

# TORONTO



# NASAP 2018

## WELCOME MESSAGE FROM NASAP PRESIDENT

I am very excited to invite you to the **2018 North American Society of Adlerian Psychology (NASAP) Conference** in Toronto, Canada! The theme for the conference is *Community, Connections, and Social Interest in Challenging Times*. This topic seems particularly relevant given the events occurring around our globe today. As Adlerians we are well aware that social interest is hardwired into the very essence of each of us. With the increasingly arduous political divide throughout the globe and constant news of terrorism and school shootings, it is time more than ever to bring our value of social interest and other relevant tenets of Adlerian Psychology to our daily lives on a one-on-one basis but also to society on a macro level.



Jon Sperry

This conference will provide fantastic opportunities for new Adlerians as well as seasoned Adlerians to share knowledge and ideas to create movement towards pathways for a more peaceful world through various methods of intervention. I look forward to connecting with many new and old friends and colleagues. Please consider joining us for four days of community, connections, and social interest!

Jon Sperry, Ph.D.  
President

## 66TH ANNUAL CONFERENCE

### CHELSEA HOTEL IN TORONTO

We will be holding our 66th Annual Conference right in the heart of Toronto, close to shopping, restaurants, attractions and transit. You will love Toronto for its walkability, sophistication and friendly population.

To reserve at our special conference rate, call Chelsea Hotel Reservations at 1-800-CHELSEA (243-5732) or reserve online.

Link here to the Chelsea <[www.chelseatoronto.com](http://www.chelseatoronto.com)>.

33 Gerrard Street West • Toronto ON • CANADA

Be sure to use room block code **NAS060518** or name "North American Society of Adlerian Psychology-Annual Meeting."



# PRE- & POST-CONFERENCE WORKSHOPS • HALF AND FULL DAY

THURSDAY, JUNE 7 • 8:00AM-12:00N • 4 CEs

## *Individual Psychology for Substance Use Issues*

James A. Holder

## *Non-Intrusive Therapy Using Early Memories with Difficult Clients*

Mel Markowski

THURSDAY, JUNE 7 • 1:00P-5:00PM • 4 CEs

## *The Crucial C's and the MBTI*

Jean Kummerow

## *The Essentials of Individual Psychology*

Stephen Saiz

THURSDAY, JUNE 7 • 9:00AM-5:00PM • 7 CEs

## *Adlerian Group Therapy: A Model for Social Equality*

Barbara Fairfield

## *Adlerian Play Therapy: The Basics*

Rebecca Dickinson

## *Identity, Longing, and Desire: Transforming Four Universal Addictions Through the Story + Mastery = More Method*

Catherine Reid Day

## *Lifestyle—Understanding Self/Understanding Others*

Wes Wingett

## *A Day of Discovery—Finding and Cherishing Your Best Self*

Susan Prosser, Meg Chislett

## *Being Integrative in Adlerian Brief Therapy*

Richard E. Watts

SUNDAY, JUNE 10 • 8:00AM-12:00N • 4 CEs

## *Involved Supervision: Going Beyond the Talk*

Deb Watson

## *Group Adlerian Play Therapy*

Rebecca Dickinson

## *The Core Constructs of Individual Psychology*

Rocky Garrison



ANSBACHER KEYNOTE • THURSDAY, JUNE 7 • 7PM • 2 CE HOURS

## *Transforming Life Narratives:*

*Context, Connection, Genograms, Legacies and Having a Sense of Home*

### **Monica McGoldrick, Ansbacher Keynote Speaker**

This presentation will be about the key dimensions for assessing human problems and evolving healing solutions. Genograms are the core mapping tool of this work. A genogram is a map of who you belong to. This presentation will focus on viewing each person in the context of his or her cultural background, social class, gender and sexual orientation, family history, life cycle trajectory, and multiple identities in terms of interests, affiliations, and values.

Monica McGoldrick, MSW, PhD (h.c.), teacher, author and family therapist, is the Director of the Multicultural Family Institute and on the Clinical Faculty of the Psychiatry Department at the Rutgers Robert Wood Johnson Medical School in New Jersey. She has an international reputation as a trainer and author. Her books include *Ethnicity and Family Therapy* (3rd ed, 2005), *The Expanding Family Life Cycle* (5th ed, 2017), *Genograms* (3rd ed, 2008), *Living Beyond Loss* (2nd ed, 2004), *Re-Visioning Family Therapy: Race, Culture and Gender in Clinical Practice* (3rd ed, 2019), *Women in Families* (1991), and *The Genogram Journey: Reconnecting with Your Family* (2nd ed of *You Can Go Home Again*, 2011). Her newest book, *The Genogram Casebook*, was published by W.W. Norton in 2016. She is also the author of 5 teaching videos available through [www.psychotherapy.net](http://www.psychotherapy.net).



