

PROGRAM FOR THE 2019 NASAP CONFERENCE

PRE-CONFERENCE WORKSHOPS

Thursday May 30, 2019

8:00 am - 12:00 pm (3.75 CEs)

Sailing the Seven Cs: Adlerian Couples Counseling

Gary Bauman, PhD

Adler acknowledged that intimate relationships were one of the most significant tasks of life. To succeed, the task requires much social interest and cooperation. Unfortunately, couples often feel defeated when relationships seem to capsize and they seek out help from clinicians who can guide them through treacherous waters and help keep the relationship afloat.

Participants will understand and examine the basic Adlerian tenets of social interest, purposefulness of behaviors, early recollections, and the utilization of lifestyle for solving problems; understand and apply Adlerian tenets and challenges that will occur in couples therapy; understand and discuss the couples counseling process and the stages of therapy; understand some of the purposes of conflict and challenges couples therapists face when working with troubled couples; utilize early relationship recollections and exploring expectations for couples' relationships; understand the role of the Adlerian couples counselor and how to maintain an objective and intentional focus in examining common issues that couples bring up.

Thursday May 30, 2019

1:00 pm - 5:00 pm (3.75 CEs)

Understanding Trauma Through An Adlerian Lens And Treating It In Conjunction With Ancillary Modalities

Marc Davis, PsyD

This session will address understanding trauma through an Adlerian lens and treating it in conjunction with ancillary modalities such as Brainspotting (BSP), Eye Movement Desensitization Reprocessing (EMDR), and/or focused mindful approaches (e.g., hypnosis, mindfulness meditation).

Participants will learn to utilize Adlerian therapeutic techniques to confront a client's mistaken ideas; compare various trauma treatment modalities that align with and can be used in conjunction with Adlerian treatment protocols; and with follow-on training (as applicable), participants will be able to design other-than Adlerian interventions that not only significantly reduce an individual's time in therapy, but ameliorate the traumatic event(s) experienced by the client.

*Through the Eyes of Eagles – Life Style Assessment and Shared Inquiry: A Gathering of Adlers**

Les White, PsyD

Alfred Adler and American educator Mortimer Adler (1902–2001), the founder of The Great Books Foundation (GBF), were not related; however, both developed systems to analyze and interpret a text's "evidence" (in Alfred's case, a Life Style narrative). This seminar adapts GBF's Socratic-Questioning/Shared-Inquiry system to Life Style interpretation.

Participants will learn how The Great Books Foundation's Socratic-Questioning methods of analyzing texts can be adapted to test interpretations of Life Style data for personality assessment and counseling means; to assess a client's personality by utilizing group therapy techniques; and how Individual Psychology concepts such as movement, teleology, purpose of behavior, and choice are reflected in an individual's Life Style.

*Alfred Adler and Mortimer Adler, the founder of The Great Books Foundation; "Adler" means "eagle" in German

Thursday May 30, 2019
8:00 am - 5:00 pm (7.5 CEs)

Adlerian Family Therapy: Theory and Practice

James Bitter, EdD

This workshop provides an orientation to and overview of Adlerian family therapy as well as demonstrations of the model in practice. This particular orientation takes the model beyond a four-goal orientation, and presents processes for working with difficult cases – even those in which one or more parents may be disordered.

Participants will learn to describe approaches to Adlerian family therapy from Adler to Dreikurs to Stein; develop and use a genogram within an Adlerian orientation; explain the interview process for an Adlerian family therapy model; conduct an initial interview in an Adlerian family therapy model; assess the effectiveness of an Adlerian family therapy model in practice; and plan treatment goals, objectives, strategies, and interventions for families in severe distress.

Life Style: Understanding Self/Understanding Others

Wes Wingett, PhD

This is a didactic/experiential workshop utilizing 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 the significance of each of Alfred Adler’s five approaches to understanding life style; learn the influence of early recollections, birth order, family constellation, childhood disorders, day dreams and night dreams, and exogenous factors on the development of life style; understand creation of personal perceptions of self, others, and events that evolved before the age of 10; and compile a list of personal decisions made based on personal perceptions.

PIMA: HEALTHY AND SAFE SCHOOLS
PRE-CONFERENCE PRESENTATIONS

Thursday May 30, 2019
8:00 am - 9:00 am (1 CE)

Introduction & Welcome

Jane Ballesteros, Healthy and Safe Schools Director

Susan Belangee, NASAP President and Joyce DeVoss, local NASAP Conference Chair

Creating Safe Learning Environments Through Social Interest and the Magic of Encouragement

Margaret Wadsley, MPhil, MA

This experiential workshop focuses on the values-based Adlerian concept of Social Interest. It highlights practical ways to engage children in developing the skills and qualities of social interest. Encouragement is a skill that teachers, administrators and counselors can use to safeguard children’s self-worth and promote cooperation, contribution, social responsibility and resilience. Examples from “A Curriculum for Excellence” used in Scottish schools will illustrate practical elements of teaching social interest.

Participants will learn the values and meaning of social interest as a concept; and learn the way that encouragement, in contrast with praise and reward, supports children’s acquisition of social interest; and how to promote social interest in practical ways.

Thursday May 30, 2019

9:15 am - 10:30 am (1.25 CEs)

Uncovering Bias: You Can't Know What You Don't Know

Michelle Pitot, EdD

Everyone, regardless of commitment to equity and inclusion, has blind spots about how bias affects them. This workshop will identify how unrecognized bias can lead to unfairness, micro-aggressions, and hurt even when no harm was meant. We'll identify how to recognize, prevent and respond in order to create truly inclusive classrooms and schools.

Participants will learn how unconscious bias shows up in the education setting in spite of the best of intentions; how to recognize their own biases and move beyond them to support true equity and inclusion.

Thursday May 30, 2019

10:45 am - 12 noon (1.25 CEs)

The Challenges of "Holding Space"

Tessa Brock, MA

While we seek to "hold space" for those who are struggling and/or who have experienced trauma, we need to be aware of the load it can create on our own selves. In this interactive session, we will explore Vicarious Trauma, Burnout, and Compassion Fatigue and identify strategies for Self-Care.

Participants will learn the differences between Vicarious Trauma, Burnout, and Compassion Fatigue; identify self care strategies to avoid burnout and compassion fatigue.

Thursday May 30, 2019

1:00 pm - 3:45 pm (2.5 CEs)

"You can do it" and "You belong:" Six Words to Change the Lives of Students in Poverty

Bonnie Bazata, MA

Two powerful messages in a classroom are "You can do it" and "You belong," yet some students never perceive them. Explore research and consider strategies around growth and fixed mindset, social belonging, and scarcity to understand how poverty impacts student learning and how to make these messages loud and clear.

Participants will learn the classroom implications of the research on growth and fixed mindset, social belonging, and scarcity and stress; new thinking and strategies for supporting the educational success of students in poverty.

Thursday May 30, 2019

4:00 pm - 5:00 pm (1 CE)

Facilitating Introspection – Beginning Conversations on Privilege, Power and Perspectives

Tessa Brock, MA

The world is a rainbow of diversity – yet we can only see through our own personal lens until light shines on ideas, perspectives and experiences that enlighten us differently. In this safe and interactive session, we will explore and dialogue together to expand our own awareness and compassion for ourselves and others.

Participants will identify personal unconscious biases they hold; will expand their knowledge of privilege and perspectives of others.

ANSBACHER OPENING LECTURE

Thursday May 30, 2019 • 7 pm - 9 pm (1.5 CEs)

Trauma, Community Feeling & Resilience

Anthea Millar, MA, MBACP

Our Ansbacher Keynote Speaker will be exploring how positive belonging and connection is central to healing from trauma and how in complex/developmental trauma, particularly, it is this that is lost.

