President’s Invitation

Ah, CANADA!! There is no place in the world like Vancouver, British Columbia, in May; I am delighted to invite and encourage you to attend the 2017 NASAP Conference in this most beautiful of west coast cities from May 18th until May 21st. Like a magnificent European city of old, you will be transported by its majesty with the mountains to the east and the ocean on the west. It is a city filled with and welcoming of diversity, as is our North American Society of Adlerian Psychology annual convention. This year some of the top Adlerians in the world will be addressing issues from individual to family therapy, from additions work to parenting, from philosophy to application. We will be joined by two of North America’s leading counselor-therapist/authors, Dr. Jeffrey Kottler and the Narrative Therapist, Stephen Madigan. With plenary sessions, therapy demonstrations, and professional conversations, this is a conference that will welcome you like family and inspire you in, oh, so many ways.

So come, please come, to the 2017 NASAP Conference in Vancouver. Bring a friend. See some of the best the helping professions have to offer, and then get out and see a truly wonderful city. It can all happen in May. I hope to see you there.

With warm regards,

Jim Bitter
President of NASAP

NASAP 2017: OUR VENUE

We return this year to the Marriott Pinnacle Hotel in downtown Vancouver, two blocks from the waterfront and near a number of landmark locations including Stanley Park, Robson Street, the CN IMAX Theatre and Rogers Arena. On-site parking is available for $36 CAD a day. Taxi from the airport (YVR) is approximately $35 CAD and takes about 20 minutes. There is a train and bus option to downtown waterfront area also for approximately $6 CAD.

Be sure to bring your passport!

If you are not a Canadian citizen, you will be in a foreign county (as one customs agent reminded me the last time
I forgot my passport on a trip to Canada. You may have trouble at the border if you do not have a valid passport - or you may have trouble trying to get home.

Transactions are in Canadian currency so be sure to get some Canadian money early in your trip. The exchange rate for US dollars at this point is approximately $.75 US to $1.00 CAD; however, this is a constantly changing rate.

THE PROGRAM

The NASAP Annual Conference consists of several parts. Pre-Conference and Post-Conference Workshops are added benefits to the 2-day conference. Thursday there are also morning (8:00 - 12:00) and afternoon (1:00 - 5:00) workshops as well as day-long (9:00 - 5:00) - A total of 16 workshops, including 3 workshops on art therapy, so bring your creativity with you.

Thursday evening the conference officially opens with the Ansbacher Plenary Session featuring Alyson Schafer, followed by a cash bar social hour. Friday and Saturday feature 60+ presentations on Adlerian Psychology - something you will find nowhere else! We have an opportunity to visit Adler University for an evening reception on Friday.

Saturday evening features a poster presentation that usually exceeds our expectations with research and application presentations on Adler's ideas as well. The Annual Conference closes with a banquet Saturday evening which is included in your two-day registration. Then, if your brain and the rest of you still have room for more learning, there are four more Post-Conference Workshops on Sunday morning. Come early or stay late and enjoy the wonderful attractions that the city of Vancouver and surrounding bay area have to offer. Come join us. Meet new friends, gather with other Adlerians and have a great time.

MORE INFORMATION AND REGISTER ON-LINE AT www.AlfredAdler.org/annual-conference

PRE- & POST-CONFERENCE WORKSHOPS
THURSDAY & SUNDAY

The symbols Ψ± are used to designate that the workshop or presentation is available for APA or NBCC credit. Ψ designates APA credit available and ± designates NBCC credit available.

Consider registering for one of the pre-conference or post-conference workshops. They provide more in-depth training than can be provided in the usual presentations during our conference.

THURSDAY MORNING – 8:00 AM - 12:00 PM

Introduction to Adlerian Psychology – Susan Belangee Ψ ±

For those just beginning their exploration of Adlerian psychology, this introduction to Individual Psychology covers the basic concepts of the model from inferiority feelings/striving for success (the growth model) to lifestyle development, the unity of the personality and holism, a psychology of use; teleology/purposeful behavior, social interest, and collaborative interventions. Participants will learn the theoretical model that has evolved from Adler’s original conceptualization of Individual Psychology; and, to identify the principles that underlie Adlerian counseling, therapy, education, and leadership. THIS IS A FREE WORKSHOP AND HAS A LIMITED NUMBER OF SEATS AVAILABLE.

Cows Can Be Purple” based on the book by Sadie ‘Tee’ Dreikurs - Judy Sutherland, Duanita Eleniak Ψ ±

Art can integrate ‘Mind, Body, Heart & Soul’! Experience an Adlerian art group based on Sadie (Tee) Dreikurs’ book “Cows Can Be Purple”(2009). Participate in art activities based in traditional Adlerian art methods exploring a variety of Adlerian concepts.

