

PROGRAM WEEK 1

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

Monday, July 17	IP Past Present and Future with Eva Dreikurs Ferguson Learning Objectives: 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 18	Empowering Independence in Children with Alyson Shafer Learning Objectives: 1. Participants will identify their role in helping or hindering children in learning to be independent. 2. Participants will learn strategies to keep their children accountable.
Wednesday, July 19	Leadership Today with Karen John Learning Objectives: 1. Participants will provide evidence of the value of democratic leadership. 2. Participants will identify challenges and successes of using democratic leadership.
Thursday, July 20	Family Counseling Demonstration with Frank Walton 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.
Friday, July 21	Adler and Dreikurs in a Changing World: Rachel Shifron (Moderator) Learning Objectives: 1: Current harsh developments result in massive immigration and increasing number of refugees. The panel will address the changes from an Adlerian Dreikursian perspectives. 2: Presenting various points of view about the topic.

4.4 COURSE DESCRIPTIONS FOR WEEK 1

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

English Courses

A201, Abramson, Zivit – Couples in Conflict

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, Balla, Marion – Caregiving the Caregiver

Learning Objectives:

1. Participants will learn an overview of brain research related to secondary trauma and how it is related to caregiving.
2. Participants will learn the signs and symptoms of compassion fatigue.

A203, Cancelled

A204, Bitter, James – Adlerian Genograms

Learning Objectives:

1. To develop a personal genogram and unlock the emotional content and family processes that have shaped our lives.
2. To learn a process for using Adlerian interpretations of genograms in therapeutic practice.

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

Learning Objectives:

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

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

Learning Objectives:

1. Participants will clarify what we mean by mental health, consider our responses to a range of mental health problems and anti-social behavior, defining diagnostic labels and their use and misuse.
2. Participants will identify factors that protect and undermine good mental health and deepen appreciation of our basic social and psychological needs across the life span.

A207, Joosten, Theo – Cooperative Problem Solving

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.

A208, Rasmussen, Paul – Dreams and Early Recollections

Learning Objectives:

1. To examine the connection between dreams and early recollections.
2. To consider reorientation based on the dreams and early recollections.

A209, Shafer, Alyson – Adlerian Parenting Today

Learning Objectives:

1. An overview of democratic parenting style and Dreikursian child guidance principals.
2. Reduce parental fears about modern conditions and give hands on examples of how our methods can be applied to current parenting issues.

A210, Cancelled

A211, Walton, Frank – Family Counseling

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.

English-German Courses***A212, Landscheidt, Uti – Psychology in the Classroom - Cancelled**

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

English Courses**A301, Balla, Marion – Managing Life Transitions****Learning Objectives:**

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.

A302, Bitter, James – Adlerian Group Counseling**Learning Objectives:**

1. To engage in and learn the process for Adlerian group counseling and the establishment of a therapeutic community;
2. To replace a critical judgment of others with understanding, compassion, interest and encouragement.

A303, Bluvshstein, Marina – Lifestyle**Learning Objectives:**

1. Introduce participants to Adlerian concept of Lifestyle, its origins, and types
2. Develop participants' awareness about goal-directed, creative, and dynamic pattern of our lives, especially when activated during impasses and other crises.

A304, Holder, Jim – Using Metaphors in Treatment and Reorientation***Learning Objectives:**

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

A305, John, Karen – Leadership in Action**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, Millar, Anthea – Working Safely with Trauma**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.

<p>A307, Newbauer – Spirituality in Modern Life Learning Objectives: 1. To demonstrate the connection between spirituality in modern life and Adler’s concept of Gemeinschaftsgefühl. 2. To present the ideas of various Adlerians on spirituality, spiritual practice, and religion.</p>
<p>A308, Shoham, Yoav – The Art of Encouragement Learning Objectives: 1. Participants will learn the encouragement principles. 2. Participants will clarify the differences between praise and encouragement.</p>
<p>A309, Sperry, Jon – Drumming Cancelled</p>
<p>A310, Tate, Bruce – Introduction to Early Recollections Learning Objectives: 1. To examine theory related to ERs and how to work with this in therapy. 2. To develop practical skills in working with ERs in an Adlerian framework.</p>
<p>English-German Courses*</p>
<p>A311, Hillenbandt, Andrea – Prevention Burnout – Cancelled</p>

<p>Type B Courses Week 1† Mornings and Afternoons</p>
<p>English Courses</p>
<p>B101, Bettner, Betty Lou – Adler, Life Task and “The Crucial C’s” 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.</p>
<p>B102, Kottman, Terry – Adlerian Play Therapy Learning Objectives: 1. Participants will increase the knowledge of specific skills and techniques used in Adlerian play therapy for building a relationship with the client, helping the client explore his/her lifestyle, helping the client gain insight into lifestyle, and reorienting/reeducating the client. 2. Participants will increase their knowledge of how to conceptualize clients in Adlerian play therapy and how to use their conceptualization in treatment planning.</p>
<p>B103, Shifron, Rachel – Adlerian Supervision Learning Objectives: 1. Participants will learn an Adlerian model of supervision. 2. Participants will identify the Therapist’s lifestyle issues concerning the presented case.</p>
<p>B104, Sutherland, Judy – The Use of Art Therapy in Group Learning Objectives: 1. To address the relationship between Adlerian therapy and group therapy with emphasis on creativity, perception, memory, lifestyle, and social interest. 2. To demonstrate through the use of simple art materials how art can promote self expression.</p>

