

## WEEK ONE - COURSE DESCRIPTIONS

### MORNING COURSES, 11:00 TO 13:00

#### **101 - Bärtschi, Ruth -Schreibwerkstatt - German**

Expressives Schreiben in der individualpsychologischen Beratung und Selbstentwicklung. Kreativ und schöpferisch die eigenen Muster und Lebensstilideen erkennen, Lösungswege finden und in der Beratung anwenden lernen. Freude am Schreiben und der Selbstarbeit ist eine hilfreiche Voraussetzung für diesen praktischen Kurs.

Die schöpferische Kraft der Märchen- und Fabelwelt entdecken

*Lernziele:*

- 1. Schreiben als Technik zur Selbsterfahrung und Lebensstil — Exploration*
- 2. Kreative Lösungsansätze in Problemsituationen finden*
- 3. Modell des heuretischen Zirkels aus der Poesiearbeit anwenden lernen*

#### **102 - Baumer, Gerhard - Working with Dreams/ Traumarbeit - English/German**

##### **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, how we can use them in our counseling work.

The course is for psychotherapists, counsellors, for people who want to use dreams professionally or want to gain self-awareness through dream interpretation.

##### **Traumarbeit:**

In Träumer 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 anzuzeigen 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.

### **103 -Bluvsthein, Marina - Using metaphors: A gift of metamorphosis for each of you - English**

Using metaphors: A gift of metamorphosis for each of you

Do you see life problems as a hurricane, a brick wall, or maybe something else? Metaphors can unveil and activate the unique meaning of the unknown, complex, and mysterious in life. This course is for everyone ready to experience the miracle of metaphors, understand the brain processes explaining them, and engage in creative transformation, designing healthier strategies for everyday life.

*Learning Objectives:*

1. *Participants will explain two major brain-based mechanisms of metaphoric cognition.*
2. *Participants will outline four major psychological and social powers of metaphors.*
3. *Participants will hypothesize the connections between unique metaphors and one's Lifestyle via experiential exercises and role-plays.*
4. *Participants will design one new (transformed) unique metaphor-based strategy to overcome the current life challenge.*

### **104 - Callus, Joyce - Parenting - There must be another way - English**

Parenting - one of the most demanding commitment in life. How, Why do we do it? How do Adler and Dreikurs help out in this?participants will be able to answer,- How do we parent and why, are there different parenting styles?

*Learning Objectives:*

1. *able to enhance Building self esteem- personality*
2. *identify -Goals of misbehavior - Positive Disciplined*
3. *able to organize and run Family Meetings*

### **105 - Hillenbrand, Andrea - Self-Care/ Selbstfürsorge - English/ German**

In today's fast-paced world, the importance of self-care cannot be understated. We will explore various forms of self-care, including techniques of emotion regulation and balancing the tasks of life, We will explore obstacles to effective self-care in the private logic of our psychological life-style and distinguish self-care from acting self-centered.

In der heutigen schnelllebigen Welt kann die Bedeutung der Selbstfürsorge nicht unterschätzt werden. Wir werden verschiedene Formen der Selbstfürsorge erforschen, einschließlich Techniken der Emotionsregulierung und der Balance in den Lebensaufgaben. Wir werden Hindernisse für eine wirksame Selbstfürsorge in der privaten Logik unseres psychologischen Lebensstils untersuchen und Selbstfürsorge von selbstsüchtigem Verhalten unterscheiden.

*Learning Objectives:*

1. *Participants will be able to differentiate between self-care and self-centered behaviors.*
2. *Participants will develop a personalized self-care plan*
3. *Participants will be able to apply emotion regulation techniques*
4. *Participants will be able to identify obstacles to effective self care in a psychological life-style.*

Open to all

**106 - Joosten, Theo - Cooperative Problem Solving - English**

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.