Individual Psychology For Substance Use Disorders - James A. Holder Ψ ±

Participants will learn about the work of Sadie ‘Tee’ Dreikurs and Adlerian Art Therapy and share an experience of community while exploring Adlerian concepts through the arts.

Early Recollections and Adlerian Psychology - Art Clark and Carrie Butler Ψ ±

Alfred Adler first introduced early recollections as a projective technique over 100 years ago. The workshop focuses on understanding the meaning of early recollections with a diverse range of clients and individuals. Participants will gain skills in the administration and interpretation of early recollections through the introduction of a contemporary model. Implications of early recollections in therapeutic treatment will be explored. Participants will learn: how to conceptualize the meaning of early recollections and will also learn how to utilize early recollections in therapeutic practice.

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THURSDAY FULL DAY – 9:00 AM - 5:00 PM

Integrating Mind, Body, Art, and Cultural Understanding – That’s Holism! - Hala Buck $Ψ ±$
This is an experiential class showing how to combine Adlerian theory, art and intuition while incorporating cross-cultural understanding. This hands-on workshop will show how to weave Early Recollections, art therapy, the body, and mindfulness thus allowing "heart and spirit" to guide the process as well. In a safe setting we will begin with a mindfulness exercise followed by using art to elicit Early Recollections that lead us to the understanding of our life patterns and biases and how they can get in the way of mutual respect. Participants will experience art therapy approach to facilitate mindfulness, self-understanding and cultural influences based on work with early recollections. Participants will learn to understand the importance of subjective and cultural beliefs and their impact on the need to belong.

Adaptive Reorientation Therapy - Paul Rasmussen and Erin Schuyler $Ψ ±$
In this workshop, an Adlerian treatment approach will be presented. Included will be the objectives in counseling and the importance of reorientation. Topics will include the lifestyle assessment, and reorientation. Attendees will be taken through the phases of treatment and provided strategies for prompting psychological change. Participants will learn a reorientation treatment approach and lifestyle assessment.

Integrative Adlerian Counseling: Being Theoretically Consistent and Technically Eclectic - Richard E. Watts $Ψ ±$
This workshop will provide attendees with information regarding the integration of diverse counseling techniques within the practice of Adlerian counseling, particularly in brief counseling settings. Each technique will be addressed regarding its relationship to client readiness for change and where it may be most usefully implemented in the counseling process. Many of the techniques will be demonstrated and participants will have opportunity to apply their knowledge via role-play exercises and discussion of case studies. Participants will learn the common ground between the Adlerian phases of therapy and the Stages of Change model by Prochaska and Norcross. They will also learn counseling procedures and interventions from Adlerian and other theoretical perspectives that integrate easily into Adlerian therapy and where the techniques fit within both the Adlerian phases of therapy and the Stages of Change model.

Lifestyle: Understanding Self/Understanding Others - Wes Wingett $Ψ ±$
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.

Taking Adler Outdoors - A Photographic Adventure - R. James Little (Note: NO APA OR NBCC Credit)
Given the natural beauty of British Columbia, the workshop offers the participants to explore and photograph scenery and wildlife in the area of greater Vancouver. Possible sights include a bird sanctuary, a heron rookery and Stanley Park. The leader will provide opportunities for direct instruction in photography, as well as, aspects of Adlerian psychology as they apply to the events of the day. THIS IS A PHOTOGRAPHERS DREAM TOUR OF VANCOUVER AREA.

THURSDAY AFTERNOON WORKSHOPS

1:00 - 5:00 PM

Adler’s Organ Inferiority and the Energy of Holism - Caroline Fernandez and Michele Frey $Ψ ±$
Adler believed that when one part of an organism is threatened, other parts will either create blockages or overcompensate in order to maintain equilibrium. Through lecture, demonstration, and experiential activities, participants will learn and experience the connection of the Eastern concepts of Chakras and energy systems with Adler’s theories of holism and organ inferiority. Participants will learn the close connection of the Eastern concepts of Chakras and energy systems with Adler’s theories of holism and organ inferiority. They will also experience mindfulness techniques and learn the importance of holism in case conceptualization.