Anthea Millar is a UK based senior accredited Adlerian psychotherapist, psychotherapy trainer and supervisor/supervisor educator, with 35 years' experience working in the National Health Service, with Employee Assistance Programmes, and numerous social service, educational and charitable agencies.

Participants will gain an Adlerian perspective of adverse community experiences and social exclusion in relation to complex traumatic stress; and understand the importance of the Adlerian concept of community feeling, and issues of social justice and resilience, in recovery from complex trauma.

CONFERENCE PRESENTATIONS - FRIDAY

Friday May 31, 2019

8:00 am - 9:30 am (1.5 CEs)

Reflective Listening as Adlerian Couples Counselling: A Demonstration

Ishtar Beck, MA

This live demonstration of Adlerian couples counselling will illustrate how to continue to work with a couple following the initial interview at intake (as presented at NASAP 2018). The central technique presented will be the facilitation of a reflective listening conversation between partners in the couple. (Section: ACT)

Participants will learn to apply Adlerian theory to couples counselling; and to utilize the facilitation reflective listening techniques in couples counselling sessions.

Adlerian Lifestyle Assessment: A Demonstration

James Bitter, EdD

At the heart of an Adlerian psychological assessment is a process for illuminating an individual's movement through life. Adlerians refer to this as lifestyle assessment. This workshop uses a volunteer for the purpose of demonstrating a structured interview, shared interpretations, and collaboration for shared understanding and meaning. (Section: Clinicians)

Participants will learn the procedures in an Adlerian lifestyle assessment; and to use family information, life tasks, and early recollections in an assessment process.

Fundamental Adler for Everyday Courageous and Cooperative Living

Marina Bluvshstein, PhD

This workshop introduces participants to the fundamental principles of Adlerian theory that are essential for everyday courageous and cooperative living. Major tenets are discussed in a historical context and a context of Adler's life. Experiential activities will enable participants to create an Adlerian community within the workshop and to carry it into the entire conference. (Section: TRT)

Participants will be able to identify and compare 12 major tenets of Adlerian psychology; and be able to use the knowledge in creating an Adlerian community within the workshop.

Dawn of Memories: An Early Recollections Interpretation Approach

Arthur Clark, EdD, Carrie Butler, PhD

The workshop addresses the understanding and 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 approach, dawn of memories. (Section: ACT)

Participants will learn to conceptualize the meaning of early recollections; and understand how to administer and interpret early recollections.

Demonstration Insomnia Counseling

Rocky Garrison, PhD

The demonstration counseling method and core constructs of Individual Psychology (IP) are used in a demonstration of the treatment of insomnia. Like IP, insomnia treatment uses health education as an intervention, a purposive and holistic understanding of symptoms, and insufficient preparation in understanding the development of symptoms. (Section: Clinicians)

Participants will learn to define six domains of sleep health; and to use the six domains in formulation and treatment planning.

Adlerian Dream Analysis and Current Dream Research

Leigh Johnson-Migalski, PsyD, Bethany Mendoza, MA, Christine Henry, MS,

Martina Madrid, MA, and Chelsea Rainer, BA

Adlerian dream analysis involves the interpretation of the unique images and feelings based on the phenomenological, teleological, holistic client experience. Participants will see a demonstration of dream analysis, see the steps of current Adlerian dream analysis, and see how Adlerian dream analysis compares to the current research about dreaming and sleeping. (Section: Clinicians)

Participants will learn to identify steps of the Adlerian assessment of dream analysis; and to compare Adlerian dream analysis with current psychological research on dream analysis.

An Adlerian Approach to Group Dreamwork Using Art Therapy

Judy Sutherland, PhD, Barbara Berger, MS, LP

A dream can be thought of as a projection/reflection of how our unconscious responds to what is happening in our conscious life. Drawing our dreams helps us express through the language of image, symbol and metaphor what often we cannot put into words. (Section: ACT)

Participants will learn how dreams are compensation for the conscious attitude and that the dream image reflects the subjective meaning we give to life; and how the subjective meaning we give to life informs our attitudes and how we interact with others.

Getting to Know Ourselves: Exploring Issues of Power and Privilege in Mental Health

Morgan BoBo, MA

Educators may not discuss power and privilege, as “these discussions are systematically ‘silenced’ in most educational discourse among teachers” (Henze *et al.*, 1998). Our lives are embedded in institutions and power structures that were created to benefit the majority culture (Golden, 2008). Thus, this presentation will highlight how professionals can apply power and privilege. (Pima)

Participants will learn what power and privilege mean and be able to demonstrate connection between personal identity and issues of power and privilege, through hands-on exercises; learn to develop understanding of ways in which issues of power and privilege relate to education; and identify ways to apply issues of power and privilege to their work in the field.

Friday May 31, 2019

9:45 am - 10:45 am (1 CE)

Managing Life Transitions

Marion Balla, MEd, MSW

This course is designed to assist participants to identify and explore the losses and gains inherent in major life transitions. 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. (Section: Clinicians)

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

Purposefulness of Behavior: The Key Concept to Use In Therapy

Susan Belangee, PhD

Clients are more able to make lasting changes when they understand the reasons why they do what they do. Adler's concept of purposefulness of behavior is the mechanism by which these reasons can be uncovered. Through video clips, attendees will explore the concept and discuss/demonstrate its utility in therapy. (Section: ACT)

Participants will learn to identify Adler's concept of purposefulness of behavior in video clips and case studies; and demonstrate how to use the concept in a therapeutic setting.

Counseling Parents of Children With Severe Disabilities

Timothy Hartshorne, PhD

While many individuals may be poorly prepared for marriage, or for parenting, even fewer are prepared to parent a child with severe disability. This presentation addresses the issues that these parents might bring to therapy, the pitfalls for therapists in working with the parents, and the objectives for therapy. (Section: ACT)

Participants will learn to identify unique issues related to counseling parents of children with severe disabilities; and understand some of the challenges faced by parents of children with severe disability.

Practical Applications of Adlerian Play Therapy

Sunny Teeling, MA, Amy Holsinger, PhD, and Amy Harberg, MEd

This presentation will explore practical applications of Adlerian Play Therapy. Presenters will explore the common childhood mental health concern anxiety, including how it might present in the room and the ways it can be addressed in the play room utilizing the Adlerian Play Therapy framework. (Section: Clinicians)

Participants will learn how Adlerian Play Therapy is an appropriate treatment method for children; and discuss the application of Adlerian Play Therapy to address Attention Deficit Hyperactivity Disorder issues in children.

Mindfulness and Its Healing Effect on Trauma Clients

Rojarani Vivekanand, MA, Linda J. Page, PhD

Mindfulness practices have been recently applied to treatment of psychological and health related problems. Research is also showing successful outcomes in psychological interventions incorporating mindfulness practices. Application on mindfulness can be beneficial to the individuals who have experienced traumatic events and are exhibiting post-traumatic stress disorder. Presentation will be addressing a) the application of mindfulness techniques as a behavioral approach to benefit trauma clients; b) describe how mindfulness, connections, acceptance and therapeutic relationship can address trauma symptoms. (Section: Clinicians)

Participants will learn to identify mindfulness practices to use as psychological interventions to treat psychological and health related problems; and practice of mindfulness techniques, using body sensation, enabling safety and stabilization for the client, and developing dual awareness.

