

## OVERVIEW: WEEKEND 1 WORKSHOPS A AND B

### Weekend 1: Workshops A

Workshop Number, Instructor and Title	Language		
	English	German	Other
A201, Baumer, Gerhard – Working with Dreams	X		
A202, Echle, Erika – Klassen- und Familienmeeting		X	
A203, John, Karen – Leadership in Action	X		
A204, Joosten, Theo – Cooperative Problem-solving	X		
A205, Landscheidt, Uti – Family Constellation A205, Landscheidt, Uti – Familienkonstellation	X	X	
A206, Millar, Anthea – Safe Trauma Therapy	X		
A207, Pelonis, Peggy – Discovering the Leader in You	X		
A208, Schläpfer, Christelle – Bullying & Cyberbullying	X		
A209, Shifron, Rachel – Supervision	X		
A210, Shoham, Yoav – The Art of Encouragement	X		
A211, Tate, Bruce – Introduction to Early Recollections	X		

### Weekend 1: Workshops B

Workshop Number, Instructor and Title	Language		
	English	German	Other
B301, Abramson, Zivit – Understanding and Helping Couples	X		
B302, Alizadeh, Hamid – Adlerian Approach to Childhood Behavioral-emotional Problems	X		
B303, Armerding, Calvin – From Competition Toward Cooperation in Families	X		
B304, Bluvshstein, Marina – Early Recollections in Individual Psychology	X		
B305, Kottman, Terry – Introduction to Adlerian Play Therapy	X		
B306, Lee-Own, Kim – Five Secrets to Happy Children	X		
B307, Levitt-Frank, Mia – Coaching Adlerian leaders on Transforming a Community Development Vision	X		
B308, Oberst, Ursula – Introduction to Individual Psychology B308, Oberst, Ursula – Introducción a la Psicología Adleriana	X		Spanish
B309, Rasmussen, Paul – Adaptive Reorientation	X		
B310, Verjee, Begum – Adlerian Coaching	X		
B311, Williams, Hallie – Social Justice and Individual Psychology	X		

## OVERVIEW: WEEKEND 2 WORKSHOPS A AND B

### Weekend 2: Workshops A

Workshop Number, Instructor and Title	Language		
	English	German	Other
A401, Callus, Joyce – Parenting	X		
A402, Echle, Erika – Klassen- und Familienmeeting		X	
A403, John, Karen – Leadership in Action	X		
A404, Joosten, Theo – Cooperative Problem-solving	X		
A405, Millar, Anthea – Safe Trauma Therapy	X		
A406, Radu, Liliana – Developing social interest in children with neurodevelopmental differences	X		
A407, Schläpfer, Christelle – Attachment and Lifestyle A407, Schläpfer, Christelle – Bindung und Lebensstil	X	X	
A408, Tate, Bruce – Personal Growth and Development	X		

### Weekend 2: Workshops B

Workshop Number, Instructor and Title	Language		
	English	German	Other
B501, Abramson, Zivit – Selbsterfahrung		X	
B502, Alizadeh, Hamid – Adlerian Approach to Childhood Behavioral-emotional Problems	X		
B503, Balla, Marion – Self Care for Caregivers	X		
B504, Bettner, Betty Lou – Crucial Cs in Intimate Relationships	X		
B505, Bluvshstein, Marina – Metaphors in Movement	X		
B506, Kottman, Terry – Introduction to Adlerian Play Therapy	X		
B507, Rasmussen, Paul – Emotions and Private Logic	X		
B508, Sperry, Jon – Psychopathology from an Adlerian Perspective	X		

## WORKSHOP DESCRIPTIONS

### Workshops A: Weekend 1\*

#### **A201, Baumer, Gerhard – Working with Dreams**

In dreams we process our daily experiences and unsolved past conflicts according to our lifestyle. Dreams use metaphors and symbols which require interpretation in order to be understood. Dreams tone our emotions and expectations towards the future, similar to early recollections. We will use participants' dreams in order to show the meaningfulness and how we can use them in our counseling work.