Mapping Primal Adler - John Reardon and Marina Bluvshtein $Ψ ±$
Mapping Primal Adler is an experience that stresses grasping the sentient, more somatic, and primitive points and concepts of Adlerian Psychology. Through the creation of a pictorial map of these points and concepts, a coherent network of psychological understanding, assessment, movement, and intervention can be structured and applied. Participants will learn to claim aspects of their subjectivity; discuss and decide how their subjectivity is useful in life and therapy relationships and interact and discuss how the MAPS maybe useful in therapy, teaching and supervision.

More than Child’s Play: Unlocking the Power and Potential of Adlerian Sand Tray Therapy - Mindy Parsons $Ψ ±$
Adlerian sand tray therapy provides the ability to reach the depths of an individual’s mind, body, heart and soul -- offering insight that for some is unavailable through traditional talk therapy methods. This unique therapeutic tool creates a metaphorical dialogue with clients of any age. This workshop includes an experiential element imperative to understanding the power of this methodology. Participants will learn the benefits of using sand tray therapy with children, adults and families and how to use sand tray to better understand an individual's lifestyle and private logic.
SUNDAY HALF-DAY WORKSHOPS
8:00 AM - 12:00 PM

Cows Can Be Purple" based on the book by Sadie ‘Tee’ Dreikurs - Deb Bailey and Duanita Eleniak
Art can integrate ‘Mind, Body, Heart & Soul!’ Experience an Adlerian art group based on Sadie (Tee) Dreikurs’ book “Cows Can Be Purple” (2009). Participate in art activities based in traditional Adlerian art methods exploring a variety of Adlerian concepts. Join us for community connection and creation the Adlerian way! Participants will learn about the work of Sadie ‘Tee’ Dreikurs and Adlerian Art Therapy and share an experience of community while exploring Adlerian concepts through the arts.

Forgiveness: A Gemeinschaftsgefühl Skill - Rocky Garrison and Charmaine McIntosh
A review of the literature on Gemeinschaftsgefühl (GSG) supports interpersonal forgiveness as a process that expands Social Interest. In this experiential workshop, forgiveness is explored as a process with three aspects: (1) asking for forgiveness (the courage to be imperfect), (2) forgiving others (the courage to have others be imperfect), and (3) forgiving oneself (the courage to be unique). Participants will learn Individual Psychology definitions for Gemeinschaftsgefühl, courage, and forgiveness. They will also learn a strategy for enacting each of the three aspects of forgiveness: asking for forgiveness, forgiving oneself, and forgiving others.

CONFERENCE PRESENTATIONS - FRIDAY

MORNING PLENARY SESSION: - “Candles in the Windows of Addiction” - Deb Bailey & Sarah Blythe

Creating a Caring Classroom Community Through Adlerian Talking Circles - Joyce A. DeVoss


Our Deepest Knowing: Reconnecting to the Soul after Trauma - Laureen Schwartz

Sobriety Enhancement for Addictions and Reorientation - James A. Holder

Utilizing a Contextual Historical Relational Lifestyle Assessment (CHRLA): A Counseling Demonstration - Thomas Garcia

Broad Stroke Lifestyle Assessment: Fears and Desires - Paul Rasmussen

Rewriting Early Recollections to Facilitate Therapeutic Change - Leigh Johnson-Migalski & Zaheeda Virani

THURSDAY EVENING 7:00 PM
ANSBACHER KEYNOTE - 2 CE Hrs.

Alyson Schafer is a third generation Adlerian. She has an MA in counselling from the Adler School (Toronto). Alyson has three best selling parenting books with HarperCollinsCanada which have been translated into Bulgarian, Korean and Russian. She is an international speaker and the media’s go-to person for parenting in Canada. Alyson is the resident expert for Huffpost Parents Canada, CBC radio, The Marilyn Denis Show and Kid’s Help Phone. Alyson has a private clinical practice at the North Toronto Early Years Learning Centre, an Adlerian nursery school she helped establish 15 years ago. Alyson tries her best to live what she teaches as a single mom of two daughters, now 22 and 23.

Alyson will be speaking on her favorite topic, Parenting. You can expect a lively, interesting and helpful presentation this evening as Alyson shares her work with us.
Alfred Adler was among the first to challenge therapists and physicians to pursue a path of selfless commitment not only to our own clients, but also to issues that directly affect the oppressed, poverty stricken, disenfranchised, and those who might never have the opportunity to seek help. Given the political scene currently in the U.S., U.K., and elsewhere around the world, it has never been more important for therapists to take greater responsibility for social interest and advocacy on behalf of marginalized groups. This program explores the ways that therapists can redefine and expand their roles to become more actively involved following Adler's lead to reach beyond the usual parameters of professional responsibility. Based on Jeffrey's experiences working to prevent sex trafficking among at-risk girls in Nepal, refugees in Turkey and local communities in the U.S., Native American communities, survivors of torture, homeless residents of Skid Row, as well as several of his books about these issues, we will explore some ways we can move beyond token efforts to make a lasting difference in the larger world.
Working with Client’s Images, Metaphors & Embodied Memories - Mercedes Baines

