

Workshops Timezone Asia/ Europe - Saturday 31st:

UK 10 am - 1pm, Germany 11am - 2pm, Israel 12 - 3pm, Beijing 6pm - 9pm, Tokyo 7pm - 10pm

A1: Zivit Abramson –

Do we have free choice? Well, there are limitations.

A2: Joyce Callus –

There must be another way: Parenting may not be easy but the Adlerian Way might help

A3: Dave Kearns –

Masked/Hidden Post Natal Depression in Male Partners where Mum presents with PND

A4: Michael Fitzgerald -

Unity of the individual, a journey in lifestyle

A1: Zivit Abramson – Do we have free choice? Well, there are limitations.

The subject of freedom of self-choice, as presented by Adler, is not unequivocal; it requires explanation. Adler's claims about freedom of self-choice seem to include a contradiction.

(a) The child has freedom of choice in creating their lifestyle until the age of 5 years, (b) once lifestyle is established, every move of the individual is an expression of that lifestyle, and (c) everything can be different. We shall suggest a possible explanation for the apparent contradictions. We shall also discuss who feels grateful for having free self-choice and when do we rejects it or refuses to acknowledge its existence?

A2: Joyce Callus – There must be another way: Parenting may not be easy but the Adlerian Way might help

Let us delve in the concepts of discipline and punishments or rewards punishments and rewards have often been used to teach. (history , societies, families...) but do they? What do they teach? Can we do without them? What are the alternatives? Let's go to adler and dreikurs for guidance.

A3: Dave Kearns – Masked/Hidden Post Natal Depression in Male Partners where Mum presents with PND

This workshop will explore masked post natal depression by male partners, In couples with a new baby and the mother is openly struggling. Often the male partner in apparent attempt to 'protect' hides or masks their own fears, struggles and sense of being overwhelmed.

3 case studies will be presented from 3 different cultural backgrounds.

The workshop will examine the baby's need for bonding and nurture. The implications for the couples and young family and will suggest Adlerian approaches for such families generally. Before specifically using the ER's of male partners in these case presentations to offer insight and clarify needs of baby, couple and Dad .

Case Study One is a Mum and baby in a distressing feeding scenario and in the Case Study 2; the emotional blocks that stop Dad in physically holding baby and holding baby in mind.

The Adlerian and other techniques presented will be used to evaluate the case studies and introduce Adlerian use of ER's in Supervision to understand conscious and unconscious attachment 'Seeking' mechanisms in the infant, parents and therapist.

A4: Michael Fitzgerald - Unity of the individual, a journey in lifestyle

A taught and experiential workshop to explore the journey of the unity of the individual from embryo to lifestyle. Using the Adlerian pattern of four, and Rudolph Dreikurs questioning to discover behavioral non conscious goals adapted for adults, to set new cognitive goals around developing Gemeinschaftsgefühl (social interest) in clients.

Plenary Lecture on Saturday

- For all Saturday workshop participants (Type A and B) -

Alyson Schafer

The Great Lessons Adults Can Learn from Adolescence

Adolescence is often viewed as a phase to be endured—or managed. But what if it's actually one of our greatest teachers? In this compelling plenary session, Alyson invites us to rethink adolescence not merely as a stage of parenting, but as a powerful lens for understanding personal growth, leadership, and transformation. Drawing on insights from family life, education, organizations, and even historical and societal change, this talk explores adolescence as a universal process—one that shows up whenever individuals, institutions, or nations are evolving.

Workshops Timezone US/ Europe - Saturday 31st:

Seattle 9 - 12am, Chicago 11am - 2pm, New York 12 - 3pm, Berlin 6pm - 9pm

B1: Betty Lou Bettner / Dave Kearns –

First Five Years

B2: Alyson Schafer –

Current Challenges Facing Children and Families: An Adlerian, Cross-Cultural Dialogue

B3: Hala Buck –

Adler might have taught us about "grief" and the grieving process.

B4: Craig Balfery –

The creative connection between childhood playing and the work task: Encouraging play and creativity in psychotherapy.

B1: Betty Lou Bettner / Dave Kearns – First Five Years

The child's first movement towards love and tenderness are concerned with his relationship to his mother, perhaps this is the most important experience a child can have, for in this experience he discovers the existence of another entirely trustworthy person. He learns the difference between "I" and "You", 'Adler said.

