

PROGRAM WEEK 1

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

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| Monday, July 17 | <p>IP Past Present and Future with Eva Dreikurs Ferguson</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will be able to describe the core principles of I.P. 2. Participants will be able to apply the IP principles to at least 3 areas of everyday life. Instructional Level: Intermediate |
| Tuesday, July 18 | <p>Empowering Independence in Children with Alyson Shafer</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will identify their role in helping or hindering children in learning to be independent. 2. Participants will apply at least 2 strategies to keep their children accountable. Instructional Level: Introductory |
| Wednesday, July 19 | <p>Leadership Today with Karen John</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will provide evidence of the value of democratic leadership. 2. Participants will identify challenges and successes of using democratic leadership. Instructional Level: Intermediate |
| Thursday, July 20 | <p>Family Counseling Demonstration with Frank Walton</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will be identify the steps in 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. Instructional Level: Advanced |
| Friday, July 21 | <p>Adler and Dreikurs in a Changing World: Rachel Shifron (Moderator)</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will be able to identify proposed changes that the panel address from an Adlerian Dreikursian perspectives. 2: Participants will be able to compare and contrast various points of view about the topic. Instructional Level: Intermediate |

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
Learning Objectives:

1. Participants will identify ways that show their awareness that the way they will spend the last part of their lives is up to them.

2: Participants will name helpful ways of coping with the task of going through the last part of life.

Instructional Level: Intermediate

A202, Balla, Marion – Caregiving the Caregiver

Learning Objectives:

1. Participants will be able to explain current brain research related to secondary trauma and how it is related to caregiving.

2. Participants will be able to identify the signs and symptoms of compassion fatigue.

Instructional Level: Advanced

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 be able to describe a process for using Adlerian interpretations of genograms in therapeutic practice.

Instructional Level: Intermediate

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

Learning Objectives:

1. Participants will be able to apply Adlerian principles to workplace problems.

2. Participants will be able to identify private logic and group processes in the workplace.

Instructional Level: Intermediate

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.

Instructional Level: Advanced

A207, Joosten, Theo – Cooperative Problem Solving

Learning Objectives:

1. Participants will apply Adlerian insights related to sustainable values for mankind in problem solving activities.

2. Participants will be able to describe Social interest and what contributes to its development.

Instructional Level: Intermediate

A208, Rasmussen, Paul – Dreams and Early Recollections

Learning Objectives:

1. To examine the connection between dreams and early recollections.

2. To consider reorientation of one's beliefs based on the dreams and early recollections.

Instructional Level: Intermediate

A209, Shafer, Alyson – Adlerian Parenting Today

Learning Objectives:

1. Participants will be able to identify the basic elements of democratic parenting style and Dreikursian child guidance principals.

2. Participants will brainstorm examples of how Adlerian parenting methods help reduce parental fears about modern conditions and how they can be applied to current parenting issues.

Instructional Level: Introductory

A210, Cancelled

A211, Walton, Frank – Family Counseling

1. Participants will be able to describe a systematic approach to implementing principles of Individual Psychology in family counseling.

2. Participants will practice using the Most Memorable Observation technique to help parents understand how important aspects of their private logic influence their choice of parenting style.

Instructional Level: Intermediate

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 practice using early recollections, humour and the exploration of life tasks to face life transitions.

Instructional Level: Introductory

A302, Bitter, James – Adlerian Group Counseling

Learning Objectives:

1. Participants will be able to describe the process for Adlerian group counseling.

2. Participants will practice replacing critical judgment of others with understanding, compassion, interest and encouragement as it applies to groups.

Instructional Level: Advanced

A303, Bluvshstein, Marina – Lifestyle

Learning Objectives:

1. Participants will be able to describe the Adlerian concept of Lifestyle, its origins, and types

2. Participants will self-reflect about their own goal-directedness, creativity, and dynamic pattern of their lives, especially when activated during impasses and other crises.

