

## KURSÜBERBLICK ERSTE WOCHE

### Vormittagskurse 11:00 - 13:00

Kursnummer, Dozent und Titel des Kurses	Englisch	Deutsch	Offen für Jugendliche
101 - Amit, Ronit - Managing for a change	X		
102 - Balla, Marion - Mother daughter relationships	X		
103 - Baumer, Gerhard - Dreams/Träume	X	X	
104 - Joosten, Theo - Cooperative Problem Solving	X		
105 - Kearns, Dave - The vital dance:relations between infants and their primary care givers	X		
106 - Landscheidt, Uti - Art Therapy/Kunsttherapie	X	X	
107 - Levitt-Frank, Mia - Working with challenging early recollections-stretching the paradigm	X		
108 - Millar, Anthea - Supervision	X		
109 - Oberst, Ursula - Working with Couples in therapy and counseling	X		
110 - Rasmussen, Paul - Adaptive Reorientation	X		
111 - Schläpfer, Christelle - Bullying and cyberbullying	X		
112 - Shaked, Anabella - Use of creative tools in Adlerian practice	X		
113 - Shoham, Yoav - The art of encouragement	X		
114 - Tate, Bruce - Creativity & Private Logic	X		
115 - Uzun, Bilge - Private logic and mindfulness	X		
116 - Williams, Hallie - Social justice and Individual Psychology	X		

## Nachmittagskurse 14:30 - 16:30

Kursnummer, Dozent und Titel des Kurses	Englisch	Deutsch	Offen für Jugendliche
201 - Bluvshstein, Marina - Metaphors in supervision	X		
202 - Christophe, Dalia - Coaching to establish healthy couple relationships	X		
203 - Ferguson, Eva Dreikurs - IP in the Workplace (1+2) online - facilitator Marion Balla	X		
204 - Hill, Lindsay - Adlerian approach to intimacy and sexuality	X		X
205 - Hillenbrand, Andrea - Raus aus dem Single-Dasein	X	X	
206 - Holder, Jim - Addictive behaviors and early recollections	X		
207 - John, Karen - Group Dynamics & Facilitation	X		
208 - Lee-Own, Kim - Five Secrets to Happy Children	X		X
209 - Millar, Anthea - Trauma and the body	X		
210 - Molan, Karen - Birth order and negotiation	X		
211 - Oberst, Ursula - The helping professional's dreaded scenario – the role of the professional's own life style	X		
212 - Pacurar, Anda - Understanding adolescents	X		X
213 - Rasmussen, Paul - Emotions and Private Logic	X		X
214 - Schläpfer, Christelle - Life style and parenting style	X	X	
215 - Verjee, Begum - Self-care	X		X
216 - Williams, Hallie - Adlerian principles in community psychology	X		X

### Vormittag (11:00 - 13:00)

#### 101 - Amit, Ronit- Managing for a change

Successful managers need to acquire two different abilities: to be a leader- to create and lead the organization's vision and soul and to manage the organization's tasks and missions effectively. This Course will focus on Adlerian approaches to optimal management that increase the organization's productivity, social resilience, and ability to thrive and grow people

**102 - Balla, Marion - Mother daughter relationships**

Mothering is a complex, multi-faceted role deeply affected by societal messages about women and gender. Mothers are held accountable for the success and well-being of their children, particularly of their daughters. Mother-daughter relationships are often a dance of push and pull. This course is designed to explore the intergenerational patterns and the gender messages that each woman carries and will focus on the strengths and resourcefulness of women throughout generations within an Adlerian framework.

**103 - Baumer, Gerhard - Dreams/Träume**

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 toward the future, similar to early recollections. We will use participants' dreams in order to show the meaningfulness, how we can use them in our counseling work.

In Träumen verarbeiten wir unsere täglichen Erlebnisse und unsere ungelösten vergangenen Konflikte entsprechend unseres Lebensstils. Träume benutzen Metaphern und Symbole, die, um verstanden zu werden, interpretiert werden müssen. Träume beeinflussen unsere Emotionen und unsere Erwartungen bezüglich der Zukunft, ähnlich wie frühe Kindheitserinnerungen. Wir wollen die Träume der Teilnehmer benutzen, um den großen Bedeutungsgehalt zu zeigen und wie wir sie in unserer Beratungsarbeit nutzen können. Der Kurs ist für Psychotherapeuten, Berater und für Menschen, die Träume in ihrer Profession nutzen wollen oder mehr Selbsterkenntnis durch Traumarbeit bekommen wollen.