Introduction to Adlerian Psychology

Wes Wingett, PhD

This presentation will focus on the principles and practices of Adlerian psychology. Participants will learn about the life of Alfred Adler and the evolution of his theoretical approach. Emphasis will be on the theoretical components of Adlerian psychology and the application of those components to families, schools, and communities. (Section: TRT)

Participants will learn key components of Adlerian psychology; and discuss the philosophical underpinnings of Adlerian psychology.

Defying the Odds and Overcoming Homelessness

Alejandra Zavala, BS

Supporting the challenges of vulnerable communities with a human centered approach could open endless possibilities to move the needle in a positive way. (Pima)

Participants will learn to approach communities in a strength based approach; and learn to create a better partnership with the community.

Friday May 31, 2019

11:00 am - 12:15 pm (1.25 CEs)

The Adlerian Research Task Force: An Update on the Evidence-based Research Project

Bill Curlette, PhD, Susan Belangee, PhD, Leigh Johnson-Migalski, PsyD,

Daniel Williamson, PhD, and Jennifer Williamson, PhD

The Adlerian Research Task Force was created by NASAP to address through research the need for evidence-based support for Adlerian psychology. This session includes information about the progress on the research and invites input/questions from attendees about how they can help with the project. (Section: TRT)

Participants will learn about evidence-based research and why it's needed for Adlerian psychology; and create and discuss possible assessment questions and/or considerations for use in the research project.

Theoretical Variance Between Adler and Dreikurs

Erik Mansager, PhD, Jane Griffith, MA, MAT

The purpose of this session will be to discuss the differences between Adler's and Dreikurs' views on the need to belong. Adler taught that the goal of the personality is the personality ideal (*Persönlichkeitsideal*), while Dreikurs asserted that the goal of the personality is to belong. The presenters propose that we accept this genuine difference between them. (Section: TRT)

Participants will learn to distinguish the main difference between Adler's conceptualization of human nature and that of Dreikurs; and distinguish differences between Adler's approach to therapy and that of Dreikurs.

Sex Offenders 101 and Clergy Abusers

John Newbauer, EdD, Teal Maedel, MA

People who have committed sex offences are not all alike. We will discuss different types of sex offending, grooming, clergy abusers, child pornography offences, paraphilias, behavioural progression (crime cycle) and provide an overview of risk assessment and intervention strategies. (Section: Clinicians)

Participants will learn to differentiate types of sex offending and the risk dynamics; and obtain an overview of risk assessment tools and behavioral progression.

Is Your World Too Small? Implicit Bias As A Safeguard

Laure Schwartz, MA

Come explore how the neurology of one's implicit bias psychologically affects the capacity for social interest. Underdeveloped courage leads to a lack of interest in others. Bringing consciousness to this method for safeguarding can open up one's world for greater connection, understanding, and hope. (Section: Education)

Participants will learn to define and describe the neurology of implicit bias and explore participants' personal biases; and learn to use Adlerian early developmental concepts for greater self-discovery as well as when working with clients' early recollections.

Group Drumming and Social Interest

Jon Sperry, PhD, Abbigail Rinard, BA

Group drumming can assist individuals, families, groups, and organizations to foster social interest and well-being. This presentation will review a group drumming protocol that can be used to foster social interest among groups in various settings. This presentation will be highly experiential and will also review group drumming research findings. (Section: Clinicians)

Participants will learn to identify the key theoretical principles of incorporating Individual Psychology-based group drumming interventions in various settings; and Individual Psychology-based group drumming interventions that can foster social interest and overall well-being among participants.

Heartfulness: Cultivating Community Feeling Through Mindfulness

Bengu Erguner Tekinalp, PhD, Patricia Kyle, PhD

In this workshop a variety of mindfulness methods will be shared with the aims of opening our hearts to embrace social interest. The heartfulness practices will be informed by sacred wisdom traditions with a secular perspective. Various contemplative practices to build peace within and around us will be presented. (Section: Clinicians)

Participants will learn a variety of mindfulness practices to experience interconnectedness; and find out how wisdom traditions and mindfulness methods can help cultivate community feeling and social interest.

Researching Adlerian Psychology to Validate Its Effectiveness in the 21st Century

Margaret Wadsley, MPhil, MA

This experiential presentation aims to advance the research interests of Adlerian practitioners as a means to validate our approach. A range of methodologies will be visited, with a practical exploration of Living Educational Theory Methodology shared to illustrate how multi-media data can be used to communicate meanings unique to Adlerian Psychology. (Section: TRT)

Participants will learn to distinguish between the nature of the evidence provided by quantitative and qualitative forms of research, including the communication of educational research outcomes that validate practice; and identify and clarify the Adlerian values that bring meaning and purpose to their life task of work as a basis for research.

Trauma Informed School – Our Journey

Rebecca Leimkuehler, MA, Emily Hagerty, MA, Catherine Dille, MA, Aanya Smallcanyon, MS

Join us as we recount our four-year journey to becoming a Trauma Informed School. Our challenges and pitfalls, our growth and celebration will all be explored. Learn how we reduced our student discipline referrals by 78% and increased our AZMerit school label one letter grade and over 7 points. (Pima)

Participants will learn how trauma informed practices ensure a safe and nurturing school environment; and how courageous conversations can shift mind-sets and improve school climate and culture.

POST-LUNCH PANEL

1:00 pm - 2:00 pm (1 CE)

Transformation of Community Groups and Agencies

to Become Trauma-Informed and Trauma-Sensitive

Local experts from various community agencies and settings will be discussing how to transform institutions and communities to be trauma informed. Panelists have training as varied as cultural psychology, pastoral care, school psychology and social work. Their professional experiences in issues of abuse, dealing with juvenile courts, and public schools and the impact on health and wellness will be illuminating. Moderator **Joyce DeVoss, PhD**, is a psychologist and Chair of Education and Professional Development of NASAP. Participants are: Cultural Psychologist **Tommy K. Begay, PhD**; School Psychologist **Leslie Anway, EdS**; ordained pastor **Robin Blumenthal, MA**; and Social worker **Chris Swenson-Smith, MSW**.

Participants will learn perspectives of various professionals on transforming agencies and community groups to become trauma-informed; how interested agencies and community groups get started in becoming trauma-informed; how to overcome resistance to change while becoming trauma-informed; and how to assure continued progress and sustainability in trauma-informed transformation.

(option/Pima)

Friday May 31, 2019

1:00 pm - 2:00 pm (1 CE)

Strategies, Tools, and Interventions that Support Trauma Informed Practices

Rebecca Leimkuehler, MA, Emily Hagerty, MA, Catherine Dille, MA, and Aanya Smallcanyon, MS

This presentation will highlight the resources that one school found along its journey from being “Trauma Aware” to becoming “Trauma Informed.” Hear how staff discovered and implemented a variety of evidence-based practices and tools that can and will work when applied to other school environments. **(Pima)**

Participants will learn a variety of free and/or low cost strategies and programs available to educators to use with students in a variety of school contexts.

Friday May 31, 2019

2:10 pm - 3:25 pm (1.25 CEs)

How Should I Say This?

Tessa Brock, MA

Approaching challenging conversations can be difficult – yet incredibly important! In this lighthearted and insightful presentation, participants will self-reflect on their personal intentions for conversations and styles of holding “emotionally charged” or “high stakes” conversations. Participants will use real life scenarios to gain skills for holding difficult conversations. (Section: FamEd)

Participants will identify strategies for increased Self-Awareness and Self-Reflection; gain knowledge and skill in how to hold a difficult conversation; and gain knowledge and skill in the Four-Step process used to hold difficult conversations.