Instructional Level: Introductory

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

Learning Objectives:

1. Participants will practice assessing clients' metaphorical significance in their early recollections.

2. Participants will practice building metaphors.

Instructional Level: Advanced

A305, John, Karen – Leadership in Action

Learning Objectives:

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| <p>1. Participants will describe leadership through the eyes of Adler. 2. Participants will begin the process of developing a personal leadership style through the participation in guided activities. Instructional Level: Intermediate</p> |
| <p>A306, Millar, Anthea – Working Safely with Trauma Learning Objectives: 1. Participants will summarize their understanding of the neurological and bio-psycho-social 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. Instructional Level: Advanced</p> |
| <p>A307, Newbauer – Spirituality in Modern Life Learning Objectives: 1. Participants will be able to make the connection between spirituality in modern life and Adler’s concept of Gemeinschaftsgefühl. 2. Participants will be able to summarize the ideas of various Adlerians on spirituality, spiritual practice, and religion. Instructional Level: Introductory.</p> |
| <p>A308, Shoham, Yoav – The Art of Encouragement Learning Objectives: 1. Participants will be able to summarize the encouragement principles. 2. Participants will clarify the differences between praise and encouragement. Instructional Level: Introductory</p> |
| <p>A309, Sperry, Jon – Drumming Learning Objectives: 1. Participants will be able to identify the basic principles of Adlerian theory and how they relate to music therapy. 2. Participants will apply the principles of Adlerian theory in the drumming activities. Instructional Level: Introductory</p> |
| <p>A310, Tate, Bruce – Introduction to Early Recollections Learning Objectives: 1. Participants will name at least five ways ERs can be used in therapy. 2. Participants will practice using ERs. Instructional Level: Introductory</p> |
| English-German Courses* |
| A311, Hillenbandt, Andrea – Prevention Burnout – Cancelled |

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| Type B Courses Week 1† Mornings and Afternoons |
| English Courses |
| <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 practice techniques which foster healthy relationships. Instructional Level: Introductory</p> |

B102, Kottman, Terry – Adlerian Play Therapy

Learning Objectives:

1. Participants will be able to name 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 practice doing case and applying their conceptualization in treatment planning using play therapy approaches.

Instructional Level: Advanced

B103, Shifron, Rachel – Adlerian Supervision

Learning Objectives:

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

Instructional Level: Advanced

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

Learning Objectives:

1. Participants will be able to summarize the relationship between Adlerian therapy and group therapy with emphasis on creativity, perception, memory, lifestyle, and social interest.
2. Participants will demonstrate through the use of simple art materials their understanding of how art can promote self expression.

Instructional Level: Introductory

PROGRAM WEEK 2

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

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| Monday, July 24 | Meaningful with John Newbauer Learning Objectives: 1. Participants will identify sources of meaning in their lives and also sources of distortion. 2. Participants will be able to state the connection between meaningfulness and Gemeinschaftsgefühl. Instructional Level: Introductory |
| Tuesday, July 25 | The Crucial Cs with Betty Lou Bettner Learning Objectives: 1. Participants will be able to describe human psychological needs based on Dreikurs 4 Mistaken Goals of Children's Behavior, and The Crucial Cs. 2. Participants will be able to list examples of what happens when Children's psychological needs are not met. Instructional Level: Intermediate |
| Wednesday, July 26 | Individual Psychology and Other Approaches with Richard |

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| | <p>Watts Learning Objectives: 1. Attendees will be able to identify the common ground between Individual Psychology (IP) and at least 3 contemporary approaches to counseling and psychotherapy. 2. Attendees will be able to describe how IP serves as an outstanding foundation for being both theoretically consistent and technically integrative and eclectic. Instructional Level: Intermediate</p> |
| Thursday, July 27 | <p>Healthy Living: Mind-Body-Spirit with Marion Balla Learning Objectives: 1. Participants will be able to critique 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 explore the life tasks, early childhood messages regarding health and wellbeing, and the creation of patterns and choices experienced in order to create more balance and mindful daily living. Instructional Level: Introductory</p> |
| Friday, July 28 | <p>Where We Go From Here with Paul Rasmussen (Moderator) Learning Objectives: 1. Participants will brainstorm the basic Adlerian-Dreikursian principles. 2. Participants will set one goal that exemplifies their role in applying Adlerian theory for the future. Instructional Level: Introductory</p> |

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| <p>Type A Courses: Week 2⁺ MORNINGS (11:00 - 13:00)</p> |
| <p>English Courses</p> |
| <p>A401, Abramson, Zivit - Why am I still Single Learning Objectives: 1. Participants will be able to name factors that are disturbing people in fulfilling the life task of intimacy. 2. Therapists will practice skills they can use with singles who wish to be part of a couple. Instructional Level: Advanced</p> |
| <p>A402, Balla, Marion - Intergenerational Patterns Learning Objectives:</p> |

