

101 – Calvin Armerding

Emotions & Their Purpose – English

This course explores the Adlerian view that emotions are not random experiences but purposeful signals guiding human behavior. In addition to foundational education on emotions, participants will engage in experiential learning through case studies, demonstrations, and practical exercises. The course enhances understanding of emotions in order to deepen empathy, insight, and interpersonal effectiveness.

Open to all.

Learning objectives:

1. Explain Adler's concept of the purposive nature of emotions and their role in lifestyle.
2. Analyze emotional expressions as purposeful strategies within interpersonal and social contexts.
3. Apply Adlerian techniques to help clients recognize and redirect emotions toward constructive goals.
4. Differentiate between socially useful and socially useless emotional responses.

102 – Marion Balla

Self Care for Caregivers – English

As caregivers, we must remain alert to signs of distress and compassion fatigue while balancing time, priorities, and personal and professional expectations. This course presents current brain research on self-nurturing and self-soothing, identifies warning signs that require active self-care intervention, and offers strategies for living more balanced and well-boundaried daily lives.

Open to all – Introductory level.

Learning objectives:

1. Examine signs and symptoms of compassion fatigue and burnout and assess current levels of stress or distress.
2. Gain an overview of brain research related to the impact of secondary trauma on personal wellbeing.
3. Practice strategies designed to increase balance, humour, and sensitivity toward self-care and self-management.

103 – Marina Bluvshstein

Understanding the Dream and the Dreamer – English

Dreams reveal unresolved problems, rehearse problem-solving, and point to personal strengths that can be used in waking life. This course focuses on dreams as preparation for upcoming life challenges and explores the strengths hidden within dream imagery. It is useful for clinicians, educators, and anyone interested in the nature and purpose of dreams.

Learning objectives:

1. Identify a central metaphor in an individual's dreams.
2. Explain dream emotions in terms of movement from inferiority toward life mastery.
3. Reword key dream symbols into lifestyle strategies.
4. Describe at least one dreamed-up strength useful for solving upcoming life challenges.

104 – Andrea Hillenbrand

Self-Care / Selbstfürsorge – English / German

Amid the many challenges of our times, self-care is a key resource for resilience. This course explores various forms of self-care, including emotion regulation techniques and balancing life tasks. Participants will examine obstacles to effective self-care within private logic and distinguish self-care from self-centered behavior.

Angesichts der vielen Herausforderungen unserer Zeit ist Selbstfürsorge eine zentrale Ressource für Resilienz. Wir erforschen verschiedene Formen der Selbstfürsorge,

Techniken der Emotionsregulierung sowie Hindernisse in der privaten Logik des Lebensstils.

Open to all / Offen für alle.

Learning objectives:

1. Differentiate between self-care and self-centered behaviors.
2. Develop a personalized self-care plan.
3. Apply emotion regulation techniques.
4. Identify obstacles to effective self-care within a psychological lifestyle.

105 – Uti Landscheidt

Art Therapy and Lifestyle – English / German

This introductory course is designed for lay participants seeking an engaging and relaxing way to learn about lifestyle, based on Sadie Tee Dreikurs' teachings and her book "Cows Can Be Purple". No painting experience is required. The course is also suitable for counselors wishing to expand their skills through art-based exercises.

Open to all – lay and experienced participants.

Learning objectives:

1. Recognize how lifestyle is expressed in artwork.
2. Discover one's own creativity.
3. Provide feedback in an encouraging way.
4. Encourage group members to explore new perspectives.

106 – Mia Levitt-Frank

Letting Go and Holding On: An Adlerian Approach to Transitions and Change – English

Life often calls us to let go of roles, relationships, identities, or dreams, while still holding on to love, meaning, and connection. Guided by Adlerian concepts, this course explores how lifestyle convictions shape our responses to change and how courage, growth, and social interest can emerge during transitions.

Open to all.

Learning objectives:

1. Identify the role of lifestyle convictions in responding to change, loss, and transition.
2. Explore how early recollections and metaphors reveal patterns of holding on and letting go.
3. Practice Adlerian strategies that promote courage, resilience, and social interest.
4. Apply reflective methods to honor ongoing bonds while opening space for growth.

107 – Amy Lew

Early Recollections, the Crucial Cs and the Connexions Focusing Technique: A How-To Course – English

This didactic and experiential course demystifies the interpretation of early recollections. Participants learn a step-by-step process using the Crucial Cs to uncover mistaken childhood beliefs and coping strategies that interfere with present problem-solving. Demonstrations and case practice are included.