Dave will cover the first 24 months of an infant's life, with a view to promoting nurturing connection, secure attachment and movement to social connection.

Betty Lou will continue with Adler's psychological requirements for children in the first five years that continue the social connection to be successful in building relationships, enjoying learning and skill building, in finding the enjoyment of cooperation and being responsible, the paths to mental health.

B2: Alyson Schafer – Current Challenges Facing Children and Families: An Adlerian, Cross-Cultural Dialogue

This 3-hour interactive workshop brings together our international community of parents, parent educators and family counsellors to explore the current issues facing children and families today through a shared Adlerian framework. This session is ideal for those who want to reconnect Adlerian theory to contemporary challenges and learn with colleagues from around the globe, not just from an expert. Rather than offering prescriptive solutions,

this session creates space for cultural exchange, professional reflection, and collective wisdom grounded in the psychology of Alfred Adler.

B3: Hala Buck – Adler might have taught us about " grief" and the grieving process.

Loss, is part of life, but not truly addressed in most cultures and not much, if any, in most psychology training. In these turbulent times, people around the world are dealing with loss - of loved ones, of country, of hope, and so much more! Some Eastern cultures have well established traditions in dealing with grief and supporting those who are grieving. But I have noticed and learned that it is less so (if any) in many Western cultures. I look forward to continuing exploring this theme with you.

B4: Craig Balfery – The creative connection between childhood playing and the work task: Encouraging play and creativity in psychotherapy.

This session will explore the role of play and creativity in psychotherapy, incorporating Adler's theory of Creative Power alongside an analysis of encouragement and collaboration within the therapeutic relationship. Participants will participate in experiential activities, including early recollections and drawing exercises, to examine the potential impact of play experiences on creativity and the work task.

Are you tired of constant power struggles and confrontations? Are you searching for a way to communicate that fosters understanding, connection, and mutual respect? This class provides a powerful reminder of how to communicate effectively by applying Adlerian Psychology. The course is designed for those who are seeking to escape the cycle of conflict, frustration, and disconnection, offering practical tools to foster inner peace that can be reflected in all their relationships. Adlerian Psychology emphasizes the importance of social interest, mutual respect, and understanding individual perspectives. By reconnecting with these core principles, participants will learn how to break free from the patterns of communication that fuel power struggles and cultivate a more peaceful, balanced approach to interactions. Through interactive exercises, real-world examples, and a focus on practical application, this course will guide you in mastering the art of clear, empathetic, and non-confrontational communication. The course is open to anyone who has experienced at least one conflict in their life and did not like it.

Workshops Timezone Asia/ Europe - Sunday February, 1st:

UK 10 am - 1pm, Germany 11am - 2pm, Israel 12 - 3pm, Beijing 6pm - 9pm, Tokyo 7pm - 10pm

C1: Liliana Radu –

Neurodiversity from an Adlerian perspective

C2: Shuli Zhang –

Embrace Your Child, and Yourself, Through Play

C3: Kim Lee-Own –

I Can: Creative Encouragement for Courage and Connection

C4: Rachel Shifron –

Addictions in 2025 and the family system

C1: Liliana Radu – Neurodiversity from an Adlerian perspective

Neurodiversity is a framework for understanding human brain function that recognizes the diversity within sensory processing, motor abilities, social comfort, cognition, and neurobiological differences. Even if it is often used in the context of autism spectrum disorder (ASD) and other neurological or developmental differences, such as ADHD, it is a property that every brain has and can help us better understand everyone's uniqueness and the way we can support others. In this workshop, we will explore how recent studies support Alfred Adler's theory, which was so far ahead of his time. We will explore through

practical activities the uniqueness of individuals from a bio-psycho-socio-spiritual point of view, and ways we can use encouragement to develop social interest.

Although a newborn seems to be helpless, Alfred Adler stresses that the early years lay the foundations of personality. How and why?

We carry our childhood all our lives, trying to figure out... Who am I? Who are the others? What is the world?

What helps child caregivers understand and enhance child development in the early years? This challenging task will be tackled during this workshop. All are welcome!

C2: Shuli Zhang – Embrace Your Child, and Yourself, Through Play

This is a parenting workshop that blends psychological depth with the joy of play.

Grounded in Adlerian Psychology and Dreikurs' theories, the course integrates Terry Kottman's Adlerian Play Therapy techniques and the experiential learning approach of Jane Nelsen's Positive Discipline. It is designed to help parents, educators, and counselors understand the underlying psychological needs behind children's behavior and learn how to foster the 4Cs—Connect, Capable, Courage, and Count—through intentional play.