**104 - 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.

**105 - Kearns, Dave - The vital dance: relations between infants and their primary care givers**

Parent-infant psychotherapy seeks to relieve emotional distresses within parent(s), the baby, and/or their interaction. Presentations of postnatal depression, anxiety, infant distress, sleep and attachment issues. Frequently unresolved trauma in parents gets reawakened in the presence of a baby or the responsibility of being care giver. An Adlerian framework for observing, and recording proximal interactions using video analysis will be demonstrated.

**106 - Landscheidt, Uti - Art Therapy and Lifestyle/Kunsttherapie und Lebensstil**

This is an introductory course for participants who do not have much knowledge and experience in Individual Psychology and who look for an exciting and relaxing course to learn about lifestyle. It is based on Sadie Tee Dreikurs' teaching and her book "Cows can be purple". No experience in painting is necessary.

Dieser Basiskurs wendet sich an alle Teilnehmer, die nicht viel Wissen von und Erfahrung mit IP haben und die in einem zugleich spannenden und entspannenden Kurs mehr über ihren Lebensstil erfahren möchten. Der Kurs basiert auf der Methode von Sadie Tee Dreikurs und ihrem Buch "Kühe können lila sein". Vorkenntnisse im Malen sind nicht erforderlich.

**107 - Levitt-Frank, Mia - Working with challenging early recollections-stretching the paradigm**

"Among all psychic expressions, some of the most revealing are individual's memories" (Adler, 1931). Identifying and working with strengths and creative strategies for belonging in early recollections reinforces a sense of value and belonging and invites clients to connect to their courage to face life challenges, develop and grow. But are strengths evident in all early recollections? In this course we will identify creative strengths and strategies for belonging in all early recollections, as we stretch our own paradigms of how we see strengths, the other and ourselves.

**108 - Millar, Anthea - Supervision**

Receiving regular and restorative supervision are crucial aspects of being an effective professional. This practical and experiential class, for both new and experienced supervisors, will explore the multiple dynamics of supervision, underpinned by an Adlerian perspective. It will identify how to build a supervisory relationship that combines equality, authority and encouragement, offer practice in giving supervisory feedback in complex situations, and introduce some creative methods.

**109 - Oberst, Ursula- Working with Couples in therapy and counseling**

Participants will learn Adlerian techniques to working with couples in counseling and therapy. The focus will be on how to make a careful assessment of the couple's presenting problems and the construction of the therapeutic setting and alliance in order to improve the probability of a successful therapy process. We will also discuss therapeutic interventions in specific cases such as infidelity, polyamory, and divorce counseling.

**110 - Rasmussen, Paul - Adaptive Reorientation**

Adler stated that therapy is a process of discovery, education, and reorientation. This course focuses on reorientation. The emphasis is on what to do after lifestyle investigation and case-conceptualization. We will focus on the development of psychological muscle, which includes recognizing and managing life responsibilities, fostering meaningful relationships through social skill and cooperation, enhancing respect for self and for others and on the development of courage.

**111 - Schlöpfer, Christelle - Bullying and cyberbullying**

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 course 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.

Mobbing und Cybermobbing sind nach wie vor große Herausforderungen an vielen Schulen. Viele betroffene Schüler holen sich keine Hilfe aus Angst, die Situation könnte schlimmer werden. In diesem Workshop erfahren wir, weshalb die Form der Intervention bei Mobbing und Cybermobbing entscheidend ist und erhalten viele Ressourcen zur Prävention und Intervention.

**112 - Shaked, Anabella - Use of creative tools in Adlerian practice**

This course is designed for participants interested in professional development. Adlerian interventions are designed to expand the client's private logic and enable a more positive and flexible attitude towards life tasks and others. To achieve that, Adlerian use a variety of creative tools in their practices, because, as Dreikurs (1973) pointed it out, "...sooner or later we arrive at a situation where the theoretical discussion of psychological problems fails to bring any further visible progress... Presentation of ideas and rationalization must be supplemented by *vital experiences, by psychological action...the treatment must become* (pp. 24-25). This course will teach five creative techniques to apply in Adlerian therapy, coaching or parent education.

