NASAP 2020 VIRTUAL CONFERENCE

ALL SESSIONS ARE WORTH 1 CE for both NBCC and APA Continuing Education Requirements
(Sessions marked **are approved or pending approval by GA Psychology Assn for CE credit for Psychologists. All sessions are approved by NBCC for those who identify as a counselor of some type)

Friday May 29, 2020 (ALL TIMES ARE CDT, United States)
8:45-9:00 – Welcome and explanation of the event
9:00 – 10:00
   ROOM A - Fundamentals of Adlerian Psychology (Susan Belangee & Jess Minckley)**
10:00-10:15 – BREAK
10:15-11:15 –
   ROOM A – Cooperation in Co-parenting After Divorce (Inna Pavlova-Rosenfeld)
   ROOM B – Technology & Lifestyle: Understanding the purposefulness of technological behaviors (Joseph Cice)**
11:15-11:30 – BREAK
11:30 – 12:30 –
   ROOM A – Importance of the Concept of Social Equality in Adlerian Psychology (Eva Dreikurs Ferguson with an interview by Marina Bluvshtein)
   ROOM B – Adaptive Reorientation: An Adlerian Treatment Model (Paul Rasmussen & Erin Schuyler)**
12:30-12:45 – BREAK
12:45 – 1:45 –
   ROOM A - KEYNOTE: Belonging and Social Interest Expressed Through Movement (Terry Kottman)**
1:45-2:00 – BREAK
2:00-3:00 –
   ROOM A – Healing, Strengthening, and Upliftment: Witnessing Humanism of Adler and Ellis (Debbie Joffe Ellis)
   ROOM B - Fandom as family: Using media fandoms to encourage clients and teach belonging (Aimee Daramus)**
3:00-3:15 – BREAK
3:15-4:15 –
   ROOM A – Parenting Children with Serious Medical Issues (Pascale Brady)
   ROOM B – Ethical Clinical and Practical Considerations for Adlerian Clinical Supervision in a Modern World (Jennifer & Dan Williamson) **
4:15-4:30 – BREAK
4:30-5:30 –
   ROOM A – Evidence Based Status: Will Adlerian Therapy Survive and Thrive? (Len Sperry)
   ROOM B – Mastering the Therapeutic Relationship: Where Art and Science Converge (Paul Peluso, Patricia Diaz, Andrew Baker, Robert Freund, Amrita Ghaness)**
5:30-5:45 – BREAK
5:45-6:45 – Adler Café/Reception/ Section Gatherings (links to be provided prior to event)
7:00-8:30 – OPEN FORUM FAMILY EDUCATION DEMONSTRATION (Marina Bluvshtein) **
Saturday May 30, 2020 (ALL TIMES ARE CDT, United States)

8:45-9:00 – Welcome and explanation of the event
9:00 – 10:00
   ROOM A – KEYNOTE: Rhythm and Social Interest  (Jon Sperry)**
10:00-10:15 – BREAK
10:15-11:15 –
   ROOM A – Mindful Moments (Bengu Tekinalp)
   ROOM B – Using Personality Priorities in Adlerian Play Therapy Parent Consultation (Rebecca Dickinson)**
11:15-11:30 – BREAK
11:30 – 12:30 –
   ROOM A – Adlerian Approach Beyond Therapy to Presenting and Consulting with Organizations and Corporations (Kevin O’Connor)
   ROOM B – Anxiety: An Adlerian Perspective (Tim Hartshorne, Rebecca Jokinen, & Shelby Muhn)**
12:30-12:45 – BREAK
12:45 – 1:45 –
   ROOM A – Utilizing Feedback Informed Treatment (FIT) in Adlerian Counseling and Therapy (Jon Sperry, Maria Jimena & Chris Patrick)**
   ROOM B – Evidence Based Practice of Individual Psychology (Rocky Garrison)**
1:45-2:00 – BREAK
2:00-3:00 –
   ROOM A – Class Meetings: Creating a Climate of Cooperation (Dana Edwards)
   ROOM B – Hope and Healing Using Adlerian Based Trauma Competencies (Joyce DeVoss)**
3:00-3:15 – BREAK
3:15-4:15 –
   ROOM A – Specifying Movement: Emotions and Their Precise Opposites (Calvin Amerding)
   ROOM B – Adlerian Techniques in Light of Current Science (Leigh Johnson- Migalski, Martina Madrid, & Michelle Gad)**
4:15-4:30 – BREAK
4:30-5:30 –
   ROOM A – Fostering Self-Care Via Adlerian Wellness Models and Gamification (Robert Freund, Debra Ainbinder, & Carman Gill)
   ROOM B – Acceptance and Commitment Prosocial Matrix: An Adlerian Perspective (Richard Shook)**
5:30-5:45 – BREAK
5:45-7:15 – POSTER SESSIONS
Friday Sessions - Summaries and Learning Objectives

