

Program for 2018 NASAP Conference

Thursday June 7th Pre-Conference Workshops:

7-Jun

Individual Psychology for Substance Use Issues: *James A. Holder*

Participants will learn how substance use gives an addicted client a community feeling that becomes clear in their Positive Intentions for early use. Substance use is a way to alter their private logic, thoughts and beliefs. Early recollections as metaphors will be interpreted for strengths, private logic and reorientation.

Participants will learn to assess for the metaphorical meaning in early recollections and to find the positive intentions for substance use in prime or first use memories.

7-Jun

Non-Intrusive Therapy Using Early Memories with Difficult Clients: *Mel Markowski*

Clients often are hesitant to cooperate in the therapeutic process. Any suspected intrusiveness by the therapist may increase defensiveness. A useful Adlerian strategy to bypass such issues is to solicit early memories. This workshop will explore and demonstrate a number of methods to obtain and use recollections to foster client improvement.

Participants will learn from demonstrations a number of different techniques to elicit and use early memories and the value of early memories as projective techniques to enhance therapeutic movement.

7-Jun

Adlerian Group Therapy: A Model for Social Equality: *Barbara Fairfield*

Social equality is best developed in relationship. The Adlerian therapy group is a real-time laboratory for challenging social biases and social insecurities and for developing social interest. This workshop will describe a model of Adlerian group therapy and demonstrate a variety of practical group therapy techniques.

Participants will learn how self-worth and social interest are developed in group therapy; principles of encouragement in on-going groups. Participants will also learn: how the concept of equality/social interest are applied to the task of therapists and clients working together to assist group members in their therapeutic work. Participants will learn: how to use early recollections in group therapy and also how to use dream work in group therapy

7-Jun

Adlerian Play Therapy: The Basics: *Rebecca Dickinson*

Adlerian play therapy (AdPT) provides a developmentally appropriate intervention utilizing Adler's basic tenets of Individual Psychology through the medium of play. AdPT is much more than distracting a child with a toy while asking them questions. This workshop includes the rationale for and AdPT and instruction on basic techniques.

Participants will learn the rationale and research behind utilizing play therapy and the basic techniques of Adlerian play therapy.

7-Jun

Identity, Longing, and Desire: Transforming Four Universal Addictions through the Story + Mastery = More - Method: *Catherine Reid Day*

Four "life-negating patterns" and addictions contribute to people's limiting beliefs and behaviors. Using demonstrations and activities, participants discover ways to recognize patterns and apply four transformational archetypes that create movement and shape healthy identities. Participants will gain a working knowledge of the Adlerian-based method and ways to move toward true life purpose

7-Jun

Lifestyle-Understanding Self/Understanding Others: *Wes Wingett*

Lifestyle - Understanding Self/Understanding Others is a didactic/experiential workshop that utilizes Alfred Adler's five "most trustworthy approaches to the exploration of personality" to develop an understanding of self and others. This multi-modal presentation will focus on identifying and clarifying perceptions of self, others, and the events of the world.

Participants will learn Alfred Adler's five most trustworthy approaches to the exploration of personality. They will also learn to identify the perceptions of self and others toward self, others, events of the world.

7-Jun

A Day of Discovery – Finding and Cherishing Your Best Self: *Susan Prosser, Meg Chislett*

This workshop will be based on the material in the presenter's book, *Growing Home A Lifetime Process of Self Awareness and Transformation* - where she guides individuals to discover their best selves so that social interest is at heart of their lives.

Participants will learn a process of self-discovery based on Adlerian psychology, Kundalini Yoga and Erickson's Stages of Development and to have an increased awareness of the relationship they have with themselves and the world.

7-Jun

Being Integrative in Adlerian Brief Therapy: *Richard E. Watts*

Mental health professionals are often seeking effective methods for assisting clients in brief counseling. This presentation is designed to demonstrate selected techniques from Adlerian, cognitive-behavioral, and constructivist (e.g., solution-focused, narrative) approaches, and explain when, where and how these procedures may be used in an integrative Adlerian counseling and therapy process.

Participants will learn similarities between the four phases of Adlerian therapy and the stages of change model (Prochaska & Norcross). They will also learn strategies and interventions from Adlerian, cognitive-behavioral, and constructivist e.g., (solution-focused, narrative) approaches that are useful in integrative Adlerian brief therapy practice.

7-Jun

The Crucial Cs and the MBTI: *Jean Kummerow*

The Crucial Cs Model of Adler's Core Needs posits that everyone needs to Connect, feel Capable, Count, and have Courage. Using the concepts of the Myers-Briggs Type Indicator assessment, coaches can find pathways to achieve these. Participants must know their MBTI Type and the basic preference definitions to participate.

Participants will learn The Crucial Cs Model of Adler's Core Needs and how the Myers-Briggs Type Indicator assessment can be used to help clients achieve those core needs.

7-Jun

The Essentials of Individual Psychology: *Stephen Saiz*

This workshop explains the core principals of Individual Psychology. The presentation focuses on the importance of the person's movement to superiority and how that relates to a unique lifestyle.

Participants will learn How a person develops a lifestyle and the importance of our movement from inferiority to superiority. They will also learn what pathology looks like and more importantly what secure mental health looks like. They will also learn the essential Adlerian concepts in the movement oriented context they are meant to be understood.

Friday June 8th: Conference

8-Jun

From Trauma to Resilience: Utilizing Lifestyle Data to Facilitate Client Growth and Change: *Monica Nicoll, William G. Nicoll*

The Lifestyle Assessment process enables accurate case conceptualization. The next step is to empower clients toward personal growth, change and resilience. This presentation provides a framework for the change process that increases client resilience, personal growth and wellbeing. This process will then be demonstrated with a volunteer "client".

Participants will learn: The use of ER Reconstruction in facilitating client resilience and change; Practical strategies for helping clients identify trauma issues and begin to navigate through the change/growth process effectively.

8-Jun

Guarding the Road, Watching the Path, Letting the March Go On: *Jared Salvatore Alberico, Crystal Sandoval & Marina Bluvshstein*

Veterans and active duty military members are often hesitant to seek psychological services and providers are often puzzled about how to respond. This presentation proposes BTR (Basic Training Recollection) as a safe projective approach assessing military client's Lifestyle, identifying their strengths, clearing their life path, guarding their road, so they can go on.