Cross-cultural Adlerian Art Therapy: Early Recollections and Intergenerational Patterns

Hala Buck, MA

Art therapy case studies will illustrate the power of Early Recollections, art, intergenerational patterns, the body to understand self in order to understand the other. (Section: Clinicians)

Participants will become aware of how two different cultural worldviews can affect lifestyle; and discuss how important it is to integrate Early Recollections and the body in order to understand themselves and their clients.

Leadership Styles and Their Importance

Eva Dreikurs Ferguson, PhD

presented by Marina Bluvshstein, PhD

Leadership styles, as studied by Kurt Lewin, were recognized by Dreikurs as important for understanding and improving the dynamics of groups, including families and classrooms. Adlerian training for democratic leadership with parents and teachers has shown many benefits, and the underlying principles affect all aspects of human relationships. (Section: TRT)

Participants will learn to identify the difference between democratic and *laissez faire* styles of leadership; and understand the negative consequences of both autocratic and *laissez-faire* styles of leadership.

Burn-out in Therapists: Early Intervention Methods Through Mindfulness and MUSE Neurofeedback

Mishy Elmpak, EdD, Christy Huang, MPsy

Burn-out in therapists can lead to reduced therapeutic effectiveness and negative consequences on clients' mental health. The combined effects of two interventions, Mindfulness and Neurofeedback training, are examined in mitigating the effects of burn-out. A newly advanced Neurofeedback device, Muse, is being introduced as an effective tool for therapists. (Section: Clinicians)

Participants will learn about burnout effects in therapists; learn and understand the combined effects of Neurofeedback and Mindfulness Meditation in reducing burn-out effects.

Parenting our Parents: Belonging and Significance Across the Lifespan

Lois Ingber, LCSW, Yogi Patel, MACTE

Many adults find themselves in the "sandwich" generation: caring both for children and aging parents. This presents challenges as well as opportunities for all family members. Many of the same principles and tools of child guidance apply when caring for aging parents and will be explored experientially in this workshop. (Section: FamEd)

Participants will explore the challenges and opportunities caring for aging parents present; and practice Adlerian/Dreikursian tools from Positive Discipline as caregivers to both children and aging parents.

Evidence-Based Adlerian Therapy: The Future is Now

Len Sperry, MD, PhD, Jon Sperry, PhD

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. (Section: Clinicians)

Participants will learn the need for and clinical value of evidence-based Adlerian Therapy; and to name the requisite elements that will ensure that Adlerian Therapy survives and thrives as an evidence-based therapy approach.

Techniques for Teaching Research and Stats to Muggles and Other Non-stat Folk

Daniel Williamson, PhD, Jennifer Nivin Williamson, PhD

Research and statistics can sometimes feel like a foreign language. Students often experience extraordinary stress and anxiety when approaching this topic. This session seeks to explore pedagogical suggestions for teaching research and stats that can be "hands-on" and fun. Toys, manipulatives, memes, and playing cards will be employed. (Section: TRT)

Participants will explore alternative pedagogical techniques for teaching research and statistics; identify and demonstrate the use of toys, memes, playing cards, and other manipulatives that can make learning complex ideas easier to understand; and be able to collaborate on best practices for teaching research and stats to graduate students.

Attachment and the Classroom: Understanding How Family Dynamics Present in Classroom Settings

Serena Samaniego, MS

Participants will explore the advantages of viewing classroom interactions through an attachment and trauma-informed lens. Participants will be able to identify ways individuals attempt to recreate familiar relationships in the classroom setting. Using scenarios, participants will explore relationship-based interventions that can shift or reinforce classroom dynamics. (Pima)

Participants will learn how early childhood attachments influence classroom interactions; and learn strategies for promoting security and trust within the classroom.

Friday May 31, 2019

3:35 pm - 5:05 pm (1.5 CEs)

Adlerian Family Counseling: A Demonstration

James Bitter, EdD

This program presents a demonstration with a volunteer family of the original open-forum family counseling model developed by Dreikurs and expanded by Oscar Christensen. The open-forum model will follow the outline created by Christensen (2004) in the third edition of his book, *Adlerian Family Counseling*.

(Section: FamEd)

Participants will participate in an open-forum model that invites the community into the understanding and support of the family-in-focus; explain a model that can be used in localities around North America to create therapeutic communities.

Keeping Buoyant, Steady and Empowered During Tumultuous Times - Utilizing the Wisdom of Adler and Ellis

Debbie Joffe Ellis, MD

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

Participants will learn the holistic and compassionate philosophy, methods and techniques of REBT; overlapping core aspects in REBT and Adlerian (Individual) Psychology/IP; and the REBT aspects that add to and enhance IP.

Applying Diversity to Adlerian Case Conceptualization

Leigh Johnson-Migalski, PsyD, Marc Chaney, MA, L. Pascale Moises, BA,

Angélica Velez-Giraldo, BA and Constance Victor, BA

Incorporating diversity into case conceptualization and treatment leads to positive therapeutic outcomes. Adlerian theory historically has integrated socio-cultural contextual information into understanding a person. Through the live demonstration, participants will learn how to incorporate and interpret socio-cultural aspects of a person. Presenters will share other lifestyle inventory examples from non-majority cultures. (Section: TRT)

Participants will learn how Adlerian practitioners identify diversity in present contexts of clients; and identify and apply socio-cultural contexts in clients' families of origins.

The Evolution of Adlerian Family Counseling- Version 2.0: Building on Oscar Christensen's Legacy

William G. Nicoll, PhD

Participants will be introduced to new, Adlerian-based strategies and techniques for assessing family system dynamics along with strategies for empowering growth and development in the family system to improve the presenting issue(s). A live family counseling demonstration and case material will be used to illustrate the application of these methods in "Adlerian Family Counseling version 2.0". (Section: ACT)

Participants will learn to assess family system functioning on the 5 Family Life Tasks (a/k/a Maintenance Tasks); and develop intervention strategies focused on the 5 Goals of Positive Behavior and improving the overall family atmosphere (i.e., family ecosystem).

It's Time to Bring Adler into the Locker Room

Sonia Nicolucci, MS

The evolution of 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 provide participants with various techniques that can be used when coaching athletes in different sports; in personal wellbeing; and mentoring young athletes supporting wellness and movement. (Section: Education)

Participants will be provided with an overview of concepts of social interest, belonging and the task of life from the athletic perspective; be able to identify what is missing in their communication with and between athletes, teams and parents in creating an environment of belonging and encouragement; through experiential demonstration, learn various exercises that can be used with athletes and teams to establish a feeling of belonging and the importance of social interest.

Overdose Prevention and Response

Robert Rebecca, MPA, MACP

Overdose deaths are increasing, even though they are entirely preventable. Participants will learn to support clients in minimizing their risk of overdose and will, themselves, be trained to recognize and respond to an overdose, including how to administer naloxone. Each participant will leave with an overdose response kit. (Section: Clinicians)

Participants will learn to support clients in reducing the risk of overdose; and recognize and respond to a known or suspected overdose.

An Integrated Approach: Individual Psychology, the Medicine Wheel and Creativity

Patricia Welch, MA, MFT, Erin Rafferty-Bugher, MA

The commonality of Individual Psychology and the Indigenous Medicine Wheel is in the shared concept of holism. Art therapy within a combined context allows Indigenous clients to explore cultural symbolism and metaphor in the healing process. (Section: Clinicians)

Participants will learn to identify the use and purpose of the Medicine Wheel teachings; and experience hands-on art therapy approach to the integration of Individual Psychology and Medicine Wheel teachings.