#### **A202, Echle, Erika – Klassen- und Familienmeeting**

Rudolf Dreikurs hat im Laufe jahrzehntelanger Arbeit mit Eltern und Kindern eine Methode entwickelt, mit der das Zusammenleben in der Familie harmonischer und glücklicher gestaltet werden kann: den Familienrat. Die gleichen Prinzipien gelten für den Klassenrat. In diesem Kurs wird ein Weg aufgezeigt Probleme konstruktiv und kooperativ zu lösen. Dahinter steht die Überzeugung, dass ein friedliches Zusammenleben immer auf gegenseitiger Wertschätzung aufbaut. Jeder Einzelne soll fortwährend erleben dürfen, dass sein Wohlbefinden auch den anderen ein Anliegen ist und dass er einen wichtigen und willkommenen Beitrag für die Gemeinschaft leisten kann.

#### **A203, John, Karen – Leadership in Action**

Whether a manager, supervisor, teacher, facilitator, counselor, or therapist, demonstrating personal and professional integrity, optimism, and inspiring and consulting with others, are essential to democratic leadership. Through examining birth order, early recollections, cooperating in teams and psychodrama, participants will assess leadership attitudes, strengths, skills, and styles, and gain insight into themselves and others, and how to be strong, compassionate role models, and leaders.

#### **A204, Joosten, Theo – Cooperative Problem-solving**

In families, communities or professional settings, people meet problems. This workshop will explore family influences on problem solving and offer practical ways of helping each other in finding encouraging solutions to problems. Language in problem situations 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.

#### **A205, Landscheidt, Uti – Family Constellation**

Family Constellation is one of the basic principles of Adlerian Psychology. In this workshop you will learn about its historical background, how it can be adapted to modern family relationships, and its connection to your personal and professional life.

#### **A205, Landscheidt, Uti – Familienkonstellation**

Familienkonstellation ist eines der Grundprinzipien der Individualpsychologie. In diesem Kurs lernt man den historischen Hintergrund kennen, die Anpassung an heutige Familienbeziehungen, und die Verbindung zum eigenen privaten und beruflichen Leben.

#### **A206, Millar, Anthea – Safe Trauma Therapy**

This highly practical workshop draws on some of the latest trauma research and therapy approaches that integrate well with an Adlerian approach. It will focus particularly on developing the therapeutic skills of ensuring safety and stability, observing physiological arousal levels, enabling dual attention for managing flashbacks and trauma memories, and building on the person's resilience and social connection.

#### **A207, Pelonis, Peggy – Discovering the Leader in You**

Participants will engage in a thought experiment involving a group/organization/system/school that they wish to lead or already lead. This thought experiment will involve a mini lifestyle assessment and exercises that will assist individuals to understand how one's leadership approach and style is shaped by past experience, beliefs about the world, role models and private logic. Participants will be able to identify lifestyle obstacles to leading, strengths and will form a Vision and Action Plan to achieve newly set goals.

**A208, Schläpfer, Christelle, Bullying & Cyberbullying – A Holistic Approach**

Bullying and Cyberbullying are still big issues in many schools. Numerous affected students don't get help because they fear the bullying situation could become worse. In this workshop we will see why the way of intervention is essential with bullying and cyberbullying and you will get a lot of resources for prevention and intervention.

**A209, Shifron, Rachel – Supervision**

The purpose of this workshop is to present an Adlerian model for supervision in three professional fields: Therapy, Counseling, and Teaching. The supervisor as a good listener has to be an expert in understanding the supervisee's and the client's choices of strategies to assure feelings of belonging, to help through the use of ERs, and to enable choosing new strategies.

**A210, Shoham, Yoav – The Art of Encouragement**

This workshop 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.

**A211, 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 (Private Logic). We might also gain insight, including about our movement and priorities in life.

**Workshops B: Weekend 1 \*****B301, Abramson, Zivit – Understanding and Helping Couples**

We shall follow the development of couplehood, beginning with the partners' choice of each other, understanding their "hidden contract", continuing with the conflicts they get into, and showing the way they can resolve these conflicts and create a life-long satisfying new contract. The workshop will include lectures, discussions and demonstrations.

**B302, Alizadeh, Hamid – Adlerian Approach to Childhood Behavioral-emotional Problems**

Many children in contemporary societies manifest serious behavioral and emotional problems. In many cases, parents and teachers complain that children do not have sufficient concentration and attention, are easily bored, are defiant and oppositional, are not courageous and show different sorts of anxiety. Also, children are described as lacking a sense of responsibility, and eating problems are oftentimes a primary challenge for parents and children. This workshop using Adlerian psychology will help parents and educators achieve practical ways to raise more healthy and cooperative children.