Participants will learn: major psychological issues and treatment challenges related to military (and especially combat) trauma; and also learn to use BTR (Basic Training Recollection) as a projective approach assessing military client

8-Jun

Speaking Your Client's Language: How Lifestyle Assessment Sets the Foundations for a Healing Relationship: *Gary Bauman*

Understanding the individual's lifestyle early on can help avoid many therapeutic breeches and better establish a healthy working relationship. In this workshop, the presenter will review the clinical usefulness of the Basic Adlerian Scales for Interpersonal Success Inventory (BASIS-A) and provide a demonstration of how the BASIS-A may be employed in the initial session to help establish this collaborative relationship.

Participants will learn the importance of assessing lifestyle and using a formal lifestyle assessment to give feedback to client in order to better understand client's presenting concerns. They will also learn about the usefulness of the BASIS-A Inventory in helping to establish a therapeutic relationship when working with individual clients.

8-Jun

Integrating Art, Body and Early Recollections for Cross-Cultural Understanding: Case Studies: *Hala Buck*

In a globalized, multicultural world, integrating body, art and Early Recollections enables both client and therapist to access hidden formative beliefs about 'differentness' in self and 'other'. Case studies with artwork will show how to successfully do that with diverse populations including immigrants and refugees.

Participants will learn how to access the body's "physical speech" to bring a holistic understanding of the Lifestyle and how to use the body and art together with Early Recollections to promote a change in maladaptive belief patterns.

8-Jun

Making Maps-Creating Lifestyle: *Wes Wingett, Ben Rader*

This didactic and experiential presentation will focus on understanding the development of lifestyle through the creation of a personal memory map. Two interviews will be conducted to demonstrate the development and use of memory maps when counseling children, adolescents, adults, and the aging.

Participants will learn: how to create a personal memory map; and, strategies for utilizing the memory map with various age groups.

8-Jun

Use of the Most Memorable Observation in Counseling and Parent Education: *Frank Walton*

The presenter will lecture briefly about the theoretical and practical use of this technique. The technique can help reveal important aspects of a parent's belief system especially as it relates to the parent's choice of parenting style. The technique will be demonstrated and participants will have an opportunity to use the technique under supervision.

Participants will learn: how to obtain the Most Memorable Observation and how to use the information disclosed in counseling and parent education.

8-Jun

Empowerment, Passion & Compassion in Psychotherapy: Using the Wisdom of Adler and Ellis: *Debbie Joffe Ellis*

This session, containing a live demonstration, will present the passionate, compassionate, holistic, no-nonsense and empowering tenets, tools and techniques of Rational Emotive Behavior Therapy (REBT) of Albert Ellis, including Adlerian Principles which Ellis greatly admired and incorporated into his approach.

Participants will learn: The holistic, compassionate and empowering philosophy, methods and techniques of REBT; Overlapping core aspects of REBT and Adlerian Psychology, and the REBT aspects that add to and enhance Individual Psychology.

8-Jun

Managing Life Transitions: *Marion Balla*

This presentation is designed to assist participants to identify and explore the losses and gains inherent in major life transitions, eg. aging, career change, retirement, graduation, marriage/partnership, major illness, empty family nest, separation/divorce. Through the use of early recollections, anniversary dates, and the exploration of life tasks, participants will gain increased insight and strategies to manage major life transitions.

Participants will learn: to identify and explore losses and gains in life transitions; to face life transitions with courage and humour using early recollections, anniversary dates and the exploration of life tasks.

8-Jun

Graduate Student Research Forum: *Susan Belangee, Jamie Stone O'Brien*

A variety of research presentations by students.

8-Jun

School Mental Health: Promoting Positive Outcomes and Connections for Students Through the Creative Arts: *Nicole Randick, Amy Foell*

Research suggests that the social/emotional health of children and adolescents is linked to their academic and overall success in school. The presenters will discuss the need, process, and outcome of innovative and creative interventions that can facilitate hope and encouragement to help youth overcome barriers to success. Audience participation encouraged.

Participants will learn: three or more creative strategies that focus on student mental health in order to reduce barriers to learning and increase connection to others; how to develop and implement a culture of community, connectedness, and collaboration through the use of creativity, thereby supporting student social/emotional health beyond the classroom walls.

8-Jun

Couples Counselling: The Initial Interview (in Memoriam Steven Stein): *Ishtar Ephrat Beck*

Past NASAP President Steven Stein's initial interview for couples will be handed out and discussed. Ishtar Beck will walk participants through the progression of this structured interview, incorporating Adlerian concepts and practices. Ishtar will show how Adlerian clinicians may use the Couples Assessment interview to facilitate an effective beginning to couples counselling.

Participants will learn: how to use the Couples Assessment interview to structure effective intake sessions with couples; how to use the Couples Assessment interview as a tool for encouragement.

8-Jun

Adlerian Parenting for Children with Autism Spectrum Disorder (ASD): *Ruth Strunz,*

This presentation explains Autism Spectrum Disorder in plain language and explores how it impacts the parent-child relationship. Participants will learn to engage children with ASD - for everybody's benefit.

Participants will learn to adapt democratic parenting techniques for children with ASD and their siblings; to understand and support their child with ASD developmentally.

8-Jun

Parenting Children with Severe Disabilities: *Timothy Hartshorne*

There is limited information on parenting skills for parents of children with severe disabilities. Raising children with these disabilities requires skills that extend beyond most parenting practices and training. We address five skill areas: building communication, establishing a routine, how to discipline, getting connected with supports, and acceptance and advocacy.

Participants will learn: some of the unique parenting challenges when raising a child with severe disabilities; and, five key skill areas for parents raising children with severe disabilities.

8-Jun

The Beauty and Challenge of First Sessions: *Mindy Parsons, James R. Bitter*

Two experienced clinicians conduct an interactive conversation about how they prepare to meet a new client, couple or family, what they hope to achieve in the first session, and the processes used to facilitate a working therapeutic alliance. Participants will be invited into the conversation as the hour advances.