The Impact of American Indian Historical Trauma on Culture, Behavior, and Academic Achievement

Tommy K. Begay, PhD

This workshop will look at how Indigenous spiritual philosophies and practices have traditionally provided the foundation for behavior, responsibility, sense of belonging, approach to life tasks and integration into the community; how intergenerational trauma has disrupted that continuity and practice and examine intervention strategies. (Pima)

Participants will understand the interrelationship of American Indian historical trauma, intergenerational trauma, and adverse childhood experiences – and the impact to health and wellness; will examine the basic neuroscience of behavior, and behavioral modification; will understand the evolution of the “culture” of violence and self-medication; and will examine intervention strategies for psychological, emotional, and physical trauma.

FRIDAY NIGHT KEYNOTE LECTURE

7:00 pm - 9:00 pm (1.5 CEs)

Healing Anxiety in Adolescents: An Integrated Approach

Victoria Maizes, MD

Anxiety, which can be situational or chronic, is extremely common in the United States; up to 38% of girls and 26% of boys aged 13 – 17 experienced it annually. While pharmaceutical approaches can be helpful, they are most effective and safest when reserved for short term use. A large body of evidence supports the use of nonpharmacological therapies including – exercise, nutrition, mind-body practices, acupuncture, and some dietary supplements. In her presentation, Dr. Victoria Maizes will review the evidence-based strategies for managing anxiety in adolescents.

Internationally recognized as a leader in integrative medicine, Dr. Maizes is Executive Director of the University of Arizona Center for Integrative Medicine and a Professor of Medicine, Family Medicine and Public Health. She has published numerous articles and book chapters on integrative medicine.

Participants will be able to teach their clients two mind body practices that can be used to reduce anxiety symptoms; learn about two dietary supplements that can be used to reduce anxiety; and be able to describe two physical activity recommendations that mitigate anxiety.

CONFERENCE PRESENTATIONS - SATURDAY

Saturday June 1, 2019

8:00 am - 9:15 am (1.25 CEs)

The Child as Substitute Spouse: Naming and Validating Covert Emotional Incest

Adena Bank Lees, LCSW

Healing starts with naming and having a context for one's own experience. Covert Emotional Incest is a hidden, emotionally damaging dynamic that sets up the child to be the surrogate spouse to the parent(s). This workshop will demonstrate how family sculpting assists clients to name and validate their experience.

(Section: Clinicians)

Participants will learn to define Covert Emotional Incest; and apply at least one action structure for concretizing this dynamic.

Cice Crucial Cs Assessment (CCCA):

Development and Practical Applications for a New Assessment of the Crucial Cs

Joseph Cice, PhD, Susan Belangee, PhD

This presentation will go through the research and results of the development of a new assessment tool for the Crucial Cs. The presenters will discuss the Crucial Cs, present initial validity results for the newly created CCCA, and discuss practical applications for clinicians, researchers, educators, and parents. (Section: TRT)

Participants will learn the importance of the Crucial Cs and current research on a new formal assessment tool; and practical applications for the CCCA for clinicians, researchers, educators, and parents.

Number One Priority/Top Card

Mary Jamin Maguire, MA

The "Number One Priority" describes core convictions and indicates short and long term goals – providing a very rapid insight into the Life Style. With Top Card techniques, it is a simple, efficient way to understand people and help them understand themselves. (Section: ACT)

Participants will understand the concept of "Number One Priority" in relation to Life Style; and use the concept of "Number One Priority" and the Top Card techniques to increase self-understanding and to understand others.

Social-Emotional Learning as Social Vaccine: Creating Resilience-based Schools

William G. Nicoll, PhD, Monica A. Nicoll, PhD

The need to infuse Social-Emotional Learning (SEL) into the school's academic curriculum is increasingly recognized worldwide. SEL programs decrease behavioral problems while increasing academic achievement 11-17%. Adler advocated for SEL in schools 100 years ago. This workshop builds on Adler's seminal ideas and introduces practical strategies for creating positive, resilience-based school cultures via a comprehensive SEL program. (Section: Education)

Participants will learn about the components of a comprehensive SEL program in schools; and to develop and implement specific SEL activities in their classroom and school.

Our Love, Life, and Sex Style

William Premo, PhD

This presentation will discuss our many issues around LOVE style based on the foundations of multiple authors such as Alfred Adler, Carl Jung, and many others. This will be helpful in helping couples and individuals who have different Love Styles to not only recognize each other's style but to also create a shared LOVE style. (Section: FamEd)

Participants will understand what Adler suggested in how we should select life partners and create healthy relationships based on our personal life styles; that our Well-Being is dependent on how we Love; that by having a healthy intimacy we will develop a more healthy love and sex pattern that promotes a healthy life style as well; and learn Adler's views on these combinations and how they work together.

Encouraging Discouraged Adolescents and Young Adults

Jane Silver, MA

This session will discuss fostering social interest and encouraging the four Cs of community, contribution, competence and courage to help adolescents and young adults successfully find their path from the mistaken beliefs of "I don't belong" or "I'll never be good enough" to a belief in their ability to master life's tasks. (Section: Clinicians)

Participants will learn to better understand the reasons for adolescent mental illness; and to help adolescents more effectively by learning approaches geared to adolescents.

The Encouraging Leader

Begum Verjee, EdD, Jim Little, MEd, MA

In this workshop, we will examine different leadership styles – autocratic, democratic and *laissez faire*. We will explore early recollections to identify lifestyles that inform our leadership styles, and offer an appreciative leadership process that is the foundation to becoming an authentic and Encouraging Leader. (Section: TRT)

Participants will examine different leadership styles, and develop an awareness of lifestyle in relation to one's leadership style; and explore authenticity and appreciative leadership and its relationship to social interest in becoming an Encouraging Leader.

Saturday June 1, 2019

9:25 am - 10:25 am (1 CE)

Metaphors for Understanding the Adlerian Counseling Process

Gary Bauman, PhD

Metaphors are a powerful way to illustrate and remember important principles, allowing people to grasp and understand. Utilizing metaphors, the presentation will examine the Adlerian stages of counseling and the steps of helping clients identify and address the struggles that they face and seek assistance for in counseling. (Section: Clinicians)

Participants will understand how to apply the stages of Adlerian counseling to clients who struggle with persistent problems; will be able to incorporate specific metaphors to discuss with clients; and will be able to better conceptualize the counseling process.

Individual Psychology Case Formulation: Contributions from Some Early Adlerians

Rocky Garrison, PhD

An Individual Psychology case formulation (IPCF) will be outlined and contributions from several early IPers presented to amplify various aspects of it, emphasizing the IP conceptualization of neurosis and of mental health, and a “hypothesize and verify” process for verifying the IPCF with a client. (Section: Clinicians)

Participants will identify the three essential criteria for symptoms to be neurotic in an Individual Psychology case formulation; and incorporate five principles that make for a healthy conduct of life into an Individual Psychology case formulation.

Adlerian-based Positive Discipline Tools for Teachers and Parents

Kelly Gfroerer, PhD, Jane Nelsen, EdD

Positive Discipline Tools provide parents and teachers with Adlerian-based strategies to support development of social-emotional life skills. Experiential activities will provide specific examples of how to utilize these tools to empower and encourage children. Demonstrations will also show how each tool helps shift challenges and mistakes to opportunities for learning. (Section: Education)

Participants will learn to use Positive Discipline Tools to facilitate democratic leadership in homes and schools that is kind AND firm; and to use challenges and mistakes as opportunities to empower and encourage children at all ages.

