unterstützung und Kooperation und Verbindung mit dem Kosmos, und stärkt Wahlfreiheit, Platz für Initiative, moralische Gründe, Kreativität, Gefallen daran Beizutragen und inneren Frieden. Also, wie sieht das heutzutage aus?
Donnerstag, 20. Juli	<b>Familienberatung - Demonstration mit Frank Walton</b> Frank Walton wird mit Eltern und Kindern eine typische erste Familienberatungssitzung demonstrieren.
Freitag, 21. Juli	<b>Adler und Dreikurs in einer sich wandelnden Welt mit Rachel Shifron (Moderatorin)</b> Jeder der folgenden Dozenten wird seine/ihre Sichtweise zu einem der folgenden Themen darstellen. Eva Dreikurs Ferguson (der Effekt auf die Arbeitswelt), Theo Joosten (der Effekt auf die Erziehung), Betty Lou Bettner (der Effekt auf die Erziehungsausbildung), und Ziviv Abramson (Soziale Gleichwertigkeit). Es wird anschließend Zeit zum Austausch und für Fragen geben.

†Lernziele finden Sie unter [www.icassi.net](http://www.icassi.net)

## 4.2 FRÜHE VORMITTAGSKURSE FÜR KINDER UND JUGENDLICHE ERSTE WOCHE

Kinder			Jugendliche		
A 221	Irvine, M., Williams, A.	Kinderprogramm, 4-11 Jahre	A 220	Hubbard, S.	Jugendfreizeit- programm, 12-17 Jahre

## 4.3 VORMITTAGS- UND NACHMITTAGSKURSE: ERSTE WOCHE

Überblick : Typ A Kurse (täglich je 2 Stunden)

Erste Woche vormittags 11.00 – 13.00 Uhr			Erste Woche nachmittags 14.30 - 16.30 Uhr		
Englischsprachige Kurse					
A201	Abramson, Z	Couples in Conflict	A301	Balla, M	Managing Life Transitions
A202	Balla, M	Caregiving the Caregiver	A302	Bitter, J	Adlerian Group Counseling: an Experience in Community
A203	Belangee, S	Body Image Disturbance and Eating Disorders	A303	Bluvshstein, M	Lifestyle
A204	Bitter, J	Adlerian Genograms	A304	Holder, J	Use of Metaphors for Substance Abuse
A205	Ferguson, E. D	Individual Psychology in the Workplace (1+2)	A305	John, K	Leadership in Action
A206	John, K	Mental Health Needs of Children and Youth	A306	Millar, A	Working Safely with Trauma
A207	Joosten, T	Cooperative Problem Solving	A307	Newbauer, J	Spirituality in Modern Life
A208	Rasmussen, P	Dreams and ERs	A308	Shoham, Y	Art of Encouragement
A209	Schafer, A	Adlerian Parenting Today!	A309	Sperry, J	Drumming and Music in Individual Psychology
A210	Tate, B	Working with Diversity	A310	Tate, B	Introduction to ERs
A211	Walton, F	Family Counseling			
Zweisprachige Kurse: Deutsch-Englisch*					
A212	Landscheidt, U	Psychologie im Klassenzimmer	A311	Hillenbrand, A	Burn-Out Prävention
A212	Landscheidt, U	Psychology in the Classroom	A311	Hillenbrand, A	Preventing Burn Out

\*Dieser Kurs ist zweisprachig. Sollten sich alle Teilnehmer auf eine Sprache verständigen können, kann diese Sprache verwendet werden.

## ÜBERBLICK: TYP B KURSE

(täglich 4 Stunden während der Vor- und Nachmittagskurse)

Bitte nur einen Kurs für diese Woche wählen.

Englischsprachige Kurse		
B101	Bettner, B. L	Adler, Crucial Cs and Life Tasks
B102	Kottman, T	Adlerian Play Therapy
B103	Shifron, R	Adlerian Supervision
B104	Sutherland, J	The Use of Art in Group Counseling

## ÜBERBLICK: KINDER- UND JUGENDPROGRAMM

Vormittag		Jugendprogramm	Nachmittag		
A 220	Shoham, Y	Personal Development for Youths 12-17	A 320	Hofstra, P	Youth Recreation/ Jugendfreizeitprogramm 12-17, Jahre
Vormittag		Kinderprogramm	Nachmittag		
A 221	Irvine, M, Williams, A, Cice, J	Children's Program/ Kinderprogramm	A 321	Wee, K, Oldenburg, I	Children's Recreation/ Kinderfreizeitprogramm

## 4.4 KURSBESCHREIBUNGEN FÜR DIE ERSTE WOCH

### Typ A Kurse : Erste Woche† vormittags (11.00 - 13.00Uhr)

#### Englischsprachige Kurse

##### **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 couple difficulties. (German translation by the instructor when necessary.)

