

#	Instructor and Course Title	Language	
		English	German
101	Calvin Armerding - Find your lifestyle	X	
102	Balla, Marion - Managing Grief and Loss in personal and professional lives	X	
103	Bluvsthein, Marina - Understanding the dreams and the dreamer	X	
104	Hill, Lindsay - First Glances and Hidden Dances: Exploring Sex and intimacy in Daydreams, Fantasies, and First Impressions	X	
105	Holder, Jim - ER's and the addiction process	X	
106	Joosten, Theo - Cooperative Problem Solving	X	
107	Landscheidt, Uti - The third eye and the third ear: Understanding communication	X	X
108	Levitt-Frank, Mia - Cultural Reflections: A journey through childhood memories	X	
109	Molan, Karen - Birth Order: The Sibling Rivalry Solution	X	
110	Schläpfer, Christelle - Bullying and Cyberbullying - A holistic approach	X	X
111	Shoham, Yoav - The art of encouragement	X	
112	Sperry, Jon- Adlerian counseling strategies	X	
113	Tate, Bruce - Creativity and Private Logic	X	
114	Williams, Hallie - Social Justice and Individual Psychology	X	

101 - Calvin Armerding - Find your lifestyle

This course, designed for anyone interested in learning more about themselves, will offer hands-on exploration of each participants' lifestyle. Using a simple, straightforward approach to lifestyle investigation, participants can gain insights from early recollections, dreams, family constellation, and more. While some theory and techniques will be discussed/demonstrated, this course will be highly experiential, with an emphasis on self-compassion and encouragement. Open to all.

Learning objectives:

1. Participants will analyze themselves using Adlerian lifestyle investigation.
2. Participants will identify numerous strategies for investigating the lifestyle from an Adlerian perspective.
3. Participants will develop insight about their patterns of movement and guiding ideals.
4. Participants will develop manageable plans for personal improvement based on their insights.

102 - Balla, Marion - Managing Grief and Loss in personal and professional lives

Grief and loss are frequent experiences in all of our lives. This course will explore the grieving process and present strategies for coping with each stage of living and working with grief and loss. The application of the concepts of private logic, early recollections, life tasks, and movement will be an integral part of the group activities.

Learning Objectives:

1. Participants will be able to describe the six stages of grief as outlined by Dr. Kubler-Ross.
2. Participants will be able to identify past losses that have not been explored and grieved
3. Participants will be able to develop strategies for each of the stages of grief work.
4. Participants will be able to use early recollections to identify previous losses in early life and the impact on the present day

103 - Bluvsthein, Marina - Understanding the dreams and the dreamer

Dreams are one of the five windows into an individual's lifestyle. Adlerians believe that dreams show how each person imagines their life path, the unfinished and unsolved problems they have, how a person rehearses their approaches to life's challenges, and what strengths a person would carry in waking life following the dream. Yet, an individual themselves can never fully understand their own dream, the dreams' content, and the feelings the dreams stir up. The workshop addresses dreams as a lifestyle metaphor, the upcoming life challenges a person may dream of solving, and the strengths hidden in the dreams. The workshop involves demonstrations, small groups, and dyadic dreamwork exercises.

This course is designed primarily for therapists and students, but others are welcome too.

Learning Objectives:

1. Participants will identify a central lifestyle metaphor in an individual's dreams
2. Participants explain the dream emotions in terms of an individual movement toward life mastery
3. Participants will reword the key dream symbols into lifestyle formulation
4. Participants will describe at least one rehearsed in each dream strength useful in solving the upcoming life challenges.

104 - Hill, Lindsay - First Glances and Hidden Dances: Exploring Sex and intimacy in Daydreams, Fantasies, and First Impressions

Delve into the intricate dance of initial attractions and the ongoing influence they have on our relational strategies and life goals. Through a mix of demonstrations, case studies, and experiential activities, participants will examine how the traits that initially draw us to our partners mirror our deeper values and the strategies we employ to achieve happiness and fulfillment.

Learning Objectives:

1. Participants will be able to identify how initial attractions and first impressions influence the development of the Life Style.
2. Participants will be able to analyze the role of daydreams and fantasies in intimate relationships and describe how these elements reveal underlying Life Style patterns and personal values.
3. Participants will be able to apply Adlerian theory to understand how initial attractions reflect deeper psychological strategies for navigating life's challenges and achieving personal fulfillment.
4. Participants will be able to demonstrate therapeutic interventions aimed at helping clients explore the influence of first impressions and fantasies on their relationship dynamics, fostering emotional intimacy and cooperation.

105 - Holder, Jim - Addiction, Early Recollections and Reorientation Through Memory Change Work

Focus on the process of substance abuse, interventions, and finding the metaphor in early recollections that reinforce the beliefs, life themes, and lifestyles of addicted individuals. This course is designed for therapists, counselors, social workers.

Learning Objectives:

1. Critique three demonstrations of early recollection process as an assessment tool
2. Be able to identify the parts of an early recollection
3. Discuss how life themes reinforce substance use disorders
4. List two positive intents for early substance use as it relates to reorientation

106 - 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.