Susan Belangee, PhD, & Jess Minckley, MFA
Fundamentals of Adlerian Psychology
Alfred Adler’s theory has proven to be timeless in psychology due to its emphasis on social embeddedness and cross-cultural applicability. This session provides an overview of the main theoretical concepts via self-awareness strategies and techniques that many Adlerian practitioners use. This hands-on approach will make the session relevant to new and elder Adlerians.

1. Participants will be able to discuss how Adler’s own life contributed to the development of his theory
2. Participants will be able to utilize experiences from their own lives to better grasp the theoretical concepts
3. Participants will be able to explain Adlerian techniques such as lifestyle assessment and early recollections and how this information is used in mental health practice.

Inna Pavlova-Rosenfeld, MS
Cooperation in Co-parenting After Divorce
This presentation shares a case study that will illustrate the challenge of counseling divorced parents from Adlerian perspective. The three styles of parenting and their impact on the family will be discussed as well as Adlerian strategies that help build collaboration and co-operation.

1. Participants will be able to: describe three styles of parenting
2. Participants will be able to: discuss transforming nature of relationships
3. Participants will be able to: apply specific techniques when helping divorced parents co-operate

Joseph Cice, PhD
Technology & Lifestyle: Understanding the purposefulness of technological behaviors.
This presentation will investigate the current literature regarding technology and mental health. It will examine the purposefulness of technology use and how it relates to the Adlerian concept of Lifestyle. Lastly, it will explore the behaviors that have an effect on individuals and discuss strategies to help clinicians, educators, and parents develop an understanding of technological lifestyle.

1. Participants will be able to: Describe the current literature surrounding technology and mental health.
2. Participants will be able to: Explain the purposefulness of technology use and how it relates to Lifestyle.
3. Participants will be able to: Apply strategies for use with understanding clients’ use of technology.

Eva Dreikurs Ferguson, PhD (with an interview by Marina Bluvshtein, PhD)
Importance of the Concept of Social Equality in Adlerian Psychology
“Social Equality” has a unique meaning in Adlerian Psychology; unlike other concepts of equality, it refers not to economic and legal rights ‘but to ‘equal belonging’ as a contributing and respected member in society. One’s value is equal to others, in one’s sense of ‘being’ in a phenomenal way.
1. Participants will be able to: identify when individuals do not believe and feel that they are equal in value to others in their group (family, work, recreational or other group).
2. Participants will be able to: act in ways that help others feel more social equality, of feeling equal in value.
3. Participants will be able to: explain the importance of ‘feeling equal’ in human relationships.

Paul Rasmussen, PhD and Erin Schuyler, PsyD

Adaptive Reorientation: An Adlerian Treatment Model

This workshop offers an Adlerian treatment approach, including the objectives in counseling and the importance of reorientation. Topics include the lifestyle assessment and reorientation. Attendees will be taken through the phases of treatment and provided strategies for prompting psychological change.

1. Participants will be able to: explain the basic principles of AR; including the use of 12 assumptions of AR.
2. Participants will be able to: assess treatment phases and how to implement strategies for prompting psychological change.
3. Participants will be able to: summarize why AR does not rest on the use of specific techniques; AR’s influence of guidelines to treatment objectives.

