

Week 2 - Course Descriptions - Morning Courses

11.00 - 13.00

401 - Armerding, Calvin- Adlerian Counseling Methods - English

This course will cover a broad range of tactics, skills, and strategies for counselors in Adlerian psychotherapy. Heavy use of demonstration will be used to teach the skills of therapeutic engagement, lifestyle investigation, and reorientation. While some lecture will cover theoretical foundations, this course will be primarily experiential. Students will observe as well as use Adlerian counseling methods.

Learning objectives:

1. *Participants will be able to list numerous methods and tactics of the Adlerian counselor.*
2. *Participants will be able to apply theoretical learning to the practical use of skills.*
3. *Participants will be able to develop a sense of competence in understanding and using Adlerian counseling techniques.*
4. *Participants will be able to demonstrate their growing ability to use Adlerian counseling methods.*

402 - Blusvstein, Marina- Adlerian Psychology in places, faces, and many voices - English

In this course, you will learn new names, hear new voices, join hot historical debates, and renew your appreciation of Gemeinschaftsgefühl, Lifestyle, private logic, life tasks, ERs, and other Adlerian tenets. You will learn what brought these tenets to life and what keeps them alive. These tenets will be viewed through the Lifestyles of historical figures. Your Lifestyle will be the framework for the discussions.

Learning objectives:

1. *Participants will revisit the key tenets of Individual Psychology across the theory's lifespan and what brought these tenets to life.*
2. *Participants will determine the unique value added to their understanding of Adlerian tenets by at least two "new names" or "new voices."*
3. *Participants will articulate lifestyle convictions, goals, strategies, and strengths for at least one of the famous cases presented in the course.*
4. *Participants will connect their own lifestyle strategies and strengths with what strikes them as the most significant in Adlerian fundamentals.*

403 - Cechova, Daniela - IP, Psychological Immunity and Trauma - English

As a graduate from Individual psychology long-term training as well as EMDR and psychotraumatology training I will share my knowledge about similarities as well as some substantial differences between Individual Psychology and Psychotraumatology. In the course we will learn about the model of psychological immune system of Olah and gain personal profile of psychological immunity through a psychodiagnostic self-evaluation.

Learning objectives:

1. *learn specific similarities between Individual Psychology and Psychotraumatology*
2. *learn differences between methods of treatment of Individual Psychology and Psychotraumatology*
3. *learn five specific techniques for stabilisation*
4. *gain personal profile of psychological immunity*

404 - Greenhalgh, Bruce - Crisis Intervention - English

This training aims to equip participants with the knowledge and skills to respond to crisis situations in a professional and ethical manner. Participants will learn how to define a crisis, assess its severity and impact, and apply suitable intervention strategies to de-escalate, support, and resolve the situation. Participants will also learn how to cope with the stress and emotions that may arise from managing a crisis, and practice self-care techniques to prevent burnout and compassion fatigue.

Learning objectives:

1. *Understand what a crisis is.*
2. *Assess the situation, risk, and needs of individuals in crisis.*
3. *Learn appropriate and effective crisis intervention strategies.*
4. *Learn a range of approaches to maintain self-care when managing a crisis.*

405 - Hill, Lindsay - Creative Methods to Rekindle and Improve Intimacy - English

Come discover how Adlerian principles can help you understand and revitalize intimate relationships. Learn (through demonstration, case studies, and experiential activities) effective techniques to foster deeper connections, ignite passion, and promote emotional intimacy. Dive into exercises, communication strategies, and self-awareness practices to rekindle the flame and strengthen the bonds of love, intimacy and cooperative partnership.

Learning objectives:

1. *Participants will be able to develop a sense of competence in understanding and using Adlerian techniques in the context of intimate relationships*
2. *Participants will be able to identify theoretical and practical ways in which to understand their sexuality and improve/optimize intimacy in their own lives*
3. *Participants will be able to understand and connect how their lifestyle patterns are revealed through their sexuality and intimacy practices (and vice versa).*
4. *Participants will be able to analyze how Adlerian theory (such as *gemeinschaftsgefühl* and lifestyle) can be applied to assess and address challenges, and reorient in intimate partnerships.*

406 - John, Karen - Leadership in action - English

Social equality/equity and democracy require new ways of leading and relating, yet ambivalence about leading and being led prevail. Egalitarian counselors, psychotherapists, supervisors, group facilitators, and managers acknowledge their own and others' authority. They use whatever power they have to support, inspire and lead ethically and responsibly. Through interactive presentations of theories and research, working in teams and small groups, you are invited to reflect upon current and past dilemmas concerning authority and leadership and find positive ways forward.

Open to Managers, team leaders, teachers, and others interested in leadership

Learning objectives:

1. *Identify and develop own leadership strengths and skills, including describing own leadership*
2. *Analyse own and others' early recollections and family constellation and how these relate to attitudes, responses and approaches to leadership.*
3. *Explain how different leadership challenges lead to different leadership responses / styles.*
4. *Apply leadership learning to own practice and to supporting others' leadership.*

407 - 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.

This course is made possible through a grant from the Alfred Adler Institute of New York

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*

408 - Landscheidt, Uti - Advanced Art Therapy and Life Style/ Kunsttherapie für Fortgeschrittene und Lebensstil - English/German

This course is for participants who have taken prior art therapy courses and look for an opportunity to enhance creative skills. Within the framework of Adlerian theory and by means of directed art activities, participants can increase personal self-awareness and learn how to interpret the art pieces of others. Based on Sadie Tee Dreikurs' methods.