Learning Objectives:

1. Mention an explanation why problems are social problems
2. Give an example of reflective listening
3. Explain the steps of the incident method
4. Guide a problem solving session by using the incident method

107 - Landscheidt, Uti - The third eye and the third ear: Understanding communication

We often try hard to reach our goals, to convince others to follow our direction or suggestion but fail. This happens with colleagues, family and friends. How can we improve our skills to communicate by watching with our third eye and listening with our third ear? By theory and exercises we learn to improve our communication for the benefit of everyone. Open for everyone interested

Learning Objectives:

1. be able to identify the language in communication
2. be able to identify the moment of failure in bad communication
3. be able to use the third eye to improve own communication
4. be able to use the third ear to improve own communication

108 - Levitt-Frank, Mia - Cultural Reflections: A journey through childhood memories

The culture in which we grow up is part of who we are. Culture influences our lifestyle, together with additional influencing factors. Early recollections reflect who we are and what is important to us, including cultural influences. In this course we will explore the impact of culture from our childhood on who we are today. We will explore questions such as, What part of my culture do I own and cherish? How do my early recollections tell a cultural story as well as my own story? Join us for a fascinating journey of discovery as we get to know each other (and ourselves) through our childhood memories and varied cultural backgrounds.

Learning Objectives:

1. Identifying culture as an influencing factor on lifestyle
2. Recognizing strengths in early recollections
3. Discovering cultural influences in early recollections
4. Exploring cultural influences as part of one's identity

109 Molan, Karen - Birth Order: The Sibling Rivalry Solution

Since Cain and Abel, sibling rivalry has been a part of nearly every household. This pattern will

affect how clients interact with others as adults. Understanding your clients' birth order position can help them mitigate the conflict between them and their siblings and other adults in their lives. Birth order traits combined with encouragement are the solution to the rivalries at home and in life. In this workshop, we will look at the factors that influence birth order positions and the traits and language patterns of each birth order position. We will examine how certain "positions" are more likely to argue or agree as a way for helping you and your clients get along better with others.

Learning Objectives:

1. Participants will be able to describe the factors that affect birth order positions
2. Participants will be able to recognize the language patterns of the birth order traits.
3. Participants will understand the traits of each birth order position.
4. Participants will be able to encourage clients to explore the underused traits of their birth order position

110 Schläpfer, Christelle - Bullying and Cyberbullying - A holistic approach

Bullying and cyberbullying continue to be major challenges in many schools. Many affected students do not seek help for fear that the situation could get worse. This fear is not entirely unjustified: There are reactions that can make things worse. In this workshop, we will learn why the form of intervention for bullying and cyberbullying is crucial and why each case requires an individual, tailored solution. Participants will receive many resources for prevention and intervention. This course is designed for Teachers, Therapists, Counsellors, Parenting Trainers, Parents.

Learning Objectives:

1. Participants will be able to distinguish between Conflicts and Bullying and know why it is so important for the intervention to make this difference. Participants will know different intervention options depending on whether it is a Conflict, Bullying or Cyberbullying.
2. Participants will know the role's goals in Bullying and the different stages and the consequences of Bullying.
3. Participants will be able to identify Bullying, even if the children do not tell about and will know what there has strictly to be avoided in order to prevent a worsening of the Bullying situation.
4. Participants will know prevention tools against Bullying.

111 - 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 2 differences between praise and encouragement. We will learn techniques to build courage to face the issues constructively in our personal and work life.

112 - Sperry, Jon- Adlerian counseling strategies

This workshop will focus on the utilization of Adlerian Counseling strategies that can be used with adolescents and adults. The workshop will include an overview of the theory and the practice of Adlerian counseling and will also review the four phases of Adlerian Counseling. Emphasis will be on techniques such as acting as-if, push button technique, constructive action, early recollections and lifestyle assessment. This course is designed for therapists only.

Learning Objectives:

1. Participants will learn the four phases of Adlerian counseling
2. Participants will describe Adlerian conceptualization and understand how it informs intervention planning.
3. Participants will summarize and discuss the lifestyle assessment process as a core assessment and treatment intervention from this theoretical orientation.
4. Participants will learn Adlerian counseling techniques, including- acting as-if, push button technique, constructive action, early recollections and lifestyle assessment.

113 - Tate, Bruce - Creativity and 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. Both therapists and non-professionals. Beginners and those with more experience seeking to develop their personal self-awareness.

Learning Objectives:

1. Be able to identify 3 ways of identifying private logic
2. To identify basic mistakes/mistaken beliefs in personal private logic and the consequences of these
3. Be able to identify the components of syllogism and describe how to construct them
4. To state how insight gained from personal insight/awareness gained can be put to use in day-to-day life

114 - 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.

Learning Objectives:

1. Analyze current social justice issues across the globe.
2. Create ways to become a more socially responsible Adlerian.
3. Analyze and compare Social Embeddedness with Social Justice.
4. Compare and contrast Social Justice and social exclusion.