

## KURSÜBERBLICK ZWEITE WOCHE

### Vormittagskurse 11:00 - 13:00

Kursnummer, Dozent und Titel des Kurses	Englisch	Deutsch	Offen für Jugendliche
401 - Bluvshstein, Marina - Early recollections as window into psychopathology	X		
402 - Callus, Joyce - There must be another way (Parenting)	X		
403 - Echle, Erika - Konfliktlösungen in der Schule/ Resolving conflicts in school	X	X	
404 - Fitzgerald, Michael - Using Social Interest and Early Memories to find a client's goals	X		
405 - Greenhalgh, Bruce - Integrating Mindfulness with Adlerian Psychology	X		
406 - John, Karen - Social equality in action	X		
407 - Joosten, Theo - Cooperative Problem Solving	X		
408 - Landscheidt, Uti - Advanced Art Therapy	X		
409 - Levitt-Frank, Mia - From vision to reality - making a difference through community development	X		
410 - Sperry, Jon - Mental health from an Adlerian perspective	X		
411 - Verjee, Begum - Professional Coaching & IP	X		

### Nachmittagskurse 14:30 - 16:30

Kursnummer, Dozent und Titel des Kurses	Englisch	Deutsch	Offen für Jugendliche
501 - Armerding, Calvin - Cooperation in systems (families and organization)	X		X

502 - Balla, Marion - Strengths-based Couples therapy and enrichment	X		
503 - Cice, Joseph - IP and dealing with new technologies	X		X
504 - Ferguson, Eva Dreikurs - IP in the Workplace(1+2)	X		
505 - Hillenbrand, Andrea - Alcohol addiction, co-dependency and style of life/ Alkoholabhängigkeit, Ko-Abhängigkeit und Lebensstil	X	X	
506 - Levitt-Frank, Mia - Working with metaphors	X		
507 - O’Keeffe, Sonya - An Adlerian Art Therapy Group Work Approach to support Mental Health	X		
508 - Schläpfer, Christelle - Parenting in a digital world/ Erziehung in einer digitalen Welt	X	X	
509 - Shoham, Yoav - Encouragement in stressful situations	X		X
510 - Sperry, Jon - Group Drumming and cooperation	X		X
511 - Tate, Bruce - Developing your social interest in the life task	X		
512 - Todorova, Vera - Building bridges between families and schools	X		X
513 - Williams, Hallie - Individual Psychology: Concepts, Theory, and its Development	X		

### **Ganztagskurse 11:00 - 13:00 und 14:30 - 16:30**

<b>Kursnummer, Dozent und Titel des Kurses</b>	Englisch	Deutsch	Offen für Jugendliche
601 - Kottman, Terry - Play Therapy	X		
602 - Lew, Amy - Crucial Cs in Practice	X		

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

### **401 - Bluvshstein, Marina- Early recollections as window into psychopathology**

Using Early Recollections is one of the two major windows into the human nature and one of the most powerful ways of improving it. How useful is the ER work in understanding and treatment of specific psychopathologies? The course will provide an opportunity of ER work with depression, anxiety, OCD, Borderline Personality disorder, suicidal ideation, alcoholism, ADHD, and other clinical conditions.

### **402 - Callus, Joyce - There must be another way (Parenting)**

One of the most demanding commitments in life is parenting / teaching. There are no perfect parents, but thanks to the tools provided by Adler and Dreikurs this mission may become more fruitful for all. Going through childrens' development, understanding goals of negative behaviour, encouragement, positive discipline and effective communication all put into practice will make a difference. Please join our workshop for this adventure.

### **403 - Echle, Erika - Konfliktlösungen in der Schule/ Resolving conflicts in school**

In diesem Kurs lernen Sie, Probleme in Schulklassen zielgerichtet, konstruktiv und kooperativ zu lösen. Die Grundlage ist die gegenseitige Wertschätzung und der Glaube an den Wert jedes Einzelnen. Wie kann ich Verantwortung abgeben und trotzdem einen Weg finden, eine Klasse zu führen? Durch Beispiele wie Klassenrat, Ermutigung, Vertragsarbeit, Lehrer-Schüler-/Elterngespräche versuchen wir Lösungen gemeinsam zu finden.

In this course you will learn how to solve problems in school classes in a targeted, constructive and cooperative manner. The basis is mutual respect and belief in the value of each individual. How can I give up responsibility and still find a way to run a class? Through examples such as class meeting, encouragement, contract work, teacher-student/parent talks, we try to find solutions together.

### **404 - Fitzgerald, Michael - Using Social Interest and Early Memories to find a client's goals**

Through the practical application of social interest in this experiential course, participants will explore the ability 'to stand in another's shoes, feel with their heart and see with their eyes' (Alfred Adler), and identify with the co-operation of the client using Socratic questioning unpack early memories that will help reveal the individual Adlerian typology/goals to the client.