Using Basic Metaphoric Storytelling in Adlerian Play Therapy

Amy L. Holsinger, PhD, Amy Harberg, MEd, and Sharon Beets, MS

Metaphoric storytelling is a powerful tool to help children gain insight, explore their lifestyles, and provide a vehicle for reorientation in Adlerian Play Therapy. Participants will be introduced to how basic metaphoric stories in Adlerian Play Therapy can be integrated into their clinical practice when working with children. (Section: Clinicians)

Participants will learn the rationale for using metaphoric storytelling techniques in Adlerian Play Therapy to meta-communicate children’s private logic and provide alternative insight; and design metaphoric stories tailored to their individual clients.

Organ Dialect: A Path to Healing and Social Interest

Barry Isaacson, MA

An overview of Adler’s concept of organ jargon and a demonstration will be presented to identify and use. Participants will learn to identify organ jargon, interpret meaning and develop appropriate interventions. Participants will practice identifying organ jargon and developing co-created interventions for addressing the identified issues. (Section: Clinicians)

Participants will identify clients’ organ jargon; and develop interventions to address underlying issues.

Classical Adlerian Depth Psychotherapy - A Web-based Conversation with Henry T. Stein

Erik Mansager, PhD, Henry T. Stein, PhD

Classical Adlerian Depth Psychotherapy embraces Alfred Adler’s original theory and therapy as practiced and taught by some of Adler’s most cherished collaborators. Stein’s own collaboration with Sophia deVries resulted in developing a mentor-oriented training program. Mansager presents and Stein answers questions about the benefits of Adler’s original therapeutic application. (Section: Clinicians)

Participants will learn some of the differences between Adler’s original theory and therapy and those that are not based on Adler’s original thinking and presentation; and understand better the importance of retaining and promoting Adler’s original legacy of creative psychotherapy.

Thriving in the Current State of Education: The Experience of Elementary School Teachers

Lori McGrimmon, BEd, Begum Verjee, EdD

A high attrition rate in the first five years of teaching and high levels of teacher burnout require attention. This presentation will examine the preliminary results of a qualitative study that investigated the reasons for both teacher stress and the coping strategies that teachers could employ to thrive in the profession.

(Section: Education)

Participants will learn to identify and discuss the causes of high rates of teacher stress and burnout; and explain and share strategies that will allow teachers to thrive within the profession.

Social Justice and Clinical Practice: the Adlerian Solution

Hallie M. Williams Sr., MA

Awareness of social issues is often not seen as a necessary part of clinical practice. This workshop will address that deficiency, will present opportunities for clinicians to tackle the challenge and will offer solutions through the use of Social Interest. (Section: Clinicians)

Participants will become more socially responsible practitioners; and will actively engage communities.

Saturday June 1, 2019

10:35 am - 11:50 am (1.25 CEs)

Re-Imagining Adlerian Assessment for the Soldier's "Military Family:" A Deeper Exploration into Their Military Constellation to Examine Their Current Psychological Health, Wellness and Resilience

J. Salvatore Alberico, MA, Marina Bluvshstein, PhD and Crystal Sandoval, MA

Military Family Constellation is an innovative approach in assessing a person's view of their military family and in providing hunches about adaptive qualities of these views. Complementing the traditional Adlerian family constellation interview, this approach allows one to see greater context of a person's life, including current Lifestyle themes, and to collaborate with the client on creating immediately applicable strategies.

(Section: Clinicians)

Participants will learn the use of Adlerian assessment tools when working with a military population; and compare Adlerian assessment techniques of an individual's normal life and their "military life."

Creating an Adlerian Organization

Jeffrey Allen, PhD

The focus of this presentation is to identify the components of an Adlerian Organization which supports the encouragement of personal goals creating social courage around the community. The ideal is to build security and striving to belong, and contribute the best for the common good and social interest. The task at hand is how to construct an organization which builds on an Adlerian foundation and structure which reflects the democratic (authoritative structure), as opposed to autocratic or permissive structures. This organizational redesign would build on encouragement, support, and social interest – in this case re-imagining what an encouraging organization can feel like. (Section: Education)

Participants will learn to describe an Adlerian Organization; and begin to create an Adlerian Organization.

Caregiving the Caregivers

Marion Balla, MEd, MSW

As caregivers, we must be alert to signs of distress and 'compassion fatigue' as we juggle time, priorities, personal/professional expectations. This workshop will present brain research on self-nurturing and self-soothing, warning signs of symptoms requiring active intervention for self care, and strategies to create more balanced and boundaried daily lives. (Section: Clinicians)

Participants will learn to examine the signs and symptoms of 'compassion fatigue' to assess their present level of stress/distress; and to integrate strategies designed to increase caregivers' sense of balance, humour and sensitivity to their own self care and self management.

Adult Clients with ADHD

Susan Pye Brokaw, MA

Neurological disorder creates risks for divorce, job loss, financial problems, a chaotic life, and/or depression and anxiety. This experiential presentation will provide a demonstration of strategies and techniques that help clients get control over their lives, feel better about themselves and overcome mistaken beliefs. (Section: ACT)

Participants will learn to identify problems associated with ADHD disability; and to help clients develop strategies that help them to compensate, achieve success and feel better about themselves.

Curiosity and Connection: Building Resiliency in Parent-Child Relationships

Serena Samaniego, MS

Using an interactive and hands-on approach, participants will explore the fundamental role of curiosity in building and strengthening relationships. Participants will explore the benefits of combining curiosity with mindfulness and self-compassion, and how all three work together to build resilient parent-child relationships. (Section: Clinicians)

Participants will learn to utilize creative strategies for promoting empathy within the parent-child relationship; and to explain the importance of self-compassion and mindfulness among parents and caregivers.

Lifestyle Assessment and Case Conceptualization

Jon Sperry, PhD, Len Sperry, MD, PhD

Lifestyle recognition is essential in developing accurate and clinically useful case conceptualizations. Adler's construct of "movement" serves as the starting point for quickly recognizing lifestyle patterns. A step-by-step process for assessing and "confirming" the lifestyle patterns as well as how that information informs the overall case conceptualization will be illustrated. (Section: Clinicians)

Participants will identify the key elements of an effective Adlerian case conceptualization; and identify a step-by-step process for assessing a client's lifestyle and also formulating effective Adlerian case conceptualizations.

How, Can, and Should Individual Psychology Demonstrate Efficacy and Effectiveness

Given the Current Evidence Based Practice Evaluation Standards

Sterling P. Travis, PhD

This presentation will present the findings of a Delphi study focused on reaching consensus among Adlerian experts regarding the usefulness, feasibility, and perceived benefit of Individual Psychology demonstrating its efficacy and effectiveness based on the evidence based practice evaluation standards. (Section: TRT)

Participants will discuss the perceived benefit, feasibility, and usefulness of individual psychology demonstrating efficacy and effectiveness; and utilize the findings from this research to inform future research efforts into the efficacy and effectiveness of Individual Psychology.

From Floor Plan to Life Plan

Wes Wingett, PhD, Ben Rader, PsyD

This didactic and experiential workshop will focus on the development of life style. Participants will create a floor plan of their home(s) when they were young children. From this illustration participants will focus on the perceptions that were developed in that setting that influenced their life plan or life style. (Section: ACT)

Participants will utilize a floor plan of their childhood home(s) to state their personal perceptions of self, others, and events as a youngster; and evaluate the relevance of their childhood perceptions for meeting the challenges of living as an adolescent or adult.

Saturday June 1, 2019

1:45 pm - 3:00 pm (1.25 CEs)

The Polarity of the Teen Years: Staying Tightly Connected AND Letting Go!