**Monica McGoldrick**

### **Reception Follows Keynote**

*Meet and greet your fellow Adlerians and new colleagues and friends in our always-popular welcome reception following the Keynote – with light refreshments and delightful company! See you there.*

# FRIDAY PRESENTATIONS • JUNE 8

**JUNE 8 8:00A-8:45AM**

Special programming

**JUNE 8 9:00A-10:15AM PLENARY SPEAKER (1.25 CEs)**

**JUNE 8 10:30AM-12N**

*From Trauma to Resilience: Utilizing Lifestyle Data to Facilitate Client Growth and Change*

Monica Nicoll, William G. Nicoll

*Guarding the Road, Watching the Path, Letting the March Go On*

Jared Salvatore Alberico, Crystal Sandoval, Marina Bluvshstein

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

Gary Bauman

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

Hala Buck

*Making Maps—Creating Lifestyle*

Wes Wingett, Ben Rader

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

Frank Walton

*Empowerment, Passion & Compassion in Psychotherapy:*

*Using the Wisdom of Adler and Ellis*

Debbie Joffe Ellis

*Managing Life Transitions*

Marion Balla

*Graduate Student Research Forum*

Susan Belangee, Jamie Stone O'Brien

## LUNCH/MEMBER BUSINESS MEETING

**JUNE 8 1:45P-2:45PM**

*School Mental Health: Promoting Positive Outcomes and Connections for Students Through the Creative Arts*

Nicole Randick, Amy Foell

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

Ishtar Ephrat Beck

*Adlerian Parenting for Children with Autism Spectrum Disorder (ASD)*

Ruth Strunz

*Parenting Children with Severe Disabilities*

Timothy Hartshorne

*The Beauty and Challenge of First Sessions*

Mindy Parsons, James R. Bitter

*Introduction to Adlerian Psychology*

Rocky Garrison

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

Robert Saxner

*Social Interest and Building Communities*

R. James Little, William Bergquist

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

Jennifer Laffier

**JUNE 8 3:00P-4:00PM**

*Perfectly Imperfect*

Cydney Lebovitz

*Early Recollections and Couples*

Betty Lou Bettner

*From Kindergarten to Superintendent: The Success of an Adlerian Spirited School-Based Therapy Intervention Model*

Ruth Katz, Cori Hildebrandt

*Using the International Classification of Functioning, Disability and Health (ICF) in Adlerian Approaches*

Leigh Johnson-Migalski, Mary O'Connor Drout

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

Michael McDonough

*Strategies and Stories by Seasoned Adlerians*

John Newbauer, G. William "Bill" Linden

*Practicing Gratitude*

Beatrice Comty-Charnock

*Intersections of Adlerian Theory and the Good Lives Model of Sex Offender Treatment*

James Matthew Finn

*Intergenerational Patterns in Clinical Practice*

Marion Balla

**JUNE 8 4:15P-5:15PM • FOLLOWED BY SECTION MEETINGS TO 6:00PM**

*Using Adlerian Principles to Build School-Community*

*Partnerships on Behalf of Students*

Joyce DeVoss, David Dietz

*Adlerian Psychology in Contemporary Times*

Eva Dreikurs Ferguson

*Coach for Equity Using Story and Metaphor*

Catherine Reid Day

*Marital Infidelity, The Unspoken Trauma*

Jill Duba Sauerheber

*International Educational Consortium: Adlerian Collaboration in Action*

R. James Little, Linda Page, Bill Bergquist

*Group Drumming in Individual Psychology*

Jon Sperry, Andrew Baker, Gerardo Casteleiro, Abbigail Rinard

*The Trauma of Displaced Movement*

Marina Bluvshstein, Pamela Oberoi

*Alfred Adler: Inspiring Heart of Athletes*

Sonia Nicolucci

*Wellness Techniques for Individuals, Children, and Families: An Interdisciplinary Approach to Facilitating Therapeutic Change*

Jennifer Nivin Williamson, Daniel G. Williamson

**6:00P-9:00PM OPEN HOUSE AT ADLER • 40 YEARS OF TRAINING**

Adler Graduate Professional School (ADLER) is hosting this year's NASAP Open House! You are invited to take a short walk from the hotel, and help celebrate ADLER's 40 years of graduate-level Adlerian training, and 20 years of Adlerian coach training.

Join us for wine and cheese, an address from our President, tours of the School, and booths that connect you with ADLER's students, faculty, and staff. Come and find out more about how the non-profit ALFREDS supports Adlerian training, what you can learn from Adlerian coaching, the history of Adlerian graduate education in Ontario, and more. Sign up when you register. We would love to see you there!