Der Kurs wendet sich an Teilnehmer, die bereits Kurse in Kunsttherapie absolviert haben und nach einer Gelegenheit suchen, ihre kreativen Fähigkeiten zu erweitern. Die Teilnehmer werden durch geführte Aktivitäten und im Rahmen der IP-Theorie ihre Selbst-Achtsamkeit erweitern und lernen, wie sie die Kunstwerke der anderen interpretieren können. Der Kurs basiert auf den Methoden von Sadie Tee Dreikurs und ihrem Buch "Kühe können lila sein".

409 - Matti, Kathrin - Mediation aus Adlerianischer Perspektive - German

Mediation ist ein Verfahren, um soziale Konflikte zu bearbeiten. In diesem Kurs erkunden wir gemeinsam kreative Möglichkeiten wie Konflikte in den drei sozialen Lebensaufgaben nach Alfred Adler bearbeitet werden können. Im Konfliktverhalten wenden sich Menschen auf die unnütze Seite des Lebens, anstatt im Sinne des Gemeinschaftsgefühls beizutragen. Verstehen und verstanden werden – ein tieferes Verstehen von sich selbst sowie der anderen Seite eröffnet neue Wege, um Lösungen zu finden, die gut und verantwortungsvoll für sich selbst und andere sind.

Learning objectives:

1. *Teilnehmer wissen was ein sozialer Konflikt aus adlerianischer Perspektive ist.*
 2. *Teilnehmer können einen sozialen Konflikt bearbeiten.*
 3. *Teilnehmer kennen verschiedene Methoden aus der Mediationspraxis.*
 4. *Teilnehmer verstehen ihr eigenes Konfliktmuster besser*
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410 - Molan, Karen - Adler and Dreikurs on Health - English

This experiential workshop will examine Adlers and Dreikurs theories and experiences on health. We will examine the prevailing health metaphors and how they can determine your own and clients health script which becomes part of your/their lifestyle. From it you will gain an expansion of your existing knowledge and learn new methods of handling illness and stress in your daily life.

Learning objectives:

1. *Participants will be able to explain Adlers Theory on inferior organs*
 2. *Participants will be able to discuss the Adlerian concept of compensation and over compensation.*
 3. *Participants will be able to describe their own and clients health script.*
 4. *Participants will be able to transform their own and clients health scripts.*
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412 - Shoham, Yoav - The Art of Encouragement - English

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 2 differences between praise and encouragement. We will learn techniques to build courage to face the issues constructively in our personal and work life

Learning objectives:

1. *Recognition of the principles of encouragement*
 2. *Practice of self acceptance*
 3. *Practice encouragement in couples*
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413 - Sperry, Jon - Adlerian conceptualization and lifestyle assessment - English

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.

Learning objectives:

1. *Participants will describe how lifestyle assessment informs Adlerian conceptualization and intervention planning.*
 2. *Participants will learn and apply Adlerian lifestyle assessment procedures, including early recollections.*
 3. *Participants will summarize and apply Adlerian treatment interventions that are informed by the lifestyle assessment and conceptualization process.*
 4. *Participants will summarize and apply an evidence-based 8-step Adlerian case conceptualization model.*
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414 - Tate, Bruce - It's All Fiction: Creativity and Private Logic - English

Creativity is a key concept within Individual Psychology and is linked to our Private Logic. We create fiction in order to make sense of ourselves and life. Exploring these can help clients understand their lifestyle and creative possibilities. We will explore our basic fictions and how we can make use of them within our own lives, through presentation, discussion and experiential exercises. No prior knowledge of Adlerian theory is required.

Learning objectives:

1. *Be able to identify 3 ways of illiciting private logic*
2. *Be able to identify the components of syllogism and describe two uses of constructing syllogisms*

3. *To state how insight gained from personal insight/awareness gained can be put to use in day-to-day life*
 4. *To summarise how use might be made of identification of personal creativity and private logic in clinical work/personal growth*
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415 - Uzun, Bilge - Lifestyle and Mindfulness- English

Mindfulness is an art of conscious living; a.k.a. "lifestyle" in Adlerian. In this experiential workshop, participants will be invited to reinterpret their lifestyle through various mindfulness practices. They will also consider putting a first step to change/modify lifestyle, with intention, with compassion, without judgement.

Learning objectives:

1. *Acquire knowledge about mindfulness in conjunction with Adlerian concepts, e.g. social interest, lifestyle, striving for superiority etc.*
 2. *Describe early recollections with mindfulness practices and how the practices helped self-acceptance and personal well-being, if at all.*
 3. *To be able to reinterpret lifestyle with various mindfulness practices.*
 4. *Apply mindfulness skills to reinterpret lifestyle and put a first step to change/modify.*
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416 - Williams, Hallie - Adlerian principles in community psychology - English

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 influence and promote positive change, health, and empowerment at individual and systemic levels.

Learning objectives:

1. *Evaluate multiple ecological perspectives to measure social embeddedness well enough to debate the development of social feeling.*
2. *Analyze marginalized communities well enough to create a collective empowerment perspective based on Individual Psychology's postulations.*
3. *Critique the tasks of life well enough to develop a plan that will facilitate the capacity of community groups to work together.*
4. *Analyze the teleological leaning of a community well enough to provide functional direction for the perceived best outcome*