*Learning Objectives:*

- 1. To understand problems as social problems*
- 2. To use reflective listening*
- 3. Explain the steps of the incident method*
- 4. Guide a problem solving session by using the incident method*

**107 - Kottman, Terry - Sand Tray Play Therapy - English**

In this interactive and entertaining class, you will learn the basic concepts and techniques of sand tray play therapy from choosing figures to interpreting the process and contents of a tray. You can use sand tray play therapy with child, adolescent, and adult clients. Experience this powerful healing tool while you learn and have fun!

*Learning Objectives:*

- 1. By the end of this course, participants will be able to list and describe the steps for a sand tray play therapy session.*
- 2. By the end of this course, participants will be able to explain two factors important in the processing of sand trays.*
- 3. By the end of this course, participants will be able to describe 5 factors used in interpreting sand trays in sand tray play therapy*
- 4. By the end of this course, participants will be able to describe one method for using the sand tray play therapy process to help clients gain insight into their patterns of thinking, feeling, and/or behaving.*

**108 - Landscheidt, Uti - Art Therapy and Lifestyle/ Kunsttherapie und Lebensstil - English/German**

This is an introductory course for lay participants 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. It is also for counselors who want to broaden their counseling skills by using art exercises.

*Learning Objectives:*

- 1. be able to see how lifestyle expresses in artwork*
- 2. be able to discover own creativity and be encouraged*
- 3. be able to give feedback in an encouraging way*
- 4. be able to name advantages of this group work*

Open to lay persons; counselors who want to use art exercises in their counseling

**109 - Levitt-Frank, Mia - "From vision to reality" -making a difference in your community - English**

"From vision to reality" -making a difference in your community - Mia Levitt-Frank

We can all make a difference in the lives of others and our community. Creating a value-based vision 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 create a personal vision and plan for contribution. Through encouragement we will discover how transforming a vision to reality, focusing on contribution, empowers and encourages ourselves!

*Learning Objectives:*

1. *Learning to create vision*
2. *Defining goals from vision*
3. *Powerful questions as a tool for awareness*
4. *The power of encouragement in realizing potential and goals*

Open for "lay persons".

**110 - Millar, Anthea - Safe Trauma Therapy - English**

This practical course 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 offering specific strategies, when appropriate, for processing trauma memories safely. The emphasis will be on building the person's resilience and social connection in the present and for the future.

*Learning Objectives:*

1. *Describe Adlerian principles in relation to trauma work and apply recent developments in Neurophysiology and Trauma*
2. *Identify principles of safe trauma work and careful assessment of client's readiness to process trauma memories*
3. *Understand and apply the principle and strategies of dual attention and grounding to manage triggers, flashbacks and nightmares, and in processing trauma memories*
4. *Recognize and describe the management of vicarious trauma, secondary trauma, burnout and compassion fatigue*

Open to Therapists, Mental Health Practitioners

**111 - Oberst, Ursula - Working with the treasures of early recollections - English**

In counseling and therapy, the work with the client's/patient's early recollections is an Adlerian core technique for the counselor to understand the client's lifestyle, to encourage the client, and to promote therapeutic change; and for the client to gain insight into their dysfunctional patterns of thinking, feeling and behavior as an important step to change. In this workshop, participants will be encouraged to share early childhood memories; through demonstration and modeling and by applying a stepwise procedure, these childhood memories will be worked through. Participants (both professionals and lay persons) will be able to gain insight into the connection between their memories and their current life situation. Professionals will also learn the procedure and hone their skills in working with the ERs of their clients.

***Learning Objectives:***

- 1. Participants will be able to define the purpose of working with early recollections in Adlerian psychology*
- 2. Participants will be able to identify the parts of an early recollection*
- 3. Participants will be able to identify the connections between their early recollections and their present situation*
- 4. Participants will be able to use a stepwise procedure for working with ERs in counseling*

**112 - Tate, Bruce - Personal growth and development - English**

Personal growth and development - Bruce Tate

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.

***Learning Objectives:***

- 1. Practice creative approaches to aid personal growth and development*
- 2. Be able to link growth to feelings of inferiority*
- 3. Identify personal challenges and identify strengths to address these*
- 4. Identify where personal growth is encountered in case work (or personal situations, eg as parent or mentor) and how to develop working with this*