1. Participants will describe 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.
Instructional Level: Introductory

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

1. Participants will compare and contrast traditional intake approaches with the process for conducting an Adlerian lifestyle assessment.
2. Participants will practice using Adlerian lifestyle assessment in therapeutic practice.
Instructional Level: Advanced

A404 Bluvshstein, Marina – Fundamentals of Adlerian Psychology - Cancelled

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

Learning Objectives:

1. Participants will be able to apply Adlerian principles to workplace problems.
2. Participants will be able to identify private logic and group processes in the workplace.
Instructional Level: Intermediate

A406, Joosten, Theo – Cooperative Problem Solving – cancelled

A407, Millar, Anthea – Becoming a Supervisor - cancelled

A408, Rasmussen, Paul – Adaptive Reorientation Therapy

Learning Objectives:

1. Participants will be able to summarize the role of reorientation in treatment.
2. Participants will develop an Adlerian framework for doing treatment through guided activities.
Instructional Level: Advanced

A409, Schafer, Alyson – Adlerian Parenting Today!

Learning Objectives:

1. Participants will be able to identify the basic elements of democratic parenting style and Dreikursian child guidance principals.
2. Participants will brainstorm examples of how Adlerian parenting methods help reduce parental fears about modern conditions and how they can be applied to current parenting issues.
Instructional Level: Introductory

A410, Shifron, Rachel – Early Recollections, the Therapist’s Treasures
Learning Objectives:

1. Participants will practice using early recollection to analyze their patient's lifestyle.
2. Participants will practice finding strengths in ERs and techniques for changing E.R.s.
Instructional Level: Advanced

A411, Sperry, Jon – Adlerian Case Conceptualization

Learning Objectives:

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

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

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. Participants will be able to define the four phases in the structure of Adlerian Psychotherapy as outlined by Rudolf Dreikurs.
2. Participants will practice applying the four phases of Adlerian Psychotherapy in dyads and triads.

Instructional Level: Intermediate

A502, Balla, Marion - Family Dynamics in Action-Cancelled

A503 Bettner, Betty Lou - Couple Enrichment

Learning Objectives:

1. Participants will be able to identify what partners must have from each other for a successful relationship.
2. Participants will practice the methods of encouraging a partner and resolving conflicts in a respectful way.

Instructional Level: Intermediate

A504, Bitter, James - Working with Families: An Adlerian Approach

Learning Objectives

1. Participants will be able to describe the process for Adlerian family counseling within parent consultation sessions.
2. Participants will practice strategies that parents can use to live in harmony with their children.

Instructional Level: Intermediate

A505, Holder, Jim - The Purposefulness of Substance Abuse

Learning Objectives:

1. Participants will be able to identify how people addict themselves and recover themselves.
2. Participants will practice how to use and understand first memories.

Instructional Level: Intermediate

A506, John, Karen - Social Equality in Action - cancelled

A507, Millar, Anthea - Working with Loss and Grief

Learning Objectives:

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

Instructional Level: Intermediate

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

Learning Objectives:

1. Participants will practice eliciting early recollections in a way that is clinically useful and in a way that recognizes them as useful metaphors.
2. Participants will 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.

Instructional Level: Advanced

A509, Shoham, Yoav –Encouragement: Overcoming Stressful Situations

Learning Objectives:

1. Participants will be able to name the stressful mechanisms.
2. Participants will practice applying the Adlerian encouragement principles to stressful situations.

A510, Tate, Bruce – Creativity & Private Logic

Learning Objectives:

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

Instructional Level: Introductory

English-German Courses*

A511, Hillebrand, Andrea – Diet Fiction - Cancelled

**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 through guided activities.
2. Participants will complete art projects to integrate art therapy processes, Early Recollections and body language (Adler’s “physical speech”) to access cultural and intergenerational patterns.

Instructional Level: Introductory

B602, Watts, Richard - Creative Interventions for Brief Therapy

Learning Objectives:

1. Participants will be able to describe how Adlerian counseling and therapy may be understood as a “brief” counseling and therapy perspective.
2. Participants will discuss, demonstrate and practice techniques particularly suited for work in Adlerian brief counseling, guidance, and therapy settings.

Instructional Level: Advanced