

ICASSI YEARBOOK 2016

Trencianske Teplice, Slovakia

The 49th ICASSI was generously hosted by the local Adlerian Slovaks under the gracious leadership of Daniela Cechova. The lovely resort village of Trencianske Teplice provided spas and massages as well as a healthy, park-graced setting. The cool, fresh air permitted participants to enjoy the outdoors for dining or strolling. Ample grassy areas and beautiful trees gave a fresh feeling for enjoying the unusually pleasant environment of this fine summer institute experience in Eastern Europe.

Classes were offered in theory and practice of Adlerian-Dreikursian Psychology, with applications in the workplace, mindfulness, coping with change, family therapy, counseling supervision, parenting, social media, aging, addictions, among many other courses aimed to increase insights and practice for a wide range of professionals. Some families came to gain greater understanding regarding their roles as parents, children, and teens. Strong friendships were developed in this multi-cultural setting.

Three hundred participants from over 25 countries learned from each other as well as from interactive, participatory classes and the excellent morning plenary presentations. The latter were enlightening and included such topics as Couples Counseling, Dreams, Early Recollections, Lifestyle, Trauma Recovery, and Art Therapy. From early morning exercise classes to evening group activities, including International night and a most entertaining Talent Night, attendees at ICASSI 2016 left encouraged, appreciated, and significant as a result of their interactions with each other, their teachers, and their new Slovakian friends. Participants especially enjoyed learning about their host country's native dances and instruments, with wonderful performances offered on several evenings.

Excursions permitted visits to local castles, train stations, thermal mud pools, massages, the capitol city of Bratislava, the Chatam Soler (Old Jewish Cemetery), the High Tatras Mountains, and the glassworks factory, and these greatly enhanced the ICASSI educational experience. Participants had a chance to enjoy some of Slovakia's 180 castles set in cities or primeval forests in the heart of Europe, with their massive bulwarks, watchtowers and other preserved medieval architecture. The hilly terrain of the 2016 setting also permitted hiking adventures not always available to low-land inhabitants. The ICASSI participants left grateful for the opportunity to live and learn in this enchanted country so richly endowed with Slovak history and culture.