Participants will learn: The thought processes and emotional orientations that therapists bring to a first meeting with clients. They will also learn how experienced therapists focus the first session for the most useful results that lay the foundation for both insight and change.

8-Jun

Intro to Adlerian Psychology: *Rocky Garrison*

This workshop will give an introduction to Adlerian Psychology.

8-Jun

The Connexions Focusing Technique for ERs and Other Adlerian Approaches with Clients Diagnosed with Schizophrenia, Major Depression and/or PTSD: *Robert Saxner*

This presentation focuses on an Adlerian approach to individual and group therapy with clients in a day treatment program who are diagnosed with schizophrenia, major depression, and PTSD. The presentation emphasizes the use of the Connexions Focusing Technique for early recollections developed by Amy Lew and Betty Lou Bettner.

Participants will learn: how an Adlerian approach could work in group therapy; Connexions Focusing Technique for early recollections.

8-Jun

Social Interest and Building Communities: *R. James Little, William Bergquist*

This workshop will explore Adlerian-based methods to support increased civic engagement through building alliances among communities that are isolated and facing major challenges with scarce resources.

Participants will learn: How Adlerian principles can be adapted to enhancement of community leadership; Use of encouragement to enhance cross community cooperation.

8-Jun

Future Teachers Learn Adlerian Concepts to Improve Their Teaching and Support the Mental Health of Students: *Jennifer Laffier*

In this presentation we will explore how Adlerian concepts were integrated into a Faculty of Education for future teachers so that they could support the development and mental health of students.

Participants will learn: How Adlerian concepts can be used in the classroom as well as teacher education programs; How Adlerian concepts are taught to future teachers so they can better support the mental health of students.

8-Jun

Perfectly Imperfect: *Cydney Lebovitz*

Adler said that striving for perfection is unhealthy and this concept is applied to current research that suggest that perfectionistic challenges can result in stress, anxiety and burnout. Encouraging involvement, participants will be invited to explore and reflect on their own personal level and style of perfectionism.

Participants will learn: About how perfectionistic traits can help and hinder our ability to perform in the world; About themselves and whether they portray perfectionistic qualities.

8-Jun

Early Recollections and Couples: *Betty Lou Bettner*

Adler's genius was obvious in his interpretation and use of early recollections (ERs). They are metaphors that describe a person.

Participants will learn about using ERs in couple counseling and how each partner uses strengths and develops strategies for belonging

8-Jun

From Kindergarten to Superintendent: The Success of an Adlerian Spirited School-Based Therapy Intervention Model: *Ruth Katz, Cori Hildebrandt*

Come learn about a unique Adlerian spirited, school-based mental health intervention model that has been used successfully for over 30 years in the Hastings School District of Minnesota. We will explore its history, design, elements, use of Adlerian concepts/ techniques, administration, and replication. It will be fun and motivating!

Participants will learn: About a unique school-based mental health intervention that has been used successfully for over 30 years in the Hastings School District of Minnesota; Ways to use Adlerian specific concepts and techniques while supporting children to adults, and individuals to a whole school system.

8-Jun

Using the International Classification of Functioning, Disability and Health (ICF) in Adlerian Approaches: *Leigh Johnson-Migalski, Mary O'Connor Drout*

The International Classification of Functioning, Disability, and Health (ICF), developed by the World Health Organization, is a model based on a biopsychosocial approach that understands people's health in context; there is a concentration on enablement not disablement. We will compare it to Alfred Adler's theory of Individual Psychology of health.

Participants will learn: the similarities between ICF and IP in theory and practice; how to apply ICF and IP in a fictional case with specific Adlerian interventions.

8-Jun

Recognizing, Addressing and Coping with Burnout in the Helping Professions: *Michael McDonough*

Burnout in the helping professions, while a common problem, is not one readily addressed in most training programs. This presentation will present the incident levels, the signs of burnout, and the most successful remedies for this situation. Overall, Adlerian theory offers much insight in this area.

Participants will learn: What the literature has determined are the current rates of burnout in the helping professions: The most common signs, symptoms and remedies to cope with burnout.

8-Jun

Strategies and Stories by Seasoned Adlerians: *John Newbauer, G. William "Bill" Linden, and Ellen Mendel*

This is a potpourri of techniques, strategies, methods used in Adlerian counseling and therapy to work with private logic, fictional goals, and a variety of other frequently or not-so-frequently presented problems.

Participants will learn: a variety of interventions used by Adlerians to deal with private logic of their clients (and sometimes their own); and to apply these interventions to a variety of situations and clientele.

8-Jun

Practicing Gratitude: *Beatrice Comty-Charnock*

There is no fast track to happiness. Being happy takes practice. That's because our brains are hard-wired to focus on the negative aspects of our life. Our brains are Velcro for the negative and Teflon for the positive, which wears down our mental health. By practicing an attitude of gratitude you will be a much happier person.

Participants will learn why practicing gratitude is good for our mental health and techniques for practicing gratitude.

8-Jun

Intergenerational Patterns in Clinical Practice: *Marion Balla*

This presentation investigates the relationship between family myths, values, and current life problems. Through the application of early recollections and life tasks, belief systems related to generational family patterns will be discovered.

Participants will learn: to develop their understanding of the complex interplay among intergenerational relationships, values and beliefs within families. Participants will explore messages related to the five life tasks from an intergenerational perspective.

8-Jun

Intersections of Adlerian Theory and the Good Lives Model of Sex Offender Treatment: *James Matthew Finn*

The Good Lives Model (GLM) is a framework of offender rehabilitation which has become increasingly popular over the past decade. The model's holistic nature, addresses the limitations of the traditional risk management approach. This presentation will address the basic tenets of the GLM and the holistic health of the individual and how the model intersects with Adlerian concepts.

Participants will learn: Basic concepts of the Good Lives Model of sex offender treatment model; Intersection of Adlerian theory and Good Lives Model in treating sexual offenders.

8-Jun

Using Adlerian Principles to Build School Community Partnerships on Behalf of Students: *Joyce DeVoss, David Dietz*

An Adlerian Systemic approach will be described for creating a trauma sensitive, socially responsive and restorative school community that promotes a safe and enriching learning environment using Adlerian Principles as the foundation for Social Emotional Learning, Restorative Practices and a Peer Court. Brief demonstrations will accompany descriptions of each component.