**113 - 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.

**114 - Tate, Bruce - Creativity & Private Logic**

We will explore our private logic or core assumptions about ourselves, others, the world around us and how we find a way to fit in. Some of these beliefs might have been established at a young age and through developing self-awareness we are able to identify and try out alternative choices and opportunities for the benefit of ourselves and others.

**115 - Uzun, Bilge - Private logic and mindfulness**

Mindfulness, the art of conscious living, is the ability to invite the mind to the current moment – here and now – without judging. In this experiential group process, the participants will briefly learn about some contemporary theories (e.g., DBT and ACT) that are considered as Neo-Adlerian Approaches. In addition, they will gain an understanding of mindfulness in conjunction with Adlerian concepts, specifically private logic, through individual practices.

**116 - Williams, Hallie - Social justice and Individual Psychology**

This class is designed to explain Social Justice Issues 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.

**KURSBESCHREIBUNGEN ERSTE WOCHE**

\* Lernziele finden Sie unter [www.icassi.net](http://www.icassi.net) unter „Kursbeschreibungen“.

## Nachmittag (14:30 – 16:30)

### **201 - Bluvshstein, Marina - Metaphors in supervision**

Adlerian supervision is unique in that it is as much of a creative and encouraging process as Adlerian therapy itself. The course will explore a place of metaphors in the process of overcoming therapeutic impasses. It will build special skills in metaphor-based Adlerian supervision. It will help both supervisor and supervisee to find courage and to achieve greater mastery in life. **Open to youth.**

### **202 - Christophe, Dalia - Coaching to establish healthy couple relationships**

"Love can become the sincerest expression of a person's desire to belong" (Adler, 1956). A healthy relationship depends on individuals' ability to understand and communicate their own and the other's needs and interests, with mutual respect. In this course you will learn coaching tools aligned with Adlerian theory, to establish and maintain healthy couple relationships. We will focus on awareness, strengths, and personal responsibility for making a meaningful difference in your relationships.

### **203 - Ferguson, Eva Dreikurs - IP in the Workplace (1+2) online - facilitator Marion Balla**

Adlerian Psychology helps improve human relationships in all settings, including the workplace. Workplace solutions are also applicable to problems at home and at school. Participants' own work problems are discussed. Work roles, conflict resolutions, group dynamics, and personality variables are viewed within the Adler-Dreikurs framework. (1+2)

### **204 - Hill, Lindsay - Adlerian approach to intimacy and sexuality**

Adler's task of love/intimacy is often identified as one of the greatest challenges of life. How we engage in this task is based upon our individual lifestyles, which guide us like a compass. The patterned way in which we handle the challenges of life is related to our sexuality and intimacy patterns. Belonging with a significant other provides an opportunity to practice social interest, where we are concerned not just with fulfillment of self, but of the other as well. This course will offer practical and creative ways to fulfill this task of love/intimacy. Come with your curiosity and questions, and together we will discover the answers!

**Open to Youth.**

### **205 - Hillenbrand, Andrea - Raus aus dem Single-Dasein**

Unacknowledged goals and patterns can be the cause of difficulties in finding a partner and in maintaining relationships. By using classic individual psychological diagnostic tools, such as the family constellation, early childhood memories, role models of couple relationships, relevant lifestyle aspects and individual obstacles should be made aware.

Wenn es mit der Partnersuche und dem Führen von Beziehungen nicht so recht klappen will, kann das an uneingestandenen Zielen und Mustern liegen. Durch Nutzen klassischer individualpsychologischer Diagnoseinstrumente wie Geschwisterkonstellation, frühe Kindheitserinnerungen, Vorbilder von Paarbeziehungen sollen relevante Lebensstilaspekte und individuelle Hindernisse bewusst gemacht werden.

**206 - Holder, Jim - Addictive behaviors and early recollections**

Focusing on the process of addictive behaviors and interventions we compare early recollections of individuals with different addictive behaviors relating them to how clients' addictions reinforce their beliefs, life themes, and lifestyles. Themes are found within the metaphor of early recollections and point to the positive purpose of addictive behaviors.

**207 - John, Karen - Group Dynamics & Facilitation**

Promoting social equality within therapeutic and work groups is essential and requires understanding and attending to group needs, individual needs, and life style issues. In this interactive, experiential and experimental course, participants are invited to analyze, share, and enact group experiences and scenarios to deepen understanding and increase their effectiveness as group leaders and facilitators.