# FRIDAY PLENARY • JUNE 8 • 9:00AM • 1.25 CE HOURS

## *Social Equality and the Great Law of Peace*

### Edward A. Connors, PhD, CPsych

*Wabeenungbenasai Kabeetwaatung • Wolf Clan • Registered Psychologist*

Rudolf Dreikurs believed that the real challenge facing the human race is to establish equality at all levels of human activity and that this alone may be the determining factor of our continued existence. Several centuries before Dreikurs proposed this, the Iroquois Confederacy formed one of the longest lasting known experiences of peaceful relationships between five previous warring societies. These peaceful relations were based upon a code of ethics referred to as the Great Law of Peace. This code reinforced principles of equality at all levels of human activity. Today efforts to re-establish healthy peaceful relationships within Iroquois communities are attempting to reactivate this knowledge. This presentation will share how these efforts to rebuild healthy communities and relationships parallel insights that Dreikurs proposed in his application of Adlerian psychology.



**Edward Connors**

Featured speaker Dr. Connors is a Psychologist registered in Ontario. He is of Mohawk and Irish ancestry and is a band member of Kahnawake Mohawk Territory. He has worked with First Nations communities across Canada since 1982 in both urban and rural centres. Dr. Connors served as a board member and vice president of the Canadian Association of Suicide Prevention between 1990-98. He has worked as Clinical Director of an infant mental health centre in Regina and a suicide prevention program for First Nations communities in Northwestern Ontario. While developing the latter, Dr. Connors apprenticed with Elders in traditional First Nations approaches to healing. His current practice incorporates traditional healing knowledge while also employing his training as a Psychologist. He and his wife Donna manage a health planning firm which provides health consultation and psychological services to First Nations communities throughout the Georgian Bay region. He also serves as an elder / advisor for Enaahitig Learning and Healing Lodge and the Native Mental Health Association of Canada. Dr. Connors is a committee member with the Mental Health Commission of Canada and a board member of the Mental Health Centre Penetanguishene, Ontario.

## SATURDAY PRESENTATIONS • JUNE 9

### JUNE 9 8A-9AM

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

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

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

*Maintenance Logic in IP Case Formulation* Rocky Garrison

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

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

*Creating "Connection" Within and With Others through Integrating Our Three Brains—Head, Heart & Gut* Patricia Kyle, Linda Page

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

*Techniques That Encourage Behavior Change* Susan Pye Brokaw

### JUNE 9 9:15A-10:45AM

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

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

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

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

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

*Adlerian Family Counseling: A Demonstration* James R Bitter

*A Single-Session, Therapist-Focused Model of Supervision Based On Adlerian Psychology*  
Mary Jamin Maguire

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

*Cultivating Social Interest By Providing A Corrective Relational Experience*  
Gary Bauman

**JUNE 9 11AM-12:30PM SPEAKER (1.5 CEs) • 12:30P-1:30PM LUNCH**

# SATURDAY PRESENTATIONS • JUNE 9

## JUNE 9 1:30P-2:30PM

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

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

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

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

*Lifestyle, Trauma Symptoms, Coping Resources and Post-Traumatic Growth* Michael Leeman, Joshua Castleberry

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

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

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

*Adlerian Group Counselling for Adults with Neuro-Developmental Disorders – Case Studies from a “Workplace Best Practices” Program*  
Christopher Erikson

## JUNE 9 2:45P-4:00PM

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

*Learning Difficulties: Taking an Adlerian Perspective* Sonia Nicolucci

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

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

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

*Coaching for Courageous Action* David Hanson

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

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

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

## JUNE 9 4:15P-5:30PM

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

*Applying the Crucial C's to Understanding Client Stress in the Workplace*  
Gwyneth Humphreys, Adam Lodzinski

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

*Violence Threat Management & Adlerian Corollaries* Ed Markowski

*Emotional Regulation, Mindfulness and Parenting - It Starts With You*  
Alyson Schafer

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

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

*Video documentary: “Sadie ‘Tee’ Dreikurs: Partner In History” screening and discussion Q & A with Bryna Gamson, Hala Buck, Eva Dreikurs Ferguson*

## POSTER PRESENTATIONS 6:00P-7:00PM

Poster presentation time at our conferences are always stimulating and inspiring opportunities for one-on-one engagements with presenters, with ample time to ask questions and compare experiences.

Just as the conference is winding down, we circulate informally (perhaps with a glass of wine in hand) to hear from and see posters illustrating research of graduate students, as well as mini-presentations from colleagues sharing work that might not lend itself to a full session.

Student presenters get to have their work seen, and to sharpen how they present their ideas by engaging with seriously delighted veteran Adlerians.