Terry Kottman, PhD – KEYNOTE: Belonging and Social Interest Expressed Through Movement

This session will explore Adlerian theoretical concepts through expressive dance and movement. Participants will be invited to join in the activities as a way of feeling belonging and demonstrating social interest. As each of us moves differently, lifestyle dynamics will also be investigated.

1. Participants will be able to: Discuss how belonging and social interest are inherent to expressive movement and dance
2. Participants will be able to: explain Adlerian/Dreikursian ideas about belonging and contribution to the group
3. Participants will be able to: assess for themselves how lifestyle plays a role in expression through dance

Debbie Joffe Ellis, PhD

Healing, Strengthening, and Upliftment: Witnessing Humanism of Adler and Ellis

This seminar, containing a live demonstration, will present the compassionate manner, no nonsense and vigorous practices, and humanistic philosophy infusing the REBT of Albert Ellis, including Adlerian Principles which Ellis greatly admired and incorporated into his approach. During times of tumult, ‘fake news’, and disharmony the wisdom of Adler and Ellis is invaluable.

1. Participants will be able to apply: The holistic and compassionate philosophy, methods and techniques of REBT
2. Participants will be able to utilize: Overlapping core aspects in REBT and Adlerian Psychology, and the REBT aspects that add to and enhance IP
3. Participants will be able to demonstrate: The humanistic elements in both IP and REBT.

Aimee Daramus, PsyD

Fandom as family: Using media fandoms to encourage clients and teach belonging
“Fandoms” are communities that form around a media franchise (ex. Harry Potter, Marvel). For some people they are a family. Therapists can use a client’s fandoms to help that client develop courage and a sense of belonging, including the desire to contribute to others.

1. Participants will be able to: discuss a client’s fandoms with them as part of an assessment when relevant.
2. Participants will be able to: understand how early life goals and convictions play out in fandoms and how to help clients alter them
3. Participants will be able to: use fandoms to help a client learn healthy attachments and how to be a contributing member of a family or community

Pascale Brady, CPCC
Parenting Children with Serious Medical Issues
This workshop discusses the parenting strategies to better cope with the severe illness of a child. It is designed for parents, caregivers or therapists who are interested in learning how to best support families distressed by a child’s serious medical condition. The workshop’s goal is to help families transform the challenge of illness into strength.

1. Participants will be able to: list what children and parents need in an illness situation and what families can gain from the process when handled well.
2. Participants will be able to: Describe the three ways parents can give children positive power when they are faced with a major health challenge
3. Participants will be able to: Describe the three stages parents need to master to help their children navigate severe illness

Daniel Williamson, PhD & Jennifer Williamson PhD
Ethical Clinical and Practical Considerations for Adlerian Clinical Supervision in a Modern World
This session will focus on the clinical, practical, and ethical considerations involved in providing strong Adlerian clinical supervision. Special attention will be given to the issues involved in the modern world and professional relationships. Technology, Distance Counseling, Distance Supervision, Boundaries, and Dual Relationships will be addressed.

1. Participants will be able to: discuss clinical, practical, and ethical considerations related to counseling supervision.
2. Participants will be able to: identify key issues surrounding modern supervision including, but not limited to: technology, distance counseling, distance supervision, boundaries, and dual relationships.
3. Participants will be able to: summarize critical elements related to supervisory contracts.

Len Sperry, PhD
Evidence Based Status: Will Adlerian Therapy Survive and Thrive?
This presentation provides essential background information to understand why Adlerian Therapy must achieve the status of an evidence-based counseling approach. It describes the requirements for achieving this goal which include a treatment manual and clinical trials. Then, it illustrates a typical session of an evidence based form of Adlerian Therapy.