Participants will learn: Use of guiding Adlerian principles while establishing a safe, socially responsive and enriching school environment, that incorporates trauma sensitivity, social emotional learning (SEL) curricula, restorative practices, and peer court in a school setting. Steps and estimated timeline for creating an Adlerian- Based, Safe, Socially Responsive and Enriching whole school environment.

8-Jun

Adlerian Psychology in Contemporary Times: *Eva Dreikurs Ferguson*

Adlerian principles and methods are needed today more than ever. Social change is moving countries to more democratic processes and towards more social justice at the same time as autocracy and bigotry is on the rise. People around the world are searching for solutions that in fact IP provides.

Participants will learn how to help communities find Adlerian solutions to social problems and to distinguish between autocratic, democratic, and laissez faire processes.

8-Jun

Coach for Equity Using Story and Metaphor: *Catherine Reid Day*

In a coaching relationship, the practitioner encourages growth in clients toward self-mastery. Early recollections offer a useful story-based window into beliefs and patterns that may be holding people back from their true potential. A case study reveals paths to an authentic leadership platform for achieving their largest goals.

Participants will learn: How to use early recollection work in a coaching process and the ways ERs reveal mistaken beliefs. The method used in this case create movement and goal directed-ness. They will also learn to use elements from the case study to discover the way stories reveal patterns of belonging, significance and ways to move.

8-Jun

Marital Infidelity, The Unspoken Trauma: *Jill Duba Sauerheber*

Having counseled many couples who seek counseling because of one partner's infidelity, the presenter will introduce ways in which to help couples heal from infidelity. Focus will be placed on understanding and addressing various aspects of "trauma" that many betrayed partners experience shortly after the affair is revealed and beyond.

Participants will learn: best practices in counseling couples who present with infidelity; a trauma-based physiological approach which focuses on helping partners heal from infidelity.

8-Jun

International Educational Consortium: Adlerian Collaboration in Action: *R. James Little, Linda Page, Bill Bergquist*

Adler Graduate Professional School, and The Professional School of Psychology are educational partners, providing high quality, accessible graduate training programs worldwide. They will discuss plans for a consortium focusing on mutual support, shared goals, and educational and administrative efficiencies. This relationship supports NASAP's Long Range Planning goals.

Participants will learn: How Adlerian principles of collaboration and mutual respect guide development of a consortium relationship among the Adler Graduate Professional School (AGPS) of Ontario, and the Professional School of Psychology (PSP) of California. How consortium relationships such as these support NASAP

8-Jun

Group Drumming in Individual Psychology: *Jon Sperry, Andrew Baker, Gerardo Casteleiro, and Abbigail Rinard*

Drum and music therapy are holistic interventions that assist individuals and groups to foster social interest and well-being. This presentation will review drum and music therapy interventions that can be used for self-care or with clients in a therapeutic setting. This presentation will be highly experimental and will include a drum circle.

Participants will learn: the key theoretical principles of incorporating Individual Psychology-based drumming and music interventions in clinical practice and for personal self-care. Participants will learn Individual Psychology-based drumming and music interventions that foster an increase in social interest and overall well-being among participants and clients.

8-Jun

The Trauma of Displaced Movement: *Marina Bluvshstein, Pamela Oberoi*

This presentation explores collective displacement trauma experienced by refugees. Adlerian Law of Movement is used in this presentation as a context of refugee trauma, the lifestyle dynamics explaining it, and a useful therapeutic language of change. Participants attend to own multigenerational history of displacements and its effect on therapeutic process.

Participants will learn dynamics of collective refugee trauma and an Adlerian perspective on refugee trauma and their own multigenerational history of displacements and its effect on therapeutic process.

8-Jun

Alfred Adler: Inspiring Heart of Athletes: *Sonia Nicolucci*

Sports has expanded beyond physiological attributes into the domains of mindset and mental acuity. An athlete's movement is thoroughly comprehended when a holistic perspective is taken. This experiential presentation will offer various techniques that can be used when coaching athletes from different sports; in personal wellbeing; and mentoring young athletes.

Participants will be provided with an overview of social interest, belonging and the task of life from the athletic perspective. Through experiential demonstration participant will be provided with various exercises that can be used with athletes and teams to establish a feeling of belonging and the importance of social interest

8-Jun

Wellness Techniques for Individuals, Children, and Families: An Interdisciplinary Approach to Facilitating Therapeutic Change: *Jennifer Nivin Williamson, Daniel G. Williamson*

This session will explore the role of mindfulness and wellness for both counselors and clients in the therapeutic process. Techniques from a variety of theories including Adlerian, Narrative, Solution Focused, and DBT therapies will be explored to help counselors to exercise their own self-care as well as to help clients to function in healthier and more effective ways.

Participants will learn to practice techniques that promote wellness in a therapeutic environment. They will also learn to apply these wellness techniques for personal self-care.

Saturday June 9th: Conference

9-Jun

Reaching Out . . . Working With Parents of Out-Of-Control Teens: *Terry Lowe*

Families with out-of-control teens are often at their wits end. By giving these families coping strategies, providing support and connecting them with others they can feel empowered in making the changes needed. In this session we will cover specific strategies to help parents deal with out-of-control teens.

Participants will learn: to recognize issues that families with out-of-control teens experience; to develop specific strategies to help parents deal with out-of-control teens.

9-Jun

How to Encourage Clients to Reduce the Harm of Drugs and Alcohol: *Robert Rebecca*

Harm Reduction is a newer theory, which Adler would whole-heartedly endorse - and actually practiced. Participants will learn about the theory and how to practice harm reduction. Focus will be on working with those who use, but we will discuss examples of how harm reduction is prudent for all clients.

Participants will learn: the theory of harm reduction: that client life, and quality of life, is to be prioritized and the goal is to reduce potential harm, rather than abstinence; and, how to practice harm reduction. We will discuss ways to engage with clients without judgment, without imposing our goals, and feel more comfortable working with clients who are actively using.

9-Jun

How to Get Off the Emotional Rollercoaster: *Martin Nash, Georgine Nash*

Children come up with intuitive conclusions about the world and relationships and then operate as if they were true. These a priori statements, mainly subconscious, are often mistaken, leading to strong emotional ups and downs. As therapists, teachers and parents, we must first be aware of these mistaken givens.