**B303, Armerding, Calvin – From Competition Toward Cooperation in Families**

Families are vulnerable to competition in spousal, parent-child, sibling, and intergenerational relationships that disrupt community feeling. These competitions attend to the demands of private logic, but fail to address the tasks of life cooperatively. Adlerian lifestyle investigation can expose competitive dynamics, allowing families to reorient towards cooperative goals. This course includes live demonstrations, case studies, and practical counsel for families.

**B304, Bluvshstein, Marina – Early Recollections in Individual Psychology**

Early Recollections (ERs) are a unique window into our Lifestyle, the most precise way to identify the central theme of our life, our life challenges, and the strategies we use in overcoming these challenges. In this workshop, participants will learn about the power of ERs, the purposefulness of feelings, the ways in which ERs illustrate our Lifestyle, and the way to reconstruct ERs to encourage healthier movement toward a greater sense of belongingness.

**B305, Kottman, Terry – Introduction to Adlerian Play Therapy**

In this fun, experiential workshop, 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!!

**B306, Lee-Own, Kim – Five Secrets to Happy Children**

Raising children isn't easy! Most struggles though, are caused by misunderstanding others' thoughts, feelings and actions. The workshop is based around five fundamental principles that will help parents and other carers, to understand and respond to their children in ways that encourage independence, self-discipline and responsibility while developing social interest.

**B307, Levitt-Frank, Mia – Coaching Adlerian leaders on Transforming a Community Development**

**Vision into Reality** Adlerian coaching is a process designed to create significant results, emphasizes individuals' strengths, and highlights the intersection between personal vision, values, goals, and contribution. Focusing on commitment to community development, participants will explore an initiative/ project they wish to implement in their community, create a plan that transforms their vision into reality, and present their plan to the group for encouragement and constructive feedback.

**B308, Oberst, Ursula – Introduction to Individual Psychology** This workshop provides an introduction to the basic tenets of Adlerian Psychology and is targeted both to newcomers to IP and to people who already have some theoretical or practical background. Participants will be presented a systematic overview, accompanied by practical and experiential exercises intended to consolidate the learning outcomes. Participants will also be invited to relate these concepts to their personal life.

**B308, Oberst, Ursula – Introducción a la Psicología Adleriana**

Este curso ofrece una introducción a los conceptos básicos de la Psicología Adleriana y se dirige tanto a personas que todavía no conocen esta línea como a las que ya tienen algún conocimiento. Los participantes recibirán una introducción sistemática, acompañada por ejercicios prácticos y experienciales, para consolidar el aprendizaje. Los participantes también podrán relacionar estas ideas con su vida personal.

**B309, Rasmussen, Paul – Adaptive Reorientation** Adler stated that psychotherapy is a process of reorientation based on education. In this workshop, participants learn how to help their clients re-orient themselves to life such that their renewed style of life is more adaptive given the realities of social living.

**B310, Verjee, Begum – Adlerian Coaching**

This introductory workshop offers a foundational model of Adlerian Coaching through a creative, interactive and hands-on approach. The workshop introduces principles of Adlerian Psychology along with a model associated with an Adlerian approach to personal or professional coaching. By offering a framework for coaching and class demonstrations, participants are anchored in the coaching mindset while practicing some key competencies of coaching as outlined by the International Coach Federation (ICF).

**B311, Williams, Hallie – Social Justice and Individual Psychology**

This class is designed to explain Social Justice through the theory of Individual Psychology. Adlerian Theory is more than a basis for understanding and treating mental illnesses. Adlerian Theory can also be used to explain how to coexist with each other and the issues of life that lead to mental illnesses.

**WEEKEND TWO****Workshops A: Weekend 2\*****A401, Callus, Joyce – Parenting**

Parenting may be the biggest commitment in life. Yet when children are born they do not bring a handbook with them. Luckily the studies of Alfred Adler and Rudolf Dreikurs help parents, educators and other child professionals with their mission. During this practical workshop the application of Individual Psychology will provide the tools that help in the building of positive relationships based on Adlerian concepts such as understanding, mutual respect and others. Open to new comers.

**A402, Echle, Erika – Klassen- und Familienmeeting**

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**A404, Joosten, Theo – Cooperative Problem-solving**

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**A405, Millar, Anthea – Safe Trauma Therapy**

This highly practical workshop draws on some of the latest trauma research and therapy approaches that integrate well with an Adlerian approach. It will focus particularly on developing the therapeutic skills of ensuring safety and stability, observing physiological arousal levels, enabling dual attention for managing flashbacks and trauma memories, and building on the person's resilience and social connection.