##### **A202, Balla, Marion – Caregiving the Caregiver**

As Caregivers, we must be alert to signs of distress and 'compassion fatigue' as we juggle time, priorities, personal and professional expectations. This course will present the latest brain research on self-nurturing and self-soothing, the warning signs of symptoms which require our active intervention for self-care, as well as strategies to ensure we live more balanced and boundaries daily lives.

##### **A203, Belangee, Susan – Using Adlerian Therapy with Clients with Body Image Disturbance and Eating Disorders**

This course is designed for clinical professionals who already understand the basics of body image and eating disorders and have experience working with clients with these issues. Participants will learn how to use Adlerian therapy techniques including lifestyle assessment, purposefulness of behavior, social interest, and family concepts. Case conceptualization, hands-on experiences, and case sharing will be included.

##### **A204, Bitter, James – Adlerian Genograms**

Genograms were a process developed by Monica McGoldrick to help people explore the structure and emotions of their families of origin. Adler and Adlerians bring a special understanding to the meanings contained within genograms, focusing on relational processes that shape our lives. This experiential course teaches people how to use and understand Adlerian genograms for both personal growth and therapeutic practice.

##### **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. (1+2)

##### **A206, John, Karen – Mental Health Needs of Children and Youth**

Participants are invited to explore, interactively and from multiple perspectives, the mental health, emotional and developmental needs of our young and ways to understand and promote wellbeing, demystify diagnostic labels and focus on the relationship between social context, authority structures, unmet needs and behavior.

## Typ A Kurse : Erste Woche† vormittags (11.00 - 13.00Uhr)

### **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, Rasmussen, Paul – Dreams and Early Recollections**

In this course, participants will be guided in the interpretation of dreams and early recollections and in how to use that information to guide treatments.

### **A209, Schafer, Alyson – Adlerian Parenting Today!**

Today's parents face new challenges that Adler and Dreikurs could never have anticipated. Pokemon GO, snapchat, texting, standardized testing and job scarcity were not part of the parenting landscape then. This course will provide parents with an overview of democratic parenting, principles for child guidance, and the application of our principles to modern family issues. Bring your questions! Group work and demonstrations.

### **A210, Tate, Bruce – Working with Diversity**

Difference and diversity are experienced every day - including age, gender, culture, class, religion, sexual orientation and aspects of communication. Ethical practice as counselors or supervisors requires us to have an awareness of difference and diversity and how we respond to it.

### **A211, 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. This course can serve as an excellent foundation for "Counseling Families With Children Who Meet ADHD Criteria."

## Zweisprachige Kurse Deutsch-Englisch\*

### **A212, Landscheidt, Uti - Psychologie im Klassenzimmer**

Weltweit gelangt man immer klarer zur Erkenntnis, die Dreikurs schon vor vielen Jahren hatte: man kann sich nicht mehr nur mit dem Unterrichten von Schulfächern zufrieden geben, man muss wissen, wie man Schüler unterrichten kann. In diesem Kurs sprechen wir über Ziele des Verhaltens, Ermutigung, Klassengespräche, die Rolle des Lehrers als Gruppenführer, demokratische Methoden und vieles mehr.

### **A212, Landscheidt, Uti - Psychology in the Classroom**

Worldwide we see a shift towards teaching in classrooms as Dreikurs' theory already taught us years ago: merely knowing how to teach subjects is not enough, you have to know how to teach students. In this course we talk about hidden goals, encouragement, class meetings, the role of the teacher as group leader, democratic methods and many other aspects.

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## Kinder- und Jugendprogramm

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

This course is for youth aged 12-17 to facilitate the growth of self-understanding and to increase social interest and community-oriented behavior.

\*Bitte beachten: Jugendliche, die für diesen Kurs angemeldet sind, können auch am Frühprogramm von 08.45 - 11.00Uhr teilnehmen.

### **A221, Kinderprogramm (frühmorgendlich und vormittags), Irvine, Magnus; Williams, Alison; Cice, Joe**

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 A 221 findet während des Vormittagsprogramms von 9-10.30Uhr und 11.00-13.00Uhr statt. Eltern bringen ihre Kinder um 8.45 zu dem Programm.