**405 - Greenhalgh, Bruce - Integrating Mindfulness with Adlerian Psychology**

It is increasingly recognized that mindfulness is beneficial in a range of applications, developing and strengthening: self-awareness, awareness of others, emotional regulation, somatic awareness, compassion for self and others, Therapeutic relationship. Many counsellors, teachers and educators are including what are being labelled 'mindfulness techniques' and 'mindfulness informed approaches' in their teaching or practices without any formal mindfulness training or education. This training will explain mindfulness in line with the guidelines from the British Association of Mindfulness Based Approaches and how mindfulness when used correctly and appropriately complements Adlerian Psychology.

**406 - John, Karen - Social equality in action**

Social equality and democracy require new ways of leading and relating, yet we struggle to exercise our rights and responsibilities. We will look at leadership styles – autocratic, democratic and laissez faire, what prevents us from exercising our own, and recognizing others' authority, and explore feelings and actions that undermine democratic living by working in teams, examining ERs and using psychodrama to identify lifestyle issues and dilemmas.

**407 - 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. Respectful listening, personal attitude 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.

**408 - Landscheidt, Uti - Advanced Art Therapy and Lifestyle**

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.

**409 - Levitt-Frank, Mia - From vision to reality - making a difference through community development**

We can all make a difference in the lives of others and our community. Creating a value-based vision, sharing it with others, and defining a plan for action enhances our courage and passion to contribute. In this interactive workshop all participants will access their courage, passion and creativity to make a difference in their community back home. We will work step by step, creating a vision and plan for action, including encouragement, and constructive feedback for each participant. We will discover how transforming a vision to reality, focusing on contribution to the community, empowers and encourages ourselves!

**410 - Sperry, Jon - Mental health from an Adlerian perspective**

This workshop will highlight the intersectionality of lifestyle assessment and case conceptualization. Both lifestyle assessment and case conceptualization are crucial in treatment and intervention planning in Adlerian counseling. The link among lifestyle assessment and conceptualization will be explained and demonstrated.

**411 - Verjee, Begum - Professional Coaching & IP**

This course offers a foundational model of Professional Coaching through a creative, interactive and hands-on approach. The course also integrates principles of Individual Psychology into a model for personal or professional coaching. By offering a framework for coaching and class demonstrations, participants will anchor themselves in a coaching mindset while practicing some key competencies of professional coaching as outlined by the International Coach Federation (ICF). <https://coachingfederation.org/>

**KURSBESCHREIBUNGEN ZWEITE WOCHE****Nachmittag (14:30 – 16:30)****501 - Armerding, Calvin - Cooperation in systems (families and organization)**

Adler observed that individuals can strive either competitively or cooperatively. Within systems (like families or organizations), the feelings of belonging/significance necessary for human flourishing are compromised by competition, but can be nurtured through cooperation. This course will evaluate how to develop cooperative goals and disciplines within systems. Lifestyle demonstrations will be used to identify competition and reorient toward cooperation.

**Open to youth.**

**502 - Balla, Marion - Strengths-based Couples therapy and enrichment**

Healthy couple relationships are based on cooperation, mutual respect and an understanding of the social embeddedness of each partner. This course will focus on a strengths-based model of examining how couples choose each other based on childhood logic and gender guiding lines. Early memories, life tasks and intergenerational patterns will be explored. Demonstrations with couples will be an integral part of the course.

**503 - Cice, Joseph - IP and dealing with new technologies**

This course would explore the way technology is changing the way we interact and connect with others. It would examine the connection we have with technology and roles it plays in our mental health. It would review the current literature on technology (including smart phones, computers, tablets, smart homes, social media, gaming, etc) and how it is affecting development and social interest. We would discuss these issues and opportunities from an individual psychology perspective covering main concepts including (but not limited to) social interest, striving, lifestyle, private logic, and the requirements for psychologically healthy human beings. This course would explore areas and cases that exist in counseling, parenting, education, and everyday life. Lastly, students will learn a model, based on the writings of Adler, Dreikurs, Bettner and Lew, and others that would prepare them to assist clients, students, children that have an unhealthy relationship with technology.

**Open to youth.**

**504 - Ferguson, Eva Dreikurs - IP in the Workplace (1+2) online - facilitator Marina Blubshtein**

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)

**505 - Hillenbrand, Andrea - Alcohol addiction, co-dependency and style of life/ Alkoholabhängigkeit, Ko-Abhängigkeit und Lebensstil**

We will look at addiction, especially alcohol dependence, from an Adlerian point of perspective, looking at the life tasks, the goal-directedness of behavior and the functionality in social relationships, as well as the connection to co-dependent behavior. Wir werden Abhängigkeitserkrankungen, insbesondere Alkoholabhängigkeit, unter individualpsychologischen Gesichtspunkten betrachten, wie z.B. den Lebensaufgaben, der Zielgerichtetheit von Verhalten und der Funktionalität in sozialen Beziehungen, sowie den Zusammenhang zu co-abhängigem Verhalten.