**A406, Radu, Liliana – Developing social interest in children with neurodevelopmental differences**

This workshop offers an Adlerian view to how caregivers can support development of social interest, connection, capability, counting and courage for children with neurodevelopmental differences and explore how social interest can help children diagnosed with autism overcome their biological, emotional and social challenges.

**A407 Schläpfer, Christelle – Attachment and Lifestyle**

The style of attachment is formed in the very early beginning of our life and has an important influence on how we relate to other people (especially in close relationships and in our own parenting style). In this workshop we will see how attachment influences our lifestyle and how understanding our attachment style can help us to improve our close relationships developing an earned secure attachment.

**A407 Schläpfer, Christelle – Bindung und Lebensstil**

Die Bindungsqualität wird sehr früh im Leben geformt und hat einen wichtigen Einfluss darauf, wie wir mit anderen Menschen umgehen (vor allem in engen Beziehungen und im eigenen Erziehungsstil). Im Workshop werden wir sehen, wie die Bindung unseren Lebensstil beeinflusst und wie das Verständnis unserer Bindungsqualität uns dabei helfen kann, unsere engen Beziehungen zu verbessern und eine sichere Bindung aufzubauen.

**A408, Tate, Bruce – Personal Growth and Development**

Adlerian Psychology views personal growth and development as tasks that we all face in dealing with the challenges of life. Throughout his writing Adler highlights striving to overcome a sense of inferiority. Identifying personal strengths and courage is therefore important for practitioners in helping people to achieve goals and handle challenges in developing choices and opportunities that in turn lead to an improved sense of well-being.

## **Workshops B: Weekend 2\***

### **B501, Abramson, Zivit – Selbsterfahrung**

Jeder Mensch denkt, fühlt und handelt gemäß seines Lebensstils. Die Teilnehmer werden lernen, die persönlichen Ziele innerhalb ihres Lebensstils zu erkennen und auch die irrtümlichen Schlussfolgerungen, die sie zu diesem Ziel geführt haben.

### **B502, Alizadeh, Hamid – Adlerian Approach to Childhood Behavioral-emotional Problems**

Many children in contemporary societies manifest serious behavioral and emotional problems. In many cases, parents and teachers complain that children do not have sufficient concentration and attention, are easily bored, are defiant and oppositional, are not courageous and show different sorts of anxiety. Also, children are described as lacking a sense of responsibility, and eating problems are oftentimes a primary challenge for parents and children. This workshop using Adlerian psychology will help parents and educators achieve practical ways to raise more healthy and cooperative children.

### **B503, Balla, Marion – Self Care for Caregivers**

As Caregivers, we must be alert to signs of distress and ‘compassion fatigue’ as we juggle time, priorities, personal and professional expectations. This workshop 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 boundaried daily lives.

### **B504, Bettner, Betty Lou – Crucial Cs in Intimate Relationships**

Let’s explore the task of intimacy — It is often described as the most difficult relationship. Each partner has needs, goals, hopes, expectations, choices, emotions, and methods for resolving conflicts. Everyone yearns for a satisfying relationship no matter how counterproductive the behavior seems at the moment. Let’s see how we can replace or restore what is missing and maybe add to the good parts.

### **B505, Bluvshstein, Marina – Metaphors in Movement**

Metaphors are a heart of language and our common existence. They bring us into a full experience of life, influencing social cognition, relational decision making, political choices, and much more. Transformative power of metaphors is linked to neurocognitive processes in the brain, making it possible to activate certain brain areas when using client-generated metaphors. This workshop focuses on enhanced use of metaphors in therapeutic interventions for a variety of challenges faced by individuals and families across cultures.

### **B506, Kottman, Terry – Introduction to Adlerian Play Therapy**

In this fun, experiential workshop, 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!!

### **B507, Rasmussen, Paul – Emotions and Private Logic**

In this workshop the two categories and three purposes of emotions are presented as they relate to unarticulated lifestyle beliefs and behaviors. Participants will be invited to consider these concepts as they relate to lifestyle as revealed in early recollections.

### **B508, Sperry, Jon – Psychopathology from an Adlerian Perspective**

Adler identified that safe guarding is often the goal of various behaviors, symptoms, and emotions. This workshop will examine the conceptualization of mental health disorders and emotions from an Adlerian perspective. Assessment, conceptualization, and treatment implications of various symptoms and disorders will be reviewed.