Dodie Blomberg, MEd, Casey O’Roarty, MEd

The teen years are a challenging ride for both child and parent. Presenters will demonstrate how to support parents in maintaining solid connections with their adolescent children, while also encouraging them to let go so their kids can practice life skills and learn from experiencing mistakes. (Section: FamEd)

Participants will learn how to frame curiosity questions and practice deeper listening to inspire more open communication with teenagers; to help clients/parents recognize their contribution to teenage challenges; and will practice new tools to empower respect and responsibility.

***An Adlerian Perspective of Moral Injury of Combat Veterans: Emerging Implications
for Military Psychology Theory and Practice in the Adler University MA Program***

Barton D. Beuchner, PhD, Joseph Troiani, PhD

We will discuss ways that principles of Adlerian psychology uniquely serve to interpret and address the profound disorientation that many combat veterans experience when coming home – termed “moral injury” – and ways that Military-connected students at Adler University are applying Adlerian and Social Construction theory in research, advocacy, and practice. (Section: Education)

Participants will distinguish between traditional perspectives of Post-traumatic Stress Disorder (PTSD) and the emerging concept of “Moral Injury” as distinct phenomena within social systems, as perceived by service members, veterans, and their families; apply principles of Adlerian/Individual psychology and Schutzian “Lifeworld” phenomenology to understand how social moral code is formed and injured through various life experiences; and consider how this perspective may be applied therapeutically in social and family systems.

The Triggered Brain

Tessa Brock, MA

Trauma comes in forms and often manifests itself as “difficult behaviors” in students. In this lighthearted and informative workshop, participants will have hands-on opportunities to gain skills and insights into students they work with (and themselves), while identifying strategies to understand the triggered brain and to minimize triggered moments. (Section: Education)

Participants will demonstrate awareness of their own automatic perceptions of others; identify their understanding of trauma and toxic stress impacts on students; and be able to identify how their intentional responses to a stress reaction can positively impact the connection with the student and increase the student’s ability to self-regulate.

Developmental Challenges and the Life Tasks

Timothy Hartshorne, PhD, Robert Saxner, MA

The presenters are fathers of sons with developmental challenges, CHARGE Syndrome and Autism Spectrum Disorder respectively, who will share both unique and shared experiences of parenting their children within the Adlerian framework of fulfilling the life tasks of friendship, occupation, and love. (Section: ACT)

Participants will learn how to utilize the life tasks in raising children; and compare parenting in family constellations with and without developmental challenges.

Leaving Happily Ever After

Teal Maedel, MA, Deb Bailey, MA

Deep grief plunges people on a journey that no one wants to take. Life is forever changed and transformed. Presenters will discuss their experiences with deep grief with the aim of helping therapists become more comfortable and skilled when working with those who experience a significant loss. (Section: ACT)

Participants will learn to create trusting, comfortable, and goal aligned therapeutic sessions with future clients experiencing deep grief; and apply ideas learned about deep grief to assist individuals by understanding their grief through the unique life view.

"A" is for Adler. The A-B-Cs of Individual Psychology

Erik Mansager, PhD

"Because of its simplicity many will think Individual Psychology too easy, whereas those who know it will recognize how difficult it is," said Adler of his therapy. This presentation introduces Adler's theory through his major therapeutic constructs. The rich therapeutic process following from his theory will also be explored. (Section: Education)

Participants will discuss Individual Psychology knowledgeably from the perspective of its originator; and apply their knowledge in clarifying discussions with those interested in learning about Individual Psychology.

Learning Difficulties: Taking an Adlerian Perspective

Sonia Nicolucci, MS

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. (Section: Education)

Participants will gain insight and experience into various ways to support children with current and post learning difficulties; explore the field of neuroplasticity as it relates to *gemeinschaftsgefühl* and cognitive ability; and learn that the utilization of the Adlerian concept Early Recollections can support the identification of possible areas which influence cognitive expression.

Saturday June 1, 2019

3:10 pm - 4:10 pm (1 CE)

A Trauma Narrative Treatment: Recreating Self-Identity and Social Connectiveness For Trauma Victims

Caroline Fernandes, MS, Aimee Hicks, MS

Through lecture, demonstration, and experiential activities, Trauma Narrative Treatment, a trauma recovery model, will be introduced. This session will demonstrate the relationship between Adler's concept of feelings of inferiority, the creative self, and holism by utilizing a trauma recovery model of trauma narrative treatment in order to recreate a healthy self identity and social interest. Mindfulness and movement techniques in trauma treatment are utilized to assist clients in integrating mind-body to reverse feelings of inferiority. (Section: Clinicians)

Participants will learn and experience the Trauma Narrative Treatment; the close connection of mind-body and how traumatic experiences influence feelings of inferiority and social connectiveness; and learn mindfulness and movement techniques in trauma treatment.

Understanding the Emergence of Identity Development in Transgender, Gender-Non-Conforming, Gender Queer, and Intersex Individuals Through an Adlerian Conceptualization

Bryan Gaviria-Jimenez, MA, Katie Sawchuk, MA and Ash Senter, MA

This session will address navigating the Adlerian theoretical framework to understand the gender identity development throughout the lifespan of transgender, gender non-conforming/ gender queer, and intersex individuals. (Section: TRT)

Participants will learn to identify how the gender identity of transgender, gender nonconforming/ gender queer, and intersex individuals is understood using an Adlerian framework; and that application of Adlerian tenets (i.e., private logic, encouragement, movement, teleology, and social interest), in addition to cultural sensitivity, contributes to understanding members of these communities.

The Efficacy of Adlerian Parent Education Using Positive Discipline:

A Randomized Control Group Comparison Study

Kelly Gfroerer, PhD, Eva Dreikurs Ferguson, PhD

The presenters will summarize their recent research examining the efficacy of Adlerian-based parent education with implications for best practices. This study, designed to evaluate program effectiveness, focused on Positive Discipline's 6-week experiential parenting class. Findings of this randomized control group research will be shared and directly related to applied practice. (Section: TRT)

Participants will discuss research showing the efficacy of Adlerian-based parenting practices taught using the Positive Discipline 6-week experiential parenting curriculum; and will learn to utilize Adlerian-parent education research results to inform their work in the field.

But First, Neurodiversity: Unpathologizing Individuals on the Autism Spectrum

Erica Haugen, MS

This presentation will discuss how to utilize Adlerian Theory alongside the concept of neurodiversity in service of healing the autism community. Within an Adlerian framework, information will be provided regarding neurological differences and symptom development, as well as how these two differ and how they are intertwined. (Section: Clinicians)

Participants will understand the concept of neurodiversity and the basic neurological and biological differences of ASD; and reframe symptomatology of individuals on the autism spectrum on the basis of understanding neurological and biological differences.

How to Initiate, Discuss, Stimulate, Measure and Maintain Movement in the Counseling Relationship

Michael C. McDonough, EdD

Starting with the diagnostic interview, the concept of movement in the counseling relationship will be addressed. How to initiate, discuss, stimulate, and measure movement in counseling will take place using discussion and demonstrations. (Section: Clinicians)

Participants will learn to initiate, discuss and stimulate movement in counseling relationships; and measure movement in counseling from session to session.

Re-writing the Rules of the Game: Using Innovative Methods to Address Inequality

in Access to University and Inequity in Outcomes for Those Who Persist

Kirsty Wadsley, MA

In the UK, universities are mandated to 'widening participation' to groups under-represented in higher education. This presentation will explore: UK universities' achievements to-date; how Adlerian theories and concepts bring a deeper understanding of the inequalities that persist; and how we 're-write the rules of the game' to leverage greater change. (Section: Education)

Participants will learn the inequalities in access to higher education that exist in different contexts and how inequity persists for those students who do make it into university level study; and will discuss the relevant social and psychological theories and concepts that could change the current inequalities that persist within higher education.