**208 - Lee-Own, Kim - Five Secrets to Happy Children**

Therapists & Coaches whose focus is not parenting, need a framework that's easy to remember and simple for their clients to put into practice. Five Secrets to Happy Children addresses fundamental themes: communication, needs, behaviour, discipline and encouragement. Using the framework, informed by Adlerian thinking, including Crucial Cs, therapists can help clients build a consistent, strengths-focused, encouraging system of parenting.

**Open to Youth.**

**209 - Millar, Anthea - Trauma and the body**

Adler stated "To a certain degree, every emotion finds some bodily expression." (1934 p 223). His holistic wisdom is echoed today by many key traumatologists who recognize that traumatic events are first and foremost held in the body. This practical course will focus on working somatically in trauma therapy, drawing on therapy approaches that integrate well with Adler's biopsychosocial perspective.

**210 - Molan, Karen - Birth order and negotiation**

In every therapeutic relationship there is a negotiation. Recognizing a client's birth order position is a key to deepening the trust required for a successful negotiation. In this workshop we will look at the factors and traits and the common language patterns associated with each position. This class will be a combination of experiential and theory.



### **211 - Oberst, Ursula - The helping professional's dreaded scenario – the role of the professional's own life style**

This course introduces a technique, initially developed by Kesselman, Pavlovsky and Frydlewsky designed for group leaders, therapists, counselors, and other helping or teaching professionals to deal better with those situations that might be dreaded by the professional when working with clients, patients, families, students or groups. These could be worst-case scenarios such as a patient's suicide attempt, but also apparently minor issues that create discomfort in the professional (client's grievance, administrative complaints, payments due, violent outbursts, etc.). The role of the professional's own life style is examined and incorporated in this technique that uses role-playing and participation of the whole participant group.

### **212 - Pacurar, Anda - Understanding adolescents**

Using Adler Dreikurs principles of understanding adolescents we will explore private logic, behaviors and search for meaning. We analyze typical modern challenges for adolescents like being independent, identity, social media, bullying (cyber bullying), adapting to pandemic and how to develop resilience in general. The theory and technique will be taught by means of live demonstrations.

**Open to Youth.**

### **213 - Rasmussen, Paul - Emotions and Private Logic**

Adlerian Psychology is a psychology of use. This refers to the fact that what humans do, they do for a useful purpose. This is particularly true in the case of emotions. Rather than being the product of random biological processes, emotions are adaptive mechanism they serve to help fulfill the ambitions of the lifestyle. From this purpose we can recognize an individual's style of life by considering emotional expression. With this insight, the therapist is better able to direct effective interventions via enhanced emotional intelligence.

**Open to Youth.**

### **214 - Schläpfer, Christelle - Life style and parenting style**

The connection between a parent's childhood and today's parenting style is quite strong. Many parents set out to raise their children very differently from the way their parents did, and they find it extremely difficult, because it is not just a matter of learning new parenting techniques, but it often requires a change in attitude. If parents want to change their parenting style, they can't help but look at their own lifestyle to understand the patterns.

Der Zusammenhang zwischen der Kindheit der Eltern und dem heutigen Erziehungsstil ist sehr stark. Viele Eltern machen sich auf den Weg, ihre Kinder ganz anders zu erziehen, als es ihre Eltern getan haben, und es fällt ihnen extrem schwer, denn es geht nicht nur darum, neue Erziehungstechniken zu erlernen, sondern es erfordert oft auch eine Änderung der Einstellung. Wenn Eltern ihren Erziehungsstil ändern wollen, kommen sie nicht umhin, ihren eigenen Lebensstil zu überprüfen, um die Muster zu verstehen.

**215 - Verjee, Begum - Self-care**

Addressing burnout and compassion fatigue requires tangible, proactive strategies for building resilience and creating spaces for self-care. Participants will learn the signs and symptoms of compassion fatigue and burnout, assess stress/distress levels at home and at work, create a self-care plan based on strategies to increase balance, reduce negative thinking and feelings, and develop skills to increase wellbeing and enhance supportive relationships.

**Open to Youth.**

**216 - Williams, Hallie - Adlerian principles in community psychology**

This class will address the foundational tenets of Community Psychology: social, cultural, economic, political, environmental, and international, and explore how it integrates with Adlerian Psychology to influences to promote positive change, health, and empowerment at individual and systemic level.

**Open to Youth.**