Participants will learn: The more dominant and intuitive of the two biological natures is striving to be superior and perfectionistic; and the later evolved social, collaborative nature must be continually nurtured and fostered for oneself and others.

9-Jun

Maintenance Logic in IP Case Formulation: *Rocky Garrison*

In our reflection on the neurotic psychological movements of our clients, we may ask, Why did they do that again? This workshop focuses on the private logic supporting persistence of movements "on the useless side," emphasizing strategies for identifying this logic and using a vicious flower diagram to present it to clients.

Participants will learn: To articulate the private logic that maintains neurotic psychological movements; To present the private logic that maintains neurotic psychological movements in a vicious flower diagram.

9-Jun

Gemeinschaftsgefühl Going Virtual: Creating Community, Connection, and Collaboration in the Online Education of Future Counselors: *Nicole Randick, Damion Cummins*

With the growing number of counseling students enrolling in online education, there is need to learn how to develop a sense of Community, Connection, and Collaboration in the virtual space. Participants will learn innovative and creative strategies to foster social interest in online counselor education.

Participants will learn: how to create a sense of community, connection, and collaboration in the online learning space of higher education; how to meet the unique needs of the Millennial generation in the social context of an online learning environment.

9-Jun

Does a Family Fit Inside an Individual?: *William Allen Burns*

How many times has a client presented this dilemma: that part of them wants one thing while another part wants something else? They feel stuck, or worse, at war with themselves. Using Internal Family Systems and similarities with Adlerian concepts, we will apply this strategy to a person.

Participants will learn: to translate "parts" language of clients into a Lifestyle framework; and, to connect with clients who say they are deeply conflicted about their wants or goals.

9-Jun

Creating “Connection” Within and With Others through Integrating Our Three Brains - Head, Heart & Gut: *Patricia Kyle, Linda Page*

Creating “Connection” within ourselves and with others is integral in counseling, psychotherapy, and coaching. Connection requires integrating our three brains - Head, Heart and Gut. When fear or shame interrupts integration, we are unable to exhibit social interest. This interactive session emphasizes how important encouragement and mindfulness is to our connections.

Participants will learn: that connection requires integrating our three brains - Head, Heart and Gut; that integrating our three brains helps our clients to develop the “courage to be imperfect” and that encouragement and mindfulness are integral tools to accomplish that integration.

9-Jun

Chicken Soup from the Slammer: Adlerian Lessons from Offenders: *Teal Maedel, Gregg Brown*

People who have committed offences are not a heterogeneous group. We will discuss Adlerian perspectives on offenders and Adlerian life lessons we have learned from offenders. Through case examples we will illustrate Adlerian concepts and interventions strategies.

Participants will learn: Adlerian process for forming therapeutic relationships with offenders; Adlerian interventions for seeking clarity and engagement with offenders.

9-Jun

Techniques That Encourage Behavior Change: *Susan Pye Brokaw*

Participants will learn some tried and true techniques that have been used with clients to encourage a change in thoughts and behavior. Techniques include: Reducing perfectionism, defusing anger to find resolution, separating worth from behavior, three choices for solving any problem and helping couples go from conflict to problem solving.

Participants will learn an affective technique to use with perfectionists; some problem solving techniques for individuals and couples

9-Jun

Understanding Emotions Through Work with Memories, Dreams and Metaphors: *Mercedes Baines*

The presentation will explore understanding emotions through working with memories, dreams & metaphors by utilizing writing, drama and visual art exercises in a group setting.

Participants will learn: working with early memories, emotions in a group setting; using creative modalities in a therapeutic manner when working with a group.

9-Jun

Ensuring Our Children Are Glad They Were Born: *Beverley Cathcart-Ross*

Some children navigate through life with ease, while others are anxious and full of self-doubt. In response to the current increase in childhood emotional health issues, we offer a model that addresses the key contributing factors and provides a new framework that will safeguard children from these issues throughout their lives.

Participants will learn ways to encourage a stable and healthy self-esteem in children. They will also learn How to create a "Super Attitude" in families - 3 Key concepts for raising children to be happy, respectful, and contributing.

9-Jun

Dawn of Memories: A Contemporary Early Recollections Interpretation Approach: *Arthur Clark, Carrie Butler*

The workshop focuses on the understanding the meaning of early recollections with a diverse range of clients. Participants will gain skills in the administration and interpretation of the projective technique through the introduction of a contemporary model, Dawn of Memories.

Participants will learn how to conceptualize the meaning of early recollections and how to use early recollections in therapeutic practice.

9-Jun

Common Sense Stress Reduction for Service Members and Others: *Mel Markowski*

Adlerian Theory and Practice is based on Common Sense, but common sense is often omitted when working with civilians and military members. This presentation will demonstrate how common sense can be used in lieu of DSM-5 diagnoses to relieve stress and other problems associated with military life.

Participants will learn: how to see, hear, and feel at one with their clients; and how to use common sense when working with clients.

9-Jun

Rewriting Early Recollections to Facilitate Therapeutic Change: *Leigh Johnson-Migalski, Cullen Connerly*

Many people associate early recollections with assessment; however, there have been several Adlerians that use ERs to facilitate change. Rewriting ERs is one of these approaches. We will review the literature documenting emotion transformation in emotion-focused therapy and compare it to rewriting ERs. A demonstration will be presented and cultural nuances included.

Participants will learn: the various ways that Adlerians rewrite early recollections and the similarities and differences to emotion transformation in EFT and how to use one specific method of rewriting early recollections through demonstration.

9-Jun

Adlerian Family Counseling: A Demonstration: *James R Bitter*

Open Forum Family Counseling, developed by Adler and Dreikurs, was popularized in North America by the presenter's mentors, Manfred Sonstegard and Oscar Christensen. They used this model as an approach to therapeutic communities and family education. This is a demonstration with a live family of the open-forum approach to Adlerian family counseling.

Participants will learn the democratic orientation fostered by Adlerian family counseling; the structure and process for conducting an open forum Adlerian family counseling session.