1. Participants will be able to explain the meaning of evidence-based and related terms,
2. Participants will be able to discuss the requisite elements that will ensure that Adlerian Therapy survives and thrives as an evidence-based therapy approach.
3. Participants will be able to describe how an evidence-based Adlerian Therapy session is conducted

Paul Peluso, PhD, Patricia Diaz, PhD, Andrew Baker, PhD, Robert Freund, PhD, Amrita Ghaness, BA
Mastering the Therapeutic Relationship: Where Art and Science Converge
Researchers will discuss how to connect more effectively with clients by presenting the observational research findings of a six session course of therapy conducted by Jon Carlson. Results from an observational coding project that incorporates emotion, machine learning, and modeling techniques will be demonstrated.
1. Participants will be able to: describe how the exchange of emotion (as detected by affect coding) impacts the therapeutic relationship, and how to more effectively employ behaviors in therapy to improve the relationship.
2. Participants will be able to: apply how a master clinician creates and maintains a successful therapeutic relationship while moving through a course of therapy from an Adlerian theoretical perspective.
3. Participants will be able to: utilize cutting-edge approaches to evaluating the quality of the therapeutic relationship.

Marina Bluvshtein, PhD
Open Forum Family Demonstration
The Open-Forum Family Counseling (OFFC) is an educational demonstration based on the original model developed by Rudolf Dreikurs and further expanded by next generations of Adlerian practitioners. The session focuses on collaborative exploration of challenges experienced by a family and collaborative search for strengths-based solutions.
1. Participants will be able to: Identify family dynamics reinforcing and maintaining child’s/children’s misbehavior
2. Participants will be able to: connect presented child’s misbehavior to mistaken beliefs of the adult parents/caregivers
3. Participants will be able to: formulate culturally-meaningful and strengths-based strategies aimed to help clients change useless dynamics

Saturday Sessions – Summaries and Learning Objectives

Jon Sperry, PhD – KEYNOTE: Rhythm and Social Interest
Group drumming and rhythm activities can assist individuals and groups to foster social interest and well-being. This talk will introduce rhythm activities used to facilitate experiences that reflect principles articulated by Alfred Adler—including cooperation, community, common sense, courage, and social interest.
1. Participants will be able to summarize Dreikurs and Adler’s use of rhythm as a metaphor in their work with clients and parents.
2. Participants will be able to demonstrate various rhythm activities that will be used to foster a sense of community and social interest.
3. Participants will be able to demonstrate various drumming and rhythm activities and how they can be used as a projective technique for understanding a person’s movement and degree of social interest.

Bengu Tekinalp, PhD
Mindful Moments
The fast-paced nature and immense learning that takes place at NASAP may leave us feel tired, disconnected, and overwhelmed. The purpose of this session is to provide space to practice mindfulness and meditation practices to rejuvenate and reconnect with self and others. Variety of practices will be provided with the Adlerian lens.

1. Participants will be able to: learn and practice variety of mindfulness activities
2. Participants will be able to: practice short meditation
3. Participants will be able to: understand how mindfulness can be integrated in Adlerian practice

Rebecca Dickinson, PhD
Using Personality Priorities in Adlerian Play Therapy Parent Consultation
This workshop explores working with the Personality Priorities of parents in Adlerian play therapy, including assessing the child’s and the parent’s primary Personality Priority, working with the parent’s primary type through parent consultation to improve the benefits of therapy for the child, and using the Top Card activity with parents.

1. Participants will be able to: assess the Personality Priorities of children and parents within an Adlerian play therapy context.
2. Participants will be able to: effectively engage parents in parent consultation based on their primary Personality Priority within the Adlerian play therapy context.
3. Participants will be able to: engage families in the “Top Card”/Animal Typology activity within a family session or parent consultation to promote insight.

Kevin O’Connor, MA, LCPC, LMFT
Adlerian Approach Beyond Therapy to Presenting and Consulting with Organizations and Corporations
Beyond your therapy practice consider how Adler’s ideas can be known to the general public, to your church and school, to organizations, and to corporations. How you present and write, how you consult and coach, how you market and make known will broaden your reach and expand your community footprint.

1. Participants will be able to: Describe their own aspirations to take Adlerian ideas beyond their practice.
2. Participants will be able to: Demonstrate their past initiatives and evaluate their successes.
3. Participants will be able to: Summarize the most impactful ways to promote Adlerian idea that would work with their community of choice.