## Typ A Kurse: Erste Woche<sup>†</sup> nachmittags (14.30 – 16.30Uhr)

### Englischsprachige Kurse

### **A301, Balla, Marion – Managing Life Transitions**

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. Open to Youth.

### **A302, Bitter, James – Adlerian Group Counseling: An Experience in Community**

Adlerian group counseling/therapy was initiated in private practice by Rudolf Dreikurs and developed more fully by his student/colleague, Manfred Sonstegard. This is an experiential workshop, the endpoint of which is the development of a therapeutic community where the members of the group come to understand each other emotionally and dynamically, encouraging and supporting each other in the process.

### **A303, Bluvshstein, Marina – Lifestyle**

Adlerian Lifestyle is a framework defining our views about ourselves and the world, our unique goals in life, our pattern of movement toward these goals, and our strategies in overcoming inevitable life challenges. This highly experiential course will introduce participants to Lifestyle as a unique, creative, and dynamic pattern of life and will encourage strength-based and optimistic view on one's life. Open to Youth.

### **A304, Holder, Jim – Use of Metaphors for Substance Abuse**

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 clients 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.

### **A305, John, Karen – Leadership in Action**

Whether you work as a manager, supervisor, teacher or facilitator, optimism, good communication, and ability to envision and model for and with others, are essential leadership components. Examining birth order, ERs, and collaborating in teams, participants will assess their own leadership experiences and styles and gain insight into being strong, compassionate role models, and leaders.

### **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, Newbauer, John – Spirituality in Modern Life**

Spirituality includes a wide range of beliefs and practices in modern life. This class will discuss spirituality in Adler’s writings as well as the writings of other Adlerians. We will explore the link between Gemeinschaftsgefühl and spirituality as well as mysticism. Participants will be asked to share some of their own experiences and participate in class discussion and activities.

### **A308, 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.

### **A309, Sperry, Jon – Drumming and Music in Individual Psychology**

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. Open to Youth.

### **A310, Tate, Bruce – Introduction to Early Recollections**

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.

**A311, Hillenbrand, Andrea – Burn-Out Prävention**

Um einem Ausbrennen vorzubeugen, bringen wir in diesem Workshop Ihr Leben wieder in Balance mithilfe der sogenannten Lebensaufgaben nach Alfred Adler. Wichtig ist im Veränderungsprozess auch, an den persönlichen Zielen und an den unbewussten Einstellungen zu arbeiten. Deshalb überprüfen wir gemeinsam die eigenen Ansprüche und Handlungsmuster mit Hilfe der Familienkonstellation und früher Kindheitserinnerungen und machen vorhandene Stärken deutlich, die helfen, zu den äußeren Bedingungen Stellung zu beziehen.

**A311, Hillenbrand, Andrea – Preventing Burn-Out**

To prevent burnout we will work on bringing back balance into your life using Adler´s tasks of life. Important for change is also to work on your personal goals and unknown attitudes. That´s why we will check on your own standards and behavior patterns by looking at the family constellation and Early Recollections. We will point out your existing strengths that will help to face the external challenges.

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## Typ B Kurse: Erste Woche<sup>†</sup> vormittags und nachmittags

### Englischsprachige Kurse

#### **B101, Bettner, Betty Lou – Adler, Crucial Cs and Life Tasks**

Adler's theory clearly identified every human's psychological needs. 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 will explain these needs as "The Crucial Cs " (connect, capable, count, courage), and connect these needs to the three tasks that Adler outlined as the three that each of us must address. When psychological needs are met individuals are most likely to develop perceptions that are required for healthy relationships. The material covered will allow participants to explore their relationships in all three tasks.

#### **B102, Kottman, Terry – Adlerian Play Therapy**

In this fun, experiential course, you will be introduced to Adlerian play therapy, a method of integrating Individual Psychology with the practice of play therapy. You will learn skills and techniques for establishing relationships with clients, exploring clients' lifestyles, helping clients gain insight into their lifestyles, and reorienting and reeducating clients. Dress comfortably, and be prepared to PLAY!!

#### **B103, 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.

#### **B104, Sutherland, Judy – The Use of Art Therapy in Group Counseling**

This course provides students with Sadie (Tee) Dreikurs' approach to group art therapy. Participants will be involved in experiences in art making and processing which are applicable to therapy and counseling with clients. Group art therapy will be discussed highlighting those aspects of the group experience that can encourage positive change in attitude and behavior.

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### Kinder- und Jugendprogramm

#### **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.

#### **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.