PROGRAM WEEK 2

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

Monday, July 24	Meaningful with John Newbauer Learning Objectives: <ol style="list-style-type: none">1. Participants will identify sources of meaning in their lives and also sources of distortion.2. Participants will see more clearly the connection between meaningfulness and Gemeinschaftsgefühl.
Tuesday, July 25	The Crucial Cs with Betty Lou Bettner Learning Objectives: <ol style="list-style-type: none">1. Review Adlers theory and description of human psychological needs, Dreikurs 4 Mistaken Goals of Children’s Behavior, and The Crucial Cs.2. Provide a model for understanding what happens when Children’s psychological needs are not met.
Wednesday, July 26	Individual Psychology and Other Approaches with Richard Watts Learning Objectives: <ol style="list-style-type: none">1. Attendees will increase awareness of the enormous common ground between Individual Psychology (IP) and many contemporary approaches to counseling and psychotherapy2. Attendees will increase awareness of how IP serves as outstanding foundation for being both theoretically consistent and technically integrative and eclectic.
Thursday, July 27	Healthy Living: Mind-Body-Spirit with Marion Balla Learning Objectives: <ol style="list-style-type: none">1. Participants will learn what Adler and Dreikurs wrote about holistic health and the importance of recognizing the embeddedness of our lives from the perspective of Body, Mind and Spirit.2. Participants will learn to explore the life tasks, early childhood messages regarding health and wellbeing and the creation of patterns and choices we can ensure more balance and mindful daily living.
Friday, July 28	Where We Go From Here with Paul Rasmussen (Moderator) Learning Objectives: <ol style="list-style-type: none">1. Participants will learn the basic Adlerian-Dreikursian principles.2. Participants will learn the future of Adlerian theory and their role in it.

**Type A Courses: Week 2⁺
MORNINGS (11:00 - 13:00)**

English Courses

A401, Abramson, Zivit – Why am I still Single

Learning Objectives:

1. Participants will learn factors that are disturbing people in fulfilling the life task of intimacy.
2. Therapists will learn about work with singles who wish to be part of a couple.

A402, Balla, Marion – Intergenerational Patterns

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.

A403, Bitter, James – Practicing Lifestyle Assessment: The Key to Therapeutic Practice

Learning Objectives:

1. To engage in and learn the process for conducting an Adlerian lifestyle assessment.
2. To learn a process for using Adlerian lifestyle assessment in therapeutic practice.

A404 Bluvshstein, Marina – Fundamentals of Adlerian Psychology - Cancelled

A405, Ferguson, Eva Dreikurs. – Individual Psychology in the Workplace

Learning Objectives:

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

A406, Joosten, Theo – Cooperative Problem Solving

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.

A407, Millar, Anthea – Becoming a Supervisor

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.

A408, Rasmussen, Paul – Adaptive Reorientation Therapy

Learning Objectives:

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

A409, Schafer, Alyson – Adlerian Parenting Today!

Learning Objectives:

1. An overview of democratic parenting style and Dreikursian child guidance principals.

2. Reduce parental fears about modern conditions and give hands on examples of how our methods can be applied to current parenting issues.
A410, Shifron, Rachel – Early Recollections, the Therapist’s Treasures Learning Objectives: 1. Participants will learn how to analyze their patient's lifestyle. 2. Participants will find strengths and the ability to change E.R.s
A411, Sperry, Jon – Adlerian Case Conceptualization 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.
A412, Walton, Frank – Counseling Families With Children Who Meet ADHD Criteria 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 an ADHD diagnosis.
English-German Courses*
A413, Landscheidt, Uti – Psychology in the Classroom - Cancelled

Type A Courses – WEEK 2† AFTERNOONS (14.30 - 16.30)
English Courses
A501, Abramson, Zivit – Adlerian Counseling and Psychotherapy: Structure, Goals, How it is done Learning Objectives 1. Learn the structure of Adlerian Psychotherapy as outlined in the four phased created by Rudolf Dreikurs. 2. Experience and understand the uniqueness of Adlerian work with clients.
A502, Balla, Marion – Family Dynamics in Action 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 Bettner, Betty Lou – Couple Enrichment 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.
A504, Bitter, James – Working with Families: An Adlerian Approach Learning Objectives 1. To engage in and learn the process for Adlerian family counseling within parent

consultation sessions.

2. To learn processes for living in harmony with out children.

A505, Holder, Jim – The Purposefulness of Substance Abuse

Learning Objectives:

1. Participants will learn how people addict themselves and recover themselves.

2. Participants will learn the use of first use memories.

A506, John, Karen – Social Equality in Action

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.

A507, Millar, Anthea – Working with Loss and Grief

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.

A508, Newbauer, John – Early Recollections (ERs), Metaphors and Fictions in Therapy, Supervision and Consultation

Learning Objectives:

1. Be able to elicit early recollections in a way that is clinically useful and to recognize them as useful metaphors.

2. Identify metaphors in everyday use and use them to understand the client or consultee and help the client/consultee understand themselves and identify their own strengths and limitations.

A509, Shoham, Yoav –Encouragement: Overcoming Stressful Situations

Learning Objectives:

1. Participants will learn about stressful mechanisms.

2. Participants will learn the Adlerian encouragement principles.

A510, Tate, Bruce – Creativity & Private Logic

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. 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*

A511, Hillebrand, Andrea – Diet Fiction

Learning Objectives:

1. Participants will learn techniques to find the subjective goals in eating behavior.

2. Participants will learn role of life style aspects in eating behavior.

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

English

A601, Buck, Hala - Integrative Adlerian Art Therapy: Understanding Self to Understand Others

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, Watts, Richard - Creative Interventions for Brief Therapy

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.