Open to all.

Learning objectives:

1. Explain the Crucial Cs as a framework for understanding psychological needs across the lifespan.
2. Describe how misbehavior arises when psychological needs are unmet.
3. Use the Connexions Focusing Technique to interpret early recollections.
4. Help clients recognize how early misunderstandings shaped current coping strategies.

108 – Anthea Millar

Restorative Supervision: An Adlerian-Integrative Approach – English

Regular, restorative supervision is essential for effective professional practice. This experiential course explores supervision dynamics from an Adlerian perspective, emphasizing equality, authority, encouragement, and supportive feedback in complex situations.

Open to professional health workers interested in developing supervision skills.

Learning objectives:

1. Identify and apply the 7 eyes and 3-task models of supervision.
2. Use encouragement principles in supervisory feedback.
3. Combine support and challenge effectively within supervision.
4. Examine the impact of power, authority, difference, and equality in supervision.

109 – Karen Molan

Birth Order: The Sibling Rivalry Solution – English

Sibling rivalry has influenced family dynamics for generations and continues to shape adult relationships. This workshop explores birth order positions, personality traits, and communication patterns, offering encouragement-based strategies to reduce conflict at home and in life.

Open to laypersons and therapists.

Learning objectives:

1. Describe factors that influence birth order positions.
2. Recognize personality traits and language patterns of each birth order position.
3. Improve communication styles based on birth order awareness.
4. Encourage exploration of underused birth order strengths.

110 – Christelle Schläpfer

(Cyber)Bullying – An Adlerian Approach – English / German

Bullying and cyberbullying remain serious challenges in schools. This course examines why the form of intervention is crucial and provides practical resources for prevention and effective intervention.

Open to teachers, therapists, counsellors, parenting trainers, and parents.

Learning objectives:

1. Distinguish appropriate intervention options for conflict, bullying, and cyberbullying.
2. Understand roles, stages, goals, and consequences of bullying.
3. Identify bullying even when children do not disclose it and know what to avoid to prevent escalation.
4. Apply prevention tools against bullying.

111 – Jon Sperry

Motivational Interviewing and Individual Psychology – English

Motivational Interviewing is an evidence-based, encouraging counseling approach that aligns closely with Individual Psychology. This course links MI theory with Adlerian principles and includes demonstrations and practice opportunities.

Open to therapists, coaches, and educators.

Learning objectives:

1. Define Motivational Interviewing as a counseling style that complements Individual Psychology.
2. Demonstrate MI skills using OARS.
3. Summarize empirical support for MI.
4. Demonstrate five different MI strategies.

112 – Vera Todorova

Adlerian Perspectives: Family Dynamics and Beyond – English / Bulgarian

This introductory course explores Adlerian concepts such as birth order, family constellation, private logic, values, and the purpose of behavior. Through activities and demonstrations, participants practice encouragement and democratic principles to foster social interest in families, schools, and communities.

Open to all – especially parents, teachers, and beginners.

Learning objectives:

1. List key Adlerian concepts and explain their relevance to family and community life.
2. Identify how mistaken goals and private logic influence behavior and relationships.
3. Apply encouragement and democratic practices to foster belonging and cooperation.
4. Demonstrate cooperation through group activities connecting theory and practice.

113 – Bilge Uzun

Belonging and Becoming: An Adlerian Guide to Joyful Living – English / Turkish

This experiential course integrates Adlerian principles with reflective exercises and group activities to explore belonging and becoming as foundations for joyful living.

Open to all.

Learning objectives:

1. Identify Adlerian concepts related to belonging and joyful living.
2. Demonstrate how belonging and becoming influence choices and relationships.
3. Analyze personal and relational patterns using Adlerian frameworks.
4. Apply Adlerian strategies to promote resilience, empowerment, and social interest.

114 – Hallie Williams

Individual Psychology: Concepts, Theory, and Its Development – English

This course provides a clear and integrated understanding of Adler's foundational concepts, including holism, striving, phenomenology, teleology, birth order, and more. Participants will connect theory, development, and application through collaborative learning.

Open to all.

Learning objectives:

1. Evaluate and connect two Adlerian concepts.
2. Analyze the term phenomenology and apply it to the ICASSI experience.
3. Synthesize concepts into a group presentation.
4. Create a mnemonic (word, phrase, etc.) for five of the concepts discussed in the class.