

PROGRAM FOR THE 2019 NASAP CONFERENCE

PRE-CONFERENCE WORKSHOPS

Thursday May 30, 2019

8:00 am - 12:00 pm

Sailing the Seven Cs: Adlerian Couples Counseling

Gary Bauman

Description: 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.

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

Margaret Wadsley

Description: This experiential workshop aims to advance the scope of research by Adlerian practitioners. 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 create explanatory principles unique to Adlerian Psychology.

Thursday May 30, 2019

1:00 pm - 5:00 pm

Exploring Cultural Self-awareness Through Doll Making:

An Insightful Tool to Create Movement Towards Multicultural Competence

Craig Balfany

Description: In order for healing in our communities to occur, therapists need awareness, skills and knowledge to strive towards multicultural competence to better serve diverse communities. This experiential workshop will engage participants in a personal doll making and a creator / doll interview process to gain insight into their cultural identity and biases.

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

Marc Davis

Description: 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).

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

Les White

Description: 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.

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

Thursday May 30, 2019

9:00 am - 5:00 pm

Adlerian Family Therapy: Theory and Practice

James Bitter

Description: The 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.

Life Style: Understanding Self/Understanding Others

Wes Wingett

Description: Life Style: Understanding Self/Understanding Others 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.

CONFERENCE PRESENTATIONS

Friday May 31, 2019

8:00 am - 9:30 am

Reflective Listening as Adlerian Couples Counselling: A Demonstration

Ishtar Beck

Description: In this live demonstration of Adlerian couples counselling, Ishtar Beck will demonstrate how she continues 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 the couple. (Section: ACT)

Adlerian Lifestyle Assessment: A Demonstration

James Bitter

Description: 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)

Fundamental Adler for Everyday Courageous and Cooperative Living

Marina Bluvshstein

Description: 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)

Dawn of Memories: An Early Recollections Interpretation Approach

Arthur Clark, Carrie Butler

Description: 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)

Demonstration Insomnia Counseling

Rocky Garrison

Description: 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 poor preparation in understanding the development of symptoms. (Section: Clinicians)

Adlerian Dream Analysis and Current Dream Research

Leigh Johnson-Migalski, Chelsea Rainer, Bethany Mendoza, Christine Henry, and Martina Madrid

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

An Adlerian Approach to Group Dreamwork Using Art Therapy

Judy Sutherland

Description: 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)

Friday May 31, 2019

9:45 am - 10:45 am

Managing Life Transitions

Marion Balla

Description: 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)

Purposefulness of Behavior: The Key Concept to Use In Therapy

Susan Belangee

Description: 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)

Counseling Parents of Children With Severe Disabilities

Timothy Hartshorne

Description: 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)

Practical Applications of Adlerian Play Therapy

Sunny Teeling, Amy Holsinger, and Amy Harberg

Description: 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)

Mindfulness and Its Healing Effect on Trauma Clients

Rojarani Vivekanand, Linda J. Page

Description: 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)

Introduction to Adlerian Psychology

Wes Wingett

Description: 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)

Friday May 31, 2019

11:00 am - 12:15 pm

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

Description: We 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)

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

Bill Curlette, Susan Belangee, Leigh Johnson-Migalski, Dan Williamson, and Jennifer Williamson

Description: 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)

Theoretical Variance Between Adler and Dreikurs

Erik Mansager, Jane Griffith

Description: When NASAP began in 1952, its mission made clear its focus was to be on Adler's "originating" theory and therapy. Still, there are many discussions remembered and recorded about the differences between the Chicago school (i.e., Dreikurs' views) and the New York school (Kurt and Alexandra Adler's views). To preserve the integrity of Adler's psychology, it is imperative that we Adlerians recognize and accept the differences that have emerged over the years between the teachings of Adler and Dreikurs. There may be occasional minor issues, but there is one issue that stands out as major, which we need to accept as a significant difference in the views of the two men: Namely, 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, a conviction apparently based on the work of Karen Horney for whom "to belong" is a premier concept. Efforts have been made to persuade Adlerians that Adler, too, embraced and promulgated to belong as the goal of the personality, but there is simply no convincing evidence of this, either in Adler's written material or in the writings of his biographers. Let's face it: The men had different opinions as to the goal of the personality. We propose that we accept this genuine difference between them. (Section: TRT)

Sex Offenders 101 and Clergy Abusers

John Newbauer, Teal Maedel

Description: 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)

Is Your World too Small?: Implicit Bias as a Safeguard

Laure Schwartz

Description: 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)

Group Drumming and Social Interest

Jon Sperry, Abigail Rinard, Andrew Baker, and Matthew D'Urso

Description: 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)

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

Margaret Wadsley

Description: 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)

Friday May 31, 2019

2:10 pm - 3:25 pm

How Should I Say This?

Tessa Brock

Description: 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)

Leadership Styles and Their Importance

Eva Dreikurs Ferguson

Description: 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)

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

Mishy Elmpak, Christy Huang

Description: 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)

Parenting our Parents: Belonging and Significance Across the Lifespan

Lois Ingber, Yogi Patel

Description: 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)

Evidence-Based Adlerian Therapy: The Future is Now

Len Sperry, Jon Sperry

Description: 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)

Heartfulness: Cultivating Community Feeling Through Mindfulness

Bengu Erguner Tekinalp

Description: In this workshop 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)

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

Daniel Williamson, Jennifer Williamson

Description: 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)

Friday May 31, 2019

3:35 pm - 5:05 pm

Adlerian Family Counseling: A Demonstration

James Bitter

Description: 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)

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

Hala Buck

Description: 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)

Applying Diversity to Adlerian Case Conceptualization

Leigh Johnson-Migalski, Marc Chaney, L. Pascale Moises, Angélica Velez-Giraldo, and Constance Victor

Description: 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)

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

William G. Nicoll

Description: 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)

It's Time to Bring Adler into the Locker Room

Sonia Nicolucci

Description: 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)

Overdose