Poster sessions are not to be missed: they form the capstone on a conference filled with the exchange of new ideas and the traditional; new ways of looking at time-tested methods; and explorations of applications of Adlerian Psychology into the 21st Century.

## DINNER 7:00 -9:30PM

We'll be enjoying dinner together and some concluding business and socializing as the conference ends. This dinner is included in your 2-day conference registration at no extra cost. Guests are welcome for a per-plate charge of \$50. Sign up guest(s) when registering.

# SATURDAY KEYNOTE • JUNE 9 • 11AM • 1.5 CE HOURS

## *Changing My Mind*

### Margaret Trudeau, Keynote Speaker

*Celebrated Canadian | Mental Health Advocate*

Margaret will speak on *Changing My Mind*, bringing her formidable life story to the stage in her quest to help others, and sharing her message of resilience with the goal of helping to inspire others and to erase the stigma surrounding mental health issues.

Margaret Trudeau is a Canadian icon, celebrated both for her role in the public eye and as a respected mental-health issues advocate. From becoming a prime minister's wife at a young age, to the loss of both her son and her former husband, to living with bi-polar disorder, Margaret tirelessly shares her personal stories to remind others of the importance of nurturing the body, mind, and spirit. Margaret is the author of four books, including her bestselling title, *Changing My Mind*, which charts her life's ups and downs, and her latest title, *The Time of Your Life*, which offers women an inspirational and practical approach to creating a healthy, happy, secure and satisfying future. Margaret sits on the Executive Advisory Board of the University of British Columbia Mental Health Institute as a community advocate, and she is the former Honorary President of WaterAid, a charitable Canadian non-governmental agency that is dedicated to helping poor communities in developing countries build sustainable water-supply and sanitation services. She is also the proud mother to Canadian Prime Minister Justin Trudeau.



Margaret Trudeau

Photo credit: Peter Bregg

## MORE ABOUT THE CONFERENCE & HOW TO SIGN UP!

### CONFERENCE

Get all the details at  
<<http://www.AlfredAdler.org/annual-conference>>

where you will find:

- full conference program descriptions
- downloadable enrollment form that can be mailed or faxed to NASAP office at (260) 818-2908
- enroll directly online option

### SAVE \$\$\$ • EARLY BIRD REGISTRATION DEADLINE IS APRIL 15

- Members 2 day EB registration fees \$350 vs \$385; non-Members \$375 vs \$400
- One-day fees EB \$185-\$215  
*Closing Dinner included for 2-day Registrants*

*It pays to sign up Early and to become a Member!*

Limited student scholarships available. Special rates for retired persons and students.

Earn CEs! Choose from 96 sessions!

Special Track (and special pricing!) for local parents:  
Saturday-only attendance fee for Family Ed sessions - \$50.

**Note: all Registration fees quoted in US Dollars.**

### TORONTO

#### Airport/Transportation Information

There are two airports in Toronto, the Billy Bishop Airport and the Toronto Pearson Airport. The Billy Bishop Airport is located on the island and minutes away from downtown Toronto. The Toronto Pearson International Airport is the largest airport serving the city of Toronto. More online.

#### Chelsea Hotel

Hotel Room Rates are (in Canadian dollars): \$179 for singles and doubles; \$209 for triples, and \$239 for quads, and are in effect on a first-come first-served basis until our block is full or until our contracted date of May 10, 2018, which ever comes first!

**Reserve NOW!** Reserve from this link on [NASAP's conference website page](#) (scroll to hotel info). Or, go to <[www.chelseatoronto.com](http://www.chelseatoronto.com)> and enter dates in BOOK YOUR ROOM box and click SEARCH; next page showing "Your Dates" click EDIT; next page, find OPTIONAL FIELDS and click the plus sign (+); next page, select GPOUP CODE box, enter NAS060518, then click MODIFY; arrive at NASAP conference rate page. Or call Chelsea Hotel tollfree at 1-800-CHELSEA (243-5732).

**If you are NOT a Canadian citizen, bring your passport!**

*The current exchange rate of US-Canadian \$\$ is very favorable for those coming from the USA. Book now!*



**TORONTO**  
**NASAP 2018**



**COMMUNITY, CONNECTIONS AND  
SOCIAL INTEREST IN CHALLENGING TIMES**  
**JUNE 7-10, 2018**



## **A GREAT CONFERENCE AND CE CREDIT, TOO - CHOOSE FROM 96 SESSIONS!**

NASAP has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5263. Programs that do not qualify for NBCC Credit will be clearly identified in conference materials. 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).

Don't miss this opportunity to learn from the masters—in a stimulating and warm environment—network, engage and also earn Continuing Education credits important to your career. Year after year, highly rated by all in attendance.