The workshop will focus on the therapist's personal challenges. Effective methods, through the work with ERs, will be used and discussed in the workshop. The goal of the workshop is to help therapists to overcome personal issues, when their main focus is helping the patient.

C3: Kim Lee-Own – I Can: Creative Encouragement for Courage and Connection

Discover the transformative difference between praise and encouragement in this experiential 3-hour workshop. Through hands-on activities and Adlerian principles, you'll practice shifting from "I am" to "I can" - moving from fixed identities to growth-oriented action. Learn to notice effort and learning rather than results, build the Crucial Cs (Connect, Capable, Count, Courage), and develop practical self-encouragement tools you can use daily. Leave with at least one actionable practice that fosters horizontal striving and builds courage - in yourself and others. Because you can't give what you don't have.

C4: Rachel Shifron – Addictions in 2025 and the family system

This course will discuss Addictions in the Modern Era

Plenary Lecture on Sunday

- For all Sunday workshop participants (Type C and D) -

Jim Bitter

What Early Human Communities Can Teach Us About Community Feeling and Social Interest.

We currently float through space with 8 billion humans congregated on this poor crust, but that is a relatively recent development. The human species originated, probably in small groups in Africa, and gradually over tens of thousands of years, spread across continents. Some 40+ thousand years ago, human arrived in both the Americas and Australia. In both places, people were embedded in small communities that seldom grew to more than a couple hundred without breaking off into still other additional communities. The people within these communities were totally socially embedded; they depended on each other; they managed their affairs without kings or lawmakers or even identified leaders. These were societies in which community feeling and social interest were ingrained in everyday life. They did not have to be learned and developed; they were absorbed. Cultural archeology provides us with a glimpse of these societies and suggest a way for them to be rediscovered in modern life.

Workshops Timezone US/ European - Sunday February 1st:

Seattle 9 - 12am, Chicago 11am - 2pm, New York 12 - 3pm, Berlin 6pm - 9pm

D1: Jim Bitter –

Adlerian Lifestyle-Based Psychotherapy

D2: Sara Saeedi –

Striving, Belonging, and Screen Time: An Adlerian Approach to Youth in the Digital Age

D3: Jay Colker –

Adlerian Open Forum - Family Counseling

D4: Pascale Brady –

Living an Adlerian Life: Tools for Courage, Choice, & Connection

D1: Jim Bitter – Adlerian Lifestyle-Based Psychotherapy

The process would start with a focus on intentional engagement as outlined in an upcoming article in JIP I wrote with Lindsay Hill. Then a modified lifestyle assessment based on the works of Bob Powers and Jane Griffith and ending with a focus on developing psychological muscle in/through the life tasks.

D2: Sara Saeedi – Striving, Belonging, and Screen Time: An Adlerian Approach to Youth in the Digital Age

Screens are central to how young people learn, play, and form identity, yet thriving today means helping youth integrate their online and offline lives in balanced, meaningful ways. This workshop offers an Adlerian lens for understanding digital behavior as part of young people's creative striving for belonging and significance. Participants will explore developmental readiness and practical guidelines for screen use, learn strategies to help families foster healthy, balanced digital habits, and discover ways to encourage offline connections. Through interactive exercises, a case study, discussion, and research-informed guidance, this session equips attendees with tools to support youth in the digital age. Clinicians, educators, parents, and anyone working with youth are welcome.

D3: Jay Colker – Adlerian Open Forum - Family Counseling

In keeping with the tradition of Adlerian Open Forum approaches, Jay will interview an actual family to demonstrate the steps in Adlerian Family Counseling.

D4: Pascale Brady – Living an Adlerian Life: Tools for Courage, Choice, & Connection

This experiential workshop offers a unique and practical life application of Adlerian principles through the lens of life coaching. Bridging theory and action, participants will explore foundational Adlerian concepts such as Private Logic/Lifestyle, Social Interest/ Gemeinschaftsgefühl, and Teleology using powerful Adlerian tools like Early Recollections, the Wheel of Life, the Cycle of Discouragement/Encouragement and the Road of Life. Through reflection, practice, and dialogue, participants will learn how to foster encouragement, increase agency, and live more fulfilled lives—at home, at work, and within their communities.