

501 – Calvin Armerding - Overcoming Barriers to Cooperation – English

This course explores how competition and discouragement undermine cooperation in families, organizations, workplaces, and communities. We will examine the psychological and relational obstacles to working together and provide practical tools to foster mutual respect, belonging, and shared purpose. Participants will learn strategies to transform barriers into opportunities for encouragement and cooperative growth.

Open to all. Open to youth.

Learning Objectives:

1. Identify common psychological and relational barriers to cooperation.
2. Analyze how discouragement and mistaken goals hinder collaborative relationships.
3. Apply Adlerian techniques to reduce competition and foster mutual respect.
4. Develop practical strategies to strengthen belonging and encourage cooperative problem-solving.

502 – Joe Cice - Beyond Childhood: Incorporating the Crucial Cs into Adult Life – English

This course explores how the Crucial Cs (Connection, Capable, Count, and Courage) extend beyond childhood development and remain essential for adult psychological well-being. Participants will examine how these principles shape identity, relationships, workplace dynamics, and community belonging throughout adulthood. Through case studies, reflective practice, and applied activities, participants will learn to recognize and foster the Crucial Cs in themselves and others.

Open to all. Open to youth.

Learning Objectives:

1. Describe the Crucial Cs.
2. Analyze how the Crucial Cs shape adult development and well-being.
3. Demonstrate strategies that foster the Crucial Cs in personal and professional contexts.
4. Develop strategies to strengthen the Crucial Cs across adulthood.

503 – Bruce Greenhalgh - Centred in the Storm: Cultivating Calm and Resilience in Times of Crisis – English

Crises and challenges are an unavoidable aspect of life. Cultivating the capacity to remain calm and centered in the face of adversity is a vital skill that benefits both practitioners and clients. This workshop explores self-care practices and the development of resilience, grounded in the understanding that lifestyle plays a pivotal role in shaping responses to difficult situations.

Open to anyone working in the helping professions.

Learning Objectives:

1. Develop an understanding of the universal nature of adversity and its impact on personal and professional life.
2. Learn techniques to remain calm, centred, and effective during high-stress or crisis situations.
3. Explore and practice self-care methods to sustain mental and emotional health.
4. Gain insight into how lifestyle shapes resilience and identify adjustments that enhance adaptive coping.

504 – Tim Hartshorne - Coping with Loss and Grief – English

Loss is a major life experience, and learning to cope is an important life skill. Grief is a response to loss, and many people hide deep grief. How grief is handled is influenced by lifestyle, social interest, and life tasks. This course addresses how to better support people in grief, personally and therapeutically.

Open to all. Not open to youth.

Learning Objectives:

1. Articulate an Adlerian conception of grief.
2. Demonstrate greater comfort in discussing grief and loss.
3. Identify helpful approaches for working or interacting with people who are grieving.
4. Discuss the depth and breadth of loss in life.

505 – Lindsay Hill - The Courage to Care: Self-Worth, Boundaries, and Belonging – English

How do we live courageously without losing ourselves—or others? This workshop explores Adlerian principles of dignity, equality, and belonging. Through experiential activities, participants practice setting boundaries that invite connection, strengthen self-worth, and foster true belonging in personal and professional relationships.

Open to all. Open to youth.

Learning Objectives:

1. Define Adlerian concepts of self-worth, equality, and belonging in relational contexts.
2. Differentiate between unhealthy and healthy boundaries in clinical and everyday life.
3. Demonstrate two Adlerian techniques that strengthen courage and belonging.
4. Apply encouragement and boundary-setting strategies to enhance interpersonal and client connection.

506 – Kathrin Matti - Coaching aus adlerianischer Perspektive – Deutsch

Coaching in der Gruppe mit Fallarbeit an eigenen Themen oder Fragen im betrieblichen oder privaten Kontext. Gemeinsam arbeiten wir an persönlichen Fallbeispielen. Der Kurs ermöglicht persönliche Weiterentwicklung und stärkt den eigenen Beitrag zum Wachstum anderer.

Open to all. Open to youth.