**506 - Levitt-Frank, Mia - Making meaning with metaphors**

"Metaphors are mirrors reflecting our inner images of self, life, and others (Richard Kopp). In this workshop we will discover the power and magic of metaphors as we experience various forms of metaphor work. We will learn to access and anchor resources through metaphors, understand subjective experience through metaphor work, and create new possibilities for meaning, cognition and action with metaphor transformation. Prepare to access your own unique creativity through metaphors!

### **507 - O'Keeffe, Sonya - An Adlerian Art Therapy Group Work Approach to support Health**

This course is an introduction to running an Adlerian Art Group. In this course you will learn to facilitate a group using Adlerian techniques, procedures, and prompts. This course allows participants the immersive experience of participating in an Adlerian Art Therapy Group and equipping them to develop the skills necessary to deliver it. Each learner will receive a 10-week programme. This is a fun and creative course, a great way to learn and interact with other learners.

### **508 - Schläpfer, Christelle - Parenting in a digital world/Erziehung in einer digitalen Welt**

Mobile phones have become almost indispensable today. While the use of these devices can have many benefits, there is also growing concern about the potential negative effects on children's development. Excessive screen use affects emotional, cognitive and social development. Many parents are not aware of the potential dangers. Or they are aware but do not know what to do. - However, the above-average mobile phone use of some parents must also be examined. Initial studies show the negative consequences this has for children's development.

Handys sind heute fast unverzichtbar geworden. Die Nutzung dieser Geräte kann viele Vorteile mit sich bringen, aber es gibt auch wachsende Bedenken hinsichtlich der möglichen negativen Auswirkungen auf die Entwicklung von Kindern. Übermäßiger Bildschirmgebrauch beeinträchtigt die emotionale, kognitive und soziale Entwicklung. Viele Eltern sind sich der potenziellen Gefahren nicht bewusst. Oder sie sind sich dessen bewusst, wissen aber nicht, was sie tun sollen. - Aber auch die überdurchschnittliche Handynutzung einiger Eltern muss untersucht werden. Erste Studien zeigen, welche negativen Folgen dies für die Entwicklung der Kinder hat...

### **509 - Shoham, Yoav - Encouragement in stressful situations**

This program has been planned especially for ICASSI and is designed to teach coping strategies in daily stressful situations. Using Adlerian encouragement principles in various creative ways, enables us to deal with daily life pressures.

**Open to youth.**

### **510 - Sperry, Jon - Group Drumming and cooperation**

Group drumming and rhythm activities can assist individuals and groups to foster social interest and well-being. This course will review group drumming and rhythm activities that can be used for self-care and also with diverse populations in various settings (school, counseling, coaching, and organizational consulting). The format for this course will be highly experiential and will also include some brief lecture content.

**Open to youth.**

**511 -Tate, Bruce - Developing your social interest in the life task**

Social Interest and handling the core Life Tasks are core concepts of Individual Psychology. In this course we will develop greater understanding personal insight into these concepts, the ways in which they are linked and how we can achieve growth and development in order to further enrich the lives of ourselves and others.

**512 -Todorova, Vera - Building bridges between families and schools**

In Adler's theory, "the school is placed between the family and life in society" (Ansbacher & Ansbacher, 1956, p. 399). He believed that whatever mistakes were made in the raising of children at home, the educational institution is the place where those could be corrected and the child would be guided "so that they will play their individual role harmoniously in the orchestral pattern of society" (Ansbacher & Ansbacher, 1956, p. 399). Keeping in mind the global challenges last four years have presented to contemporary society and recognizing the unprecedented high levels of discouragement among parents, students and teachers, this class focuses on the aspiration to prevent further withdraw of trust between the two main pillars responsible for the development and maintaining wellbeing in children - parents and schools. Participants in the class will have the opportunity to safely explore and find encouragement and support for (re)building the bridge toward an egalitarian relationship based on trust, empathy, encouragement, social interest and cooperation toward learning and succeeding together.

**Open to youth.**

**513 - Williams, Hallie - Individual Psychology: Concepts, Theory, and its Development**

This class will unpack Adler's foundational concepts including: as if, holism, birth order, the universality of striving, apperceptive schema, teleology, phenomenology, and more. By the end of the class, all participants will be able to analyze and draw connections between those Adlerian concepts, explain them, and create a group presentation incorporating all the discussed concepts.

**Ganztagskurse (11:00 -13:00 und 14:30 - 16:30)****601 - Kottman, Terry - 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!!

**602 - Lew, Amy - The Crucial Cs in Practice**

The Crucial Cs is a construct developed to introduce Adler's and Dreikurs' ideas in a usable and easy to understand format which can be applied in clinical settings, as well work with families, schools, couples, and in the workplace. The Crucial Cs (the need to connect, feel capable, believe one counts and have courage) help us understand behavior and empathize with and encourage the people we live and work with as well as ourselves. This day long workshop will introduce and deepen participants ability to understand and use the Crucial Cs. We will discuss applications in practice with individuals, couples, families, schools and address participants needs and concerns. It will include experiential exercises and demonstrations.