Tim Hartshorne, PhD, Rebecca Jokinen, BS, & Shelby Muhn, BS
Anxiety: An Adlerian Perspective
Anxiety has become epidemic in society and on college campuses in particular. This presentation will use an Adlerian framework for understanding anxiety to first analyze some of the sources of anxiety
in college students, then present a biopsychosocial model of anxiety, and third examine Adlerian interventions.

1. Participants will be able to: List major societal forces impacting anxiety today.
2. Participants will be able to: Explain a biopsychosocial model of anxiety from an Adlerian perspective.
3. Participants will be able to: List Adlerian based interventions for anxiety including how to apply these to post traumatic growth.

Jon Sperry, PhD, Maria Jimena, BS, Chris Patrick, BS
Utilizing Feedback Informed Treatment (FIT) in Adlerian Counseling and Therapy
Feedback Informed Treatment (FIT) is an evidence-based counseling strategy that has become commonplace in contemporary psychotherapy practice. This presentation will articulate and demonstrate how FIT can be easily and effectively practiced within an Adlerian counseling framework.

1. Participants will be able to: explain how Feedback Informed Treatment (FIT) can be used in Adlerian counseling practice.
2. Participants will be able to: describe evidence-based skills for improving client engagement and decreasing dropout rates in treatment services
3. Participants will be able to: explain the importance of monitoring treatment outcomes and soliciting feedback from clients throughout the therapy process.

Rocky Garrison, PhD
Evidence Based Practice of Individual Psychology
The Individual Psychology Empirically Supported Treatments Rating Scale (IPEST) is presented as evaluating how congruent an empirically supported treatment is with the core constructs of Individual Psychology. A high level of congruence identifies a treatment that can be incorporated into an evidence based practice of Individual Psychology.

1. Participants will be able to distinguish between an empirically supported treatment (EST) and an evidence based practice (EBP)
2. Participants will be able to identify three resources for identifying an EST
3. Participants will be able to: evaluate ESTs for congruence with the core constructs of Individual Psychology

Dana Edwards, PhD
Class Meetings: Creating a Climate of Cooperation
Classroom meetings provide a venue for students to learn and practice social-emotional and problem solving skills. Students who possess these skills and a sense of belonging have increased academic and social success. Participants will learn the components of class meetings, watch an actual meeting, and become equipped to lead them.

1. Participants will be able to: list the benefits of class meetings.
2. Participants will be able to: explain the critical components of class meetings.
3. Participants will be able to: utilize the Adlerian-based class meeting model in their classrooms/schools.

Joyce DeVoss, PhD
Hope and Healing Using Adlerian Based Trauma Competencies
Trauma-competent counselors can offer hope and healing to individuals and groups suffering from the destructive impact of trauma on their lives and build on their resilience. Trauma-based competencies from an Adlerian perspective are described based on grouping into four divisions. Clients are approached holistically throughout the process of healing.

1. Participants will be able to: list four divisions of Adlerian-based competencies
2. Participants will be able to: identify at least one area of strength and one area for further development in their own trauma-related competencies.
3. Participants will be able to: describe at least one Adlerian-based trauma treatment concept.

Calvin Amerding, MA, LPC
Specifying Movement: Emotions and Their Precise Opposites
Adler observed that people are in a constant state of movement: striving away from a "felt minus" and towards a "felt plus." This brief workshop will demonstrate the use of two simple questions during the lifestyle investigation to precisely assess clients' movements, thereby improving empathic understanding and efficiently assessing lifestyle.

1. Participants will be able to: explain Adler’s concepts of movement and lifestyle and apply them to case conceptualization.
2. Participants will be able to: assess specific movements in their clients using lifestyle investigation strategies (e.g., early recollection analysis, family constellation, dream work, etc.) and connect these movements to symptoms and/or diagnoses.
3. Participants will be able to: participate in a demonstration of a specific tactic and then utilize this tactic with a partner (if they so choose).