9-Jun

A Single-Session, Therapist-Focused Model of Supervision based on Adlerian Psychology.: *Mary Jamin Maguire*

The theory, structure, and method of a single-session supervision model based on Adlerian (Individual) Psychology will be presented and discussed. Six phases will be presented, emphasizing metaphors and Early Recollections as indicators of Lifestyle movement and goals - based on the work of Richard R. Kopp and Laura Robles.

Participants will learn: about resistance as a conflict of goals and movement between the client and the therapist; and about the therapeutic relationship as a dyadic system, with the client and the therapist constructing their realities based on their private logic and biased apperceptions.

9-Jun

Taking Adlerian Psychology in Schools to the Next Level: *William Nicoll*

This presentation will expand and build upon current Adlerian techniques and programs by introducing a new, broader and research-based framework for applying Adlerian principles in school settings.

Participants will learn new strategies and techniques which take Adler to the "next level" in educational practice. Live demonstrations and experiential activities will illustrate these broader strategies for advancing the application of IP in educational settings. Participants will learn a research based framework for understanding the potential areas of application for Adlerian Psychology in the schools as well as practical strategies for applying Adlerian Psychology to programs for: Social-Emotional Learning, Student Resilience, Positive School Cultures, Home-School Collaboration, School-based Family Counseling/Consultation, Substance Abuse Prevention, Bullying Prevention, and Adlerian based RTI processes.

9-Jun

Cultivating Social Interest By Providing a Corrective Relational Experience: *Gary Bauman*

Social Interest, which begins to develop in one's family of origin, is understood to be the key Adlerian ingredient that activates personality development and successful completion of life tasks. Helping others to change, therefore, requires a re-activation of social interest, which can be nurtured through a corrective relational experience and result in a re-orientation of lifestyle.

Participants will learn the importance of development of the egalitarian relationship from an Adlerian perspective and recognize the primary goal of therapy is to cultivate social interest. Participants will learn to examine what are the elements involved that motivates clients to change with a particular focus on the corrective relational experience and how to motivate clients to overcome fears and doubts through belongingness and contribution.

9-Jun

Ethics and Supervision in the 21st Century: Managing the Web of Connections and the Faces of Change: *Jennifer Nivin Williamson, Daniel G. Williamson*

Conducting effective clinical supervision has always been challenging; however, with the dynamic social and technological climates, the landscape where counseling and supervision occur is ever-changing. This presentation seeks to outline the new changes in the ACA Code of Ethics as they relate to technology and the supervisory relationship.

Participants will learn to discuss the complex and dynamic relationships formed inside and outside of the virtual world. Participants will also learn to discuss the unique challenges associated with setting and maintaining healthy boundaries in a modern world and the importance of being proactive.

9-Jun

Achieving Evidence-Based Status for IP: Why It Is Needed and How to Accomplish It: *Len Sperry, Jon Sperry*

This presentation provides essential background information to understand why Adlerian Therapy must achieve the status of an evidence-based counseling approach. It also describes the requisite elements for achieving this goal: establishing a unique Adlerian therapeutic strategy, a treatment manual, and clinical trials that ensure that Adlerian Therapy will survive and thrive.

Participants will learn: the meaning of evidence-based and related terms; the requisite elements that will ensure that Adlerian Therapy survives and thrives as an evidence-based therapy approach.

9-Jun

Effective Adlerian Therapy Techniques for African-Americans Experiencing PTSD (Post Trayvon Martin Stress Disorder): *Masica Jordan*

The link between racism and post-traumatic stress disorder is race-based stress reactions (RBSR.) RBSR can be triggered by events experienced vicariously through a third party - like social media or the news. In this session, clinicians will be trained to apply Adlerian techniques as intervention for African American experiencing RBSR.

Participants will learn to identify race-based stress reactions and to apply Adlerian techniques as intervention for African American experiencing RBSR.

9-Jun

Yes, You Can Have a Great Relationship with Your Teen!: *Doone Estey*

Adolescence is often a time of turmoil. Teens explore a new sense of independence and parents struggle with letting go. How can parents instill respect in their teens? Stop the grounding and fighting. Improve communication with your teen, improve the relationship, and increase your influence.

Participants will learn: Why teens act the way that they do and how to best communicate with them during these difficult years; How to instill respect in their teens and how to stay calm in a power struggle.

9-Jun

Life-style, Trauma Symptoms, Coping Resources and Posttraumatic Growth: *Michael Leeman, Joshua Castleberry*

This session presents results from an urban university sample of 302 students who experienced interpersonal aggression. Findings revealed contributory roles of life-style themes; wanting recognition, tension control, social support and trauma symptoms held a curvilinear relationship to Posttraumatic Growth. Implications for practice includes understanding the relationship between client lifestyle and PTG.

Participants will learn: About how perfectionistic traits can help and hinder our ability to perform in the world; About themselves and whether they portray perfectionistic qualities.

9-Jun

Preventing Further Abuse: What Victims and Therapists Should Know to Prevent Re-Victimization: *John Newbauer, Teal Maedel*

With attention being paid to treating victims of sexual aggression, not much has been said about preventing further abuse. We will explore sexual attitudes and sexually inviting behaviors, private logic, gender differences in socialization, untreated psychological symptoms, alertness to potential problem situations and their role in the risk for re-victimization.

Participants will learn: how to recognize problem situations and potential threats; and how to identify and use protective factors and strategies to avoid re-victimization.

9-Jun

Adler Screenplay: Early Recollections Adapted for Child and Family Therapy: *Elaine Carey, Sandra Pahnke, and Marquez Wilson*

Presentation will adapt Early Recollections to use with children/adolescents and their families which will encompass children's rich emotional life while developing social skills, language, and insight through including their family members as witnesses of their personal ER as an original "screenplay" in which the children are the creators and directors of their memory recollection.

Participants will learn: How to adapt ERs to use with children/adolescents with and without cognitive and emotional disabilities; How to adapt ERs for the use of family therapy.

9-Jun

Common Factors & Adlerian Psychotherapy: *Robert Freund, Andrew Z. Baker and Patricia M. Diaz*

Common factors of psychotherapy have emerged as an invaluable framework for psychotherapy research, training, and clinical practice. This presentation will evaluate the theory and practice of Adlerian psychotherapy from this lens through use of contemporary research, theoretical exposition, and practical examples from clinical masters.

Participants will learn: The foundations of common factors research, as well as a review of Adlerian theory; Practical strategies for evaluating the clinical effectiveness of his/her Adlerian applications through group discussion, video demonstration, and clinical research findings.

9-Jun

Adlerian Group Counseling for Adults with Neuro-Developmental Disorders - Case Studies from a "Workplace Best Practices" Program: *Christopher Erikson*

Adults with neuro-developmental disorders often struggle in the workplace. An Adlerian group intervention that focuses on "workplace best practices" was developed at the request of the local Ontario provincial agency. Improved outcomes are described. Recommendations are made regarding the education of future counselors and support workers for this population.

Participants will learn: how short-term group work for young adults with neuro-developmental disorders that is cognitively meaningful and sometimes challenging, can lead to an increased social feeling, and to improved attitudes and behaviours. Participants will learn: that focusing the group on objective "workplace best practices" constitutes an effective way to promote social feeling and self-knowledge. It brings individuals together in a non-threatening way by focusing the group on our common humanity and the attitudes and behaviours that are expected in the workplace.9-Jun

9-Jun

Adlerian Concepts to Use in Clinical Formulations: *Gregory Anderson, Patricia Post*

While Adler did not support a disease model, Adlerian concepts can dramatically strengthen clinical formulations. To meet current requirements of clinical diagnoses for reimbursement, we compared DSM types of items from Adlerian concepts. Many Adlerian items were as powerful as DSM criteria. This session provides the attendee with Adlerian items that can greatly enhance clinical decision making.

Participants will learn that Adlerian items enhance diagnostic decision making and subsequent clinical treatment planning. They will also learn the usefulness of the Adlerian items to aid in the differential diagnosis of specific mental health disorders relative to DSM criteria.

9-Jun

Learning Difficulties: Taking an Adlerian Perspective: *Sonia Nicolucci*

Under the umbrellas of neurobiology and neuroplasticity, our knowledge around the adaptive nature of the human brain has expanded enormously over the past decade. Mental capacities are no longer considered fixed in nature, but transformable. Through the lens of Adlerian Psychology, this presentation will explore various means in supporting children currently having learning issues and subsequent to learning issues.

Participants will gain insight into various ways to support children with current and post learning difficulties and explore the field of neuroplasticity as it relates to *Gemeinschaftsgefühl* and cognitive ability.

9-Jun

The Fairytale Syndrome: When the Story Ends and Real Life Begins: *Amy Lew*

Most problems that bring clients into couple therapy are the result of clashes in perceptions, beliefs and behaviors. This workshop will discuss the formation of these beliefs and show how therapists can help their clients to understand the critical beliefs and resultant strategies that interfere with adult relationships.

Participants will learn: the concept of the Crucial Cs and its impact on choice of partner and couple compatibility; the effect of expectations on couple relationships.

9-Jun

How to Cultivate Inner Happiness Using Adlerian and Somatic Psychology: *Paivi Lee*

How to get to the place of happiness, meaning, and contentment in your life? Most emotional problems are often the manifestation of discouragement, fear, inferiority feelings, and lack of knowledge about how to find success in one or more of the life tasks (i.e., community/friendship, love/sex, and occupation/work).

Participants will learn: to identify why we have difficulty finding happiness and contentment using ERs and identify the essence of some theories that are creating standards or paradigm shifts toward a universal goal that all humans strive towards by all behavior resulting in recognizing more joy in their lives than what they recognized before.

9-Jun

Raising Kids Who Have the Courage to be Imperfect: *Karen Skinulis*

Perfectionism is often at the root of anxiety and low self-esteem. If your child or teen dwells on mistakes, pushes him/herself too hard, or conversely gives up easily, this presentation will provide insights on how to help them take their "imperfections" in stride.

Participants will learn how to identify perfectionistic tendencies in children and teens; how to help children/teens be less distressed by mistakes, lower standards, and like themselves as they are. Parenting approaches that will decrease stress and increase self-compassion.

9-Jun

Coaching for Courageous Action: *David Hanson*

Courageous teammate behavior propels progress toward organizational goals. Often, there is a gap between the intended goals and actual goal attainment. Learn a systematic approach for coaching courageous action toward goal-oriented outcomes, where teammates are encouraged to take personal responsibility for their courageous movement toward career aspirations and organizational goals.

Participants will learn a systematic coaching process that can be taught to others and how to align courageous action toward self-created goals

9-Jun

Instilling Hope and Encouragement to Facilitate Agency Among LGBT Individuals:
Zaheeda Virani, Yvette Boles & Francis Sesso-Osburn

When society's *Weltbild* contradicts an individual's lifestyle and identity, feelings of inferiority and discouragement may occur. Using a holistic and intersectional view, the presentation will look at how the current US social climate can impact LGBT clients. Use of the Encouragement Interview to increase *gemeinschaftsgefühl* will be demonstrated.

Participants will learn: Highlighting inclusion of the LGBT community through an Adlerian therapy milieu; and, the use of the Encouragement Interview as a helpful tool during times of distress.

9-Jun

The Art of Encouragement: *Andrea Walette, Linda Page & James Little*

This session will explore the concept of encouragement and its application to the classroom and family.

Participants will learn: The theory of encouragement; Strategies for encouraging children and adults.

9-Jun

Marriage Enrichment Retreats and Support Groups: A Model for Couple Encouragement: *Barbara Fairfield, Don Fairfield*

The marriage enrichment model of couple to couple support begun by David and Vera Mace is a psychoeducational model that promotes committed couple relationships. Opportunities for structured couple dialogue, skill building exercises and group involvement make this model ideal for developing the Adlerian-based goals of cooperation, equality and social interest in couple relationships.

Participants will learn how the format of retreats is structured around couple to couple support, exercises that promote skill building in couple relationships and the history and current state of marriage enrichment especially the Better Marriages (www.bettermarriages.org) model begun by David and Vera Mace

9-Jun

Trauma Informed Practice for Self-Directed Violence: Adlerian Perspectives: *Amanda La Guardia*

Trauma Informed Care is an essential approach to work with at-risk youth. Work with client's engaged in non-suicidal self-injury requires clinical approaches grounded in encouragement. This presentation will include a review of current best practices related to clients at risk of and engaging in self-directed violence from an Adlerian framework.