Ethical and Legal Considerations for Counseling and Supervision in a Digital Age

Jennifer Nivin Williamson, PhD, Daniel G. Williamson, PhD

The 21st Century counselor faces a variety of challenges as he or she finds ways to effectively serve each client's unique needs. Technology offers new avenues to bridge geographic divides, economic challenges, and language barriers both in counseling and supervision. However, it comes with unique features. This presentation will explore distance counseling and supervision challenges and solutions including legal and ethical considerations. (Section: Clinicians)

Participants will learn about major challenges and potential solutions related to the use of technology in the counseling and supervisory relationship; and to identify key ethical and legal considerations.

The Subtle Art of Yoga and Mindfulness: An Experiential Workshop

Tricia Wolanin, PsyD

Throughout the past decade, there has been an explosion in utilizing mindfulness and yoga within treatment, or as a supplement to treatment with a wide variety of populations. In this experiential presentation, participants will explore Adlerian techniques through the modalities of yoga, mindfulness, and reflective written exercises. (Section: Clinicians)

Participants will learn what mindfulness and yoga is, and the potential effect it can have on their clients and communities they serve; and rehearse yoga and mindfulness techniques in an Adlerian influenced sequence.

Saturday June 1, 2019

4:20 pm - 4:40 pm • NASAP Interest Section Meetings

4:45 pm - 5:45 pm (1 CE)

Through the Hoop

Deb Bailey, MA, Jennifer Lee, MA

Presenters will focus on current, effective treatments for addiction. Clinicians will encounter clients dealing with substance use. This workshop will provide practitioners with knowledge to enable them to support clients. Both presenters live in Vancouver, B.C., the 'epi-center' of the opioid crisis. Both have professional and personal experience in the current crisis and in addiction treatment. (Section: ACT)

Participants will become knowledgeable about current addiction treatment and care models; and review addiction and treatment through a bio-psycho-social model and use the life tasks to gauge the functioning of individual clients.

Empowering the Next Generation: The Top 3 Factors Providing Life Satisfaction in Working Mothers

Jo-Ann DeLuca, BA, Begum Verjee, EdD

Work/life balance is an ongoing challenge for working mothers and the topic of much debate and controversy. This presentation discusses the preliminary results of a qualitative study that examines the experiences of working mothers who identify as living a meaningful and satisfied life. (Section: FamEd)

Participants will discuss the key underlying factors providing life satisfaction in working mothers; and learn the relevance of Adler's theory of life satisfaction to meaningful lived experiences of working mothers.

Helping Middle Schoolers Address the LifeTask of Work

Joyce A. DeVoss, PhD

A university and large diverse urban middle school partnered to create an ASCA model aligned college and career readiness curriculum, designed to enhance early planning for Adler's work task. Pre and post results, resources, references and recommendations will be shared. The presentation will include a demonstration of an interactive lesson. (Section: Education)

Participants will be able to provide support for Adler's belief that social interest and job satisfaction are positively related; and be able to identify ASCA National Model Mindsets and Behaviors that are important in preparing for Adler's work task.

Various Purposes of Addictions: Applying Teleology in a New Era of Brain-Focused Addiction Science

Paul J. Fitzgerald, PsyD

With the increasing dominance of brain-based understandings of addictions, the Adlerian idea of the purposes of addictive behavior needs to be re-emphasized. This presentation will integrate Adlerian, biological, motivational, and change-oriented approaches to addiction treatment. Shulman's classic article "Various Purposes of Symptoms" will be the starting point. (Section: Clinicians)

Participants will learn how to integrate brain-based and medication-assisted treatments with Adlerian therapy techniques for addictions; and use motivational interviewing and transtheoretical approaches in addiction counseling and treatment with an awareness of the elements in those approaches which support Adlerian therapy techniques as well.

Adlerian Diversity Model for Creating and Sustaining Collaboration

William Premo, PhD

This presentation will discuss the benefits of Diversity in the workplace and how it leads to creativity through the lens of Adler and both Single and Double Loop Learning. Diversity will be explained from the points of view of determining what it is and why we really need it. (Section: TLC)

Participants will understand why Diversity is critical to any organization's success and how to create it and maintain it; review Diversity from an Adlerian lens as well as Single and Double Loop learning lenses; and how Diversity relates directly to Significance, Belonging, and Security.

The Original Positive Psychology

Richard E. Watts, PhD

This presentation addresses the enormous common ground between Adler's mature theoretical ideas and the contemporary positive psychology movement in demonstrating that Adler's psychological theory and approach to helping people is the original positive psychology. (Section: TRT)

Participants will learn how Adler's theory development and the development of the positive psychology movement followed similar processes; and will be able to describe at least three Adlerian concepts and applications that strongly resonate with the positive psychology movement.

POST-CONFERENCE WORKSHOPS (3 half-day)

Sunday June 2, 2019

8:00 am - 12:00 pm (3.75 CEs)

Mindfulness and The Energy of Holism: Healing the Past, Embracing the Present, Manifesting a Blissful Future

Caroline Fernandes, MS

"Man knows much more than he understands" –Alfred Adler. Through lecture, demonstration, and experiential activities, this workshop will present Adler's concept of holism and how to maintain mind-body-spiritual equilibrium. The connection of the Eastern concepts of meridian and chakras with Adler's theory of holism will be demonstrated. Multicultural awareness will be discussed, utilizing Eastern and Western healing modalities with Adler's theory of social interest and connectedness.

Participants will learn the connection of the Eastern concepts of meridian and chakras with Adler's theory of holism; will experience mindfulness techniques including multicultural awareness and social connectedness; and develop an understanding of self and others with Adler's theory of Lifestyle and Individual Psychology.

Healing from Trauma: Improving Life Now

Anthea Millar, MA

Trauma memory work is not always necessary for effective trauma therapy, and can sometimes be harmful. This workshop will explore this issue, offering an integration of Adlerian principles with recent trauma informed practice, focusing particularly on principles enabling improvement in the client's quality of life now and for the future.

Participants will be able to describe Adlerian tenets in relation to trauma informed therapy; explain principles of safe trauma work; discuss differing types of clients – identifying those with whom it is appropriate to process trauma memories and those with whom it is not; identify differing levels of physiological arousal and implement grounding strategies as appropriate; discuss use of dual awareness to enable integration; and identify use of resources and strengths in trauma therapy.

(see next page)

Ethics for Mental Health Professions: Issues in a Modern World

Daniel Williamson, PhD, Jennifer Nivin Williamson, PhD

This session will explore current issues in ethics for mental health practitioners from a variety of fields including counseling, psychology, and social work. It will include issues surrounding technology, distance counseling, and social media as well as boundary issues and dual-relationships as it relates to this modern technology. Common challenges including counselor impropriety, maleficence, and confidentiality will also be addressed.

Participants will understand the challenges relating to the intersection of relationships and technology; identify appropriate courses to navigate challenging ethical situations and dilemmas; and explore current updates to codes of ethics within various mental health fields.

SPECIAL NEEDS ACCOMMODATIONS: PLEASE CONTACT THE NASAP OFFICE <info@alfredadler.org>.

The North American Society of Adlerian Psychology (NASAP) has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5263. NASAP is solely responsible for all aspects of the programs. Detailed information about each session conforming to NBCC requirements is available on our website in this document.

NASAP has also been granted approval for continuing education by the Canadian Counselling and Psychotherapy Association (CCPA). Anyone desiring CE credit must have their CE attendance form signed at each session.