

### **301 – Life and Play – Terry Kottman**

#### **English**

How you play is how you live; how you live is how you play! In this experiential workshop, we will use play therapy tools to explore lifestyle. Participants will engage with art, movement, music, dance, storytelling, adventure therapy, bibliotherapy, sand tray, and many other playful forms of self-expression to gain insight into lifestyle convictions and patterns.

All are welcome - anyone can come!

#### *Learning Objectives:*

1. List five different kinds of play.
2. Describe two art techniques that can be used to explore lifestyle convictions.
3. Describe two movement activities that can be used to explore the Crucial Cs.
4. Describe two adventure therapy techniques that can be used to explore personality priorities.

### **302 – Early Recollections, the Crucial Cs and the Connexions Focusing Technique: A How-To Course – Amy Lew**

#### **English**

This didactic and experiential course takes the “magic” out of interpreting early recollections. Participants will learn a step-by-step process that helps clients understand why they struggle with current issues. Using the Crucial Cs, the course uncovers mistaken childhood beliefs that led to coping strategies interfering with present problem solving. This collaborative and encouraging approach reduces therapist bias and provides insight into the purpose of clients’ choices and behaviors. A demonstration and practice with a case study are included.

Open to all.

#### *Learning Objectives:*

1. Explain the Crucial Cs as a framework for understanding psychological needs throughout life.
2. Describe how misbehavior arises when psychological needs are unmet.
3. Use the Connexions Focusing Technique (CFT) as a step-by-step process for interpreting early recollections.
4. Help clients understand how early misunderstandings resulted in problematic coping strategies.

### **303 – Psychodrama for Building Resilience – Anabella Shaked**

#### **English**

This experiential and educational course invites participants to explore inner psychological resources and the obstacles that prevent their full expression. Through psychodramatic methods such as creative role play, guided enactments, and reflective dialogue, participants gain deeper awareness of personal strengths and limiting patterns. The course is suitable both for personal exploration and for professionals interested in

integrating psychodramatic tools into Adlerian therapeutic practice. A safe and supportive environment fosters both learning and resilience.

Open to all. Open to youth.

*Learning Objectives:*

1. Develop spontaneity and creativity in exploring inner strengths and obstacles in relation to personal goals and lifestyle.
2. Practice expressive psychodramatic methods as tools of encouragement and therapeutic movement in Adlerian work.
3. Integrate psychodramatic techniques with Adlerian concepts such as lifestyle, private logic, and social interest.
4. Cultivate social interest in action through role reversal, group enactments, and shared reflection.