Participants will learn: Evidenced Based Practices for work with client's using non-suicidal self-injurious behaviors to cope with trauma experience and suicidal ideation. Adlerian concepts as they align with trauma informed care with clients engaging in or at-risk of self-directed violence.

9-Jun

Applying the Crucial Cs to Understanding Client Stress in the Workplace: *Gwyneth Humphreys, Adam Lodzinski*

This presentation demonstrates how the "Crucial Cs" model can be applied to both assessment and intervention in workplace stress. Using case studies, participants will apply the model hands-on to articulate client stressors and possible actions clients could take to regain encouraged movement in a rebalancing of self and social interest.

Participants will learn how the four components of the model - feeling Connected, Capable, that we Count and have Courage - can be used as a framework to understand workplace stress and its impact, as well as how the model can be applied to help clients identify and articulate sources of stress.

9-Jun

Integrative Therapy Essential Oils - Alternative Aid in Client Treatment: *Candace Sneed, Renee Devine*

Essential oils are an increasingly popular alternative for natural healing and wellness in the North Americas. Yet, their physical, spiritual, mental, and emotional healing properties have been used for centuries in various cultures. This presentation will help participants understand how oils could be appropriate as an integrative approach in treatment of clients.

Participants will learn Basic history of oils and their uses in various cultures as healing aids; Specific ways basic oils can be integrated into a holistic and integrative treatment of clients

9-Jun

Violence Threat Management & Adlerian Corollaries: *Ed Markowski*

The contemporary discipline of Threat Assessment and Management attempts to identify potential perpetrators and de-escalate the risk of predatory acts violence. Adler's conceptualization of violent individuals demonstrates consistency with threat assessment theories and can help inform the identification and intervention process.

Participants will learn: Foundations of Threat Management and intersections with Adlerian Psychology; Warning Behaviors for Predatory Violence & Adlerian Corollaries.

9-Jun

Emotional Regulation, Mindfulness and Parenting - It starts with you.: *Alyson Schafer*

Has your child been diagnosed with ADD / ADHD? Do you have a child who is explosive or anxious? That is a lot for a parent to contend with. In this workshop, Alyson helps parents learn how to help emotionally regulate their children by mastering the skill themselves.

Participants will learn the science of emotions and reactions to them and skills to manage our emotional state so we can help our kids do the same.

9-Jun

Mindfulness: Diversity and Cultural Intelligence: *Roja Vivekanand, Linda J. Page*

Mindfulness research supports its effectiveness, but there are different approaches from around the world. We will discuss our mindfulness practices--Hinduism and Buddhism--as a reminder to match particular approaches with particular client needs. Participants will be invited to share their mindfulness experiences to expand our understanding of this diversity.

Participants will learn: that while mindfulness practice in general may be helpful to all clients, actual practices are diverse, and some practices may be more suitable than others for the unique needs of any particular client; various qualities and results of different mindful practices as represented in research and in the experiences of the presenters and participants, with the goal of developing cultural intelligence.

9-Jun

Reflecting As If (RAI) and Imaginary Reflecting Teams: An Integrative Adlerian Counseling Process: *Richard E. Watts*

This presentation will help attendees (a) understand and apply the Reflecting As If (RAI) brief, encouragement-focused process and (b) understand and apply imaginary reflecting teams as an adjunct to RAI when clients have difficulty generating "as if" behaviors.

Participants will learn: to understand and apply the RAI process; and, to understand and apply imaginary reflecting teams in using RAI.

9-Jun

Video Documentary Screening: “Sadie ‘Tee’ Dreikurs: Partner In History”

In 1986, Sadie “Tee” Dreikurs was interviewed on video about her life and career. The resulting two-part documentary movie premiered at the first annual Founder’s Day at the Alfred Adler Institute of Chicago, February 8, 1987 to great acclaim. (It won a Chicago International Film Festival Certificate of Merit in 1987). It is an engaging companion piece to her book, **Cows Can Be Purple**, published in the same year. The video was subsequently sold to libraries, schools, and individuals.

NASAP and the Alfred Adler Institute of Chicago (now Adler University) were co-sponsors of this production. Tee’s personal accomplishments as an artist and fascinating connection to Jane Addams and Hull House, and then her Adlerian career as Rudolf Dreikurs’ wife and collaborator form the two parts of the movie. The movie’s sample enactment of Tee’s invention of Adlerian Art Therapy, with her extensive commentary, has been in use in psychology graduate classrooms. Now, after over thirty years, the video has been digitized and is ready for even wider circulation.

Attend the screening (Part I The Hull House Years is 30 minutes; Part II The Adlerian is 35 minutes) at the Conference. Following the screening, NASAP members video Producer/ Director Bryna Gamson, Eva Dreikurs Ferguson and Hala Buck will be available for Q & A.

Sunday June 10th: Post –Conference Workshops

10-Jun

Involved Supervision: Going Beyond the Talk: *Deb Watson*

Supervision is about the Self: a deeper appreciation and understanding for and about the therapist. Often supervision is a talking process week by week. Adlerians however are natural demonstrators in supervision too.

Participants will learn: tips and techniques to revitalize your supervision with active involvement.

10-Jun

Group Adlerian Play Therapy: *Rebecca Dickinson*

Adlerian play therapy provides a developmentally appropriate intervention to treat a myriad of childhood social, emotional, and behavioral difficulties. Group play therapy offers additional benefits in treating multiple children at once and providing real-time opportunities to address interactional difficulties. This workshop explores a framework for utilizing group Adlerian play therapy.

Participants will learn how to utilize basic Adlerian play therapy principles as a developmentally appropriate interventions for children and how to translate basic Adlerian applications into designing and implementing effective group play therapy interventions

10-Jun

The Core Constructs of Individual Psychology: *Rocky Garrison*

This workshop presents the 10 core constructs of Individual Psychology as identified by the presenter. The presentation of each construct will include a review of the relevant literature, a case example, and a personal reflection exercise; use of the construct in the clinical formulation process will be discussed.

Participants will learn the core tenets of Individual Psychology and be able to list and define these basic concepts.