Leigh Johnson-Migalski, PsyD, Martina Madrid, MA, & Michelle Gad, MS
Adlerian Techniques in Light of Current Science
Many people are aware of Adlerian assessments tools such as dream analysis, life style assessment and early recollections. Or people may know of Adlerians focus on parent education and those techniques. There are many Adlerian interventions or techniques or tactics that could be used with clients such as paradoxical interventions, the push button technique, story-telling, and encouragement. How do these Adlerian techniques look in the world of non-Adlerian research? Can we compare these techniques or explain how and perhaps why they may work with research that is currently out there?

1. Participants will be able to: describe many Adlerian techniques
2. Participants will be able to: apply Adlerian techniques to certain DSM-5 disorders such as anxiety and depression.
3. Participants will be able to: critique Adlerian techniques with non-Adlerian based therapy

Robert Freund, Ph.D., Debra Ainbinder, Ph.D., & Carman Gill, Ph.D.
Fostering Self-Care Via Adlerian Wellness Models and Gamification

This presentation will review Myers & Sweeney’s Indivisible Self model of wellness and introduce the Wellness Tribe, a gamified adaptation of these concepts. Presenters will explore the utility of gamification in promoting positive health habits and increased social interest in participants.
1. Participants will be able to: describe and summarize the Wellness Tribe, a newly developed self-care intervention intended to increase positive health habits and promote social interest.

2. Participants will be able to: identify theoretical underpinnings and mechanics of the intervention, tying them to established models of wellness. Attendees will be given opportunity to apply the conceptual framework of the intervention to their own wellness strategies in an experiential portion of the presentation.

3. Participants will be able to: discuss their personal observations of, and implications for, the intervention on classroom process, personal enhancement, and clinical application.

Richard Shook, Ph.D.

Acceptance and Commitment Prosocial Matrix: An Adlerian Perspective

The Acceptance and Commitment Prosocial Matrix will be presented as a tool to assist clients and various groups to help them move forward toward their valued goals. Participants will experience using the matrix for both their personal growth and the growth of their clients. Adlerian concepts, such as social interest, private logic and law of movement will be incorporated into the ACT Matrix paradigm.

1. Participants will be able to: at a basic level, apply the matrix across settings and populations.

2. Participants will be able to: formulate a treatment plan using the basic level Acceptance and Commitment Therapy Matrix with their clients and relate the Matrix to Adlerian Theory.

3. Participants will be able to: utilize the basic level Acceptance and Commitment Therapy Matrix with their clients during a session within the context of an interactive and democratic atmosphere.

Poster sessions Saturday May 30

Isabel Montoya - Mental Health Literacy Pilot Program for Underserved Youth and their Families

Taylor Irvine, Amrita Ghaness, Erin Beattie, and Paul Peluso, PhD - Examining the Role of Negative Interactional Patterns Among Couples in Conflict: An Adlerian Treatment Approach

Rebecca Jokinen, B.S. Tim Hartshorne PhD - Adolescent Anxiety Disorders: An Adlerian Approach

Marta Stefanyszyn - Envisioning One’s Potential and Embodying Signature Character Strengths in Social Situations: Adlerian Perspective.

Jess Thompson - An Adlerian Approach to the Impact of Implicit Bias on Social Connectedness Affecting Individuals with Disability in the Workplace

Mary Madrake, Noah DeBruyn - BDSM and You: Helping to find belonging within the BDSM Community

Briana Cerami-Guarino Becca Kopper - The Benefits of Music Therapy on Grief

Jess Minckley - Entheogenic Medicine: Fulfilling the Spiritual Life Task through Psychedelic-assisted Therapies

Constance Victor - An Adlerian Perspective on Bullying

William Curlette, Susan Belangee, Leigh Johnson-Migalski, Daniel Williamson, Jennifer Williamson, Roy Kern - One Approach to Investigate the Effectiveness of Adlerian Psychotherapy
Courtney Evans - Adlerian Play Therapy and Post-Traumatic Stress Disorder
Abbigail Rinard, Gerardo Casteleiro, Julia Miller, Ashley Hayden, Jon Sperry - Does Drumming Affect Mood, Stress, and Social Interest in College Students?