Learning Objectives:

1. Teilnehmer lernen, was Coaching aus adlerianischer Perspektive ist.
2. Teilnehmer kommen mit ihrem persönlichen Thema weiter.
3. Teilnehmer erkennen, dass ihr Beitrag für andere wichtig ist.
4. Teilnehmer lernen verschiedene Methoden aus der Coaching-Praxis kennen.

507 – Anda Pacurar - Understanding Adolescents – English

Using Alfred Adler's and Rudolf Dreikurs' principles, this course explores adolescents' private logic, behaviors, and search for meaning. Modern challenges such as identity development, independence, social media, and bullying are examined. Theory and techniques are taught through live demonstrations.

Open to all. Open to youth.

Learning Objectives:

1. Explain how private logic operates for adolescents.
2. Recognize and describe goals of behavior.
3. Analyze the impact of virtual life on real-life functioning.
4. Develop strategies to foster self-esteem, self-trust, resilience, and social interest.

508 – Draga Pavlova - Creative Writing through the Lens of Individual Psychology – English

This course invites participants to explore personal narratives through creative writing and Individual Psychology. Through prompts, reflection, and sharing, participants examine early experiences, guiding fictions, and lifestyle beliefs to gain courage for authentic expression and clarify identity, belonging, and purpose.

Open to all. Open to youth.

Learning Objectives:

1. Describe elements of a developing creative writing style and express personal voice with confidence.
2. Identify how lifestyle patterns emerge in themes, tone, and perspective.
3. Demonstrate writing through sharing, feedback, and reflection.
4. Apply Adlerian concepts to create a personal narrative integrating belonging, purpose, and contribution.

509 - Peggy Pelonis - The Courage to Change - English

Change is difficult. The natural tendency of human beings is to resist change and seek the status quo; predictable and familiar. Whether change is chosen and desired or unwanted and takes us by surprise, the process we traverse, and experience is different to each of us based on our unique personality and coping style. There is however, a psychological process of change that we each go through. Understanding this process is the first step towards finding the courage to optimally cope with change and helping those we support cope as well.

Learning Objectives:

1. Understand the psychological process of change
 - Participants will explore key models and stages of the human change process to recognize how individuals typically respond to transitions.
2. Identify personal patterns and coping styles during change
 - Participants will assess their own natural reactions, behaviors, and emotional responses to change, gaining insight into their strengths and challenges.
3. Develop strategies to navigate and adapt to change effectively
 - Participants will learn practical tools to build resilience, manage uncertainty, and maintain well-being during periods of change.
4. Enhance the ability to support others through change
 - Participants will apply their understanding of the change process to empathetically guide, motivate, and communicate with others experiencing transition.

509 – Yoav Shoham - The Art of Encouragement – English

This course introduces practical ways to encourage oneself and others. Through exercises and discussion, participants explore strategies that enable confidence, positive contribution, and connection.

Open to all. Open to youth.

Learning Objectives:

1. Recognize the principles of encouragement.
2. Acknowledge positive intentions in the behavior of others.
3. Practice self-acceptance.
4. Practice encouragement in couples.

510 – Bruce Tate - Life Tasks and Social Interest – English

Social interest and the life tasks are core concepts of Individual Psychology. This course deepens understanding of these concepts, their interconnections, and how personal growth can enrich one's own life and the lives of others.

Open to all. Open to youth.

Learning Objectives:

1. Define aspects of social interest and connect them with personal lifestyle.
2. Understand personal challenges related to social interest.
3. Identify strategies to develop social interest.
4. Define core life tasks and link them to lifestyle and social interest.

511 – Bilge Uzun - Journey to Self-Worth from an Adlerian Perspective – English

This experiential course explores self-worth as rooted in belonging, social interest, and purposeful living. Participants examine mistaken beliefs and private logic and practice encouragement and community-building to foster resilience and a healthy sense of self.

Open to all. Open to youth.

Learning Objectives:

1. Define self-worth from an Adlerian perspective and differentiate it from self-esteem.
2. Identify mistaken beliefs and private logic patterns that undermine self-worth.
3. Practice Adlerian strategies such as encouragement and social interest.
4. Apply experiential insights to enhance self-worth in personal and professional contexts.