Identifying Lifestyle Using Early Recollections - Susan Pye Brokaw & Kate Simonson

Enhanced Holistic Change: Moving from Embodied Joy - Karen Gillespie Haeg

Healing Begins with Me - Ben Rader

Open Forum Family Demonstration - Jill Duba Sauerheber

Uplifting Heart and Soul, Strengthening Mind and Body, with Rational Emotive Behavior Therapy (REBT). - Debbie Joffe Ellis

When a Client Feels Instantly Known - Susan Proser

Consultation Alignment: Facilitating Collaboration and Minimizing Resistance - Jay Colker

The Challenge of Presence: Courage to Integrate Our Three Brains – Head, Heart & Gut - Patricia Kyle & Linda Page

A Conversation About First Sessions - Mindy Parsons & James R. Bitter

When Ugly Becomes Useful - LeAnn Heimer & Cotalena Brook Chase

Sweetening the Soup: Heightening Your Client’s Appetite for Change - Gary Bauman

SATURDAY PLENARY ANSBACHER SPEAKER - STEPHEN MADIGAN - 1 CE Hrs.

Relational Interviewing with Highly Conflicted Couples Relationships: Emotionally preparing relationships for reunification, separation and mediation.

Stephen demonstrates his new practice of Relational Interviewing with highly conflicted couples. He discusses his therapeutic focus on remembering conversations, relational ethics, re-moralizing relationships, and video demonstrates his practice of writing therapeutic letters to the relationship.


Reframing Trauma and PTSD Through Psychology of Use: Moving Away from Pathology - Daniel G. Williamson & Jennifer N. Williamson

Reflecting As If and other Adlerian Practices in Mentoring Counseling Students - Jennifer Boswell & Richard E. Watts

Holding the Baby: Leadership that Inspires and Contains Ambition and Anxiety in Early Years Settings - Karen John


Transition Through Age: The WISE Circle Experience - Gloria McArter

Group Drumming in Individual Psychology - Jon Sperry

Positive Psychology 101: Discovering Research and Practicing Strategies with Adlerian Lens - Bengu Erguner Tekinalp

Mindful Life Transition Management for Depression, Anxiety, and Trauma - Susan Burak & Jill Duba Sauerheber

A Conversation with Stephen Madigan & Jon Carlson

Early Recollections & Psychodrama: Integrating Theory and Practice - Teal Maedel & James R. Bitter

Individual Psychology and Sustainability: The Courage to Heal the Planet, the Courage to Heal Ourselves - Nadine Garner & Jason Baker

It's More Than Play . . . Preparing Children to be Problem Solvers and Creative Thinkers - Terry Lowe

Working With Challenging Families - Mary Jamin Maguire
**SATURDAY EVENING**

**POSTER SESSION AND CASH BAR**

**FOLLOWED BY CLOSING DINNER**

It may feel like it’s over but Saturday evening offers all new insights with a poster session that usually includes some of the latest research on Adlerian Psychology that is just being presented. Research studies, new models for conceptualizing treatment and interventions as well as some models for prospective research. Be sure to get to the poster session early to interact with all the presenters.

Poster session proposals are still being accepted until March 1. See our website for a proposal form as well as for Conference Registration and Hotel Reservations


**A GREAT CONFERENCE & CE’s TOO**

This program is sponsored by the North American Society of Adlerian Psychology (NASAP). NASAP is approved by the American Psychological Association to offer continuing education for psychologists (items marked with Ψ). NASAP maintains responsibility for this program and its content.

The North American Society of Adlerian Psychology (NASAP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5263. Programs that qualify for NBCC credit are clearly identified (marked with ±). NASAP is solely responsible for all aspects of the programs.

NASAP has applied for approval for continuing education by the Canadian Counselling and Psychotherapy Association (CCPA).

Information in this announcement is preliminary and current as of January 31, 2017.

Due to cancellations, some presentations may not be given or may not be exactly as published at this time.
YOU CAN REGISTER ONLINE FOR OUR CONFERENCE AT


OR DOWNLOAD THE REGISTRATION FORM AT THAT SAME SITE

You will find the registration link for the Marriott Pinnacle Hotel on the confirmation notice when you register or you can navigate to this site to register as well:

https://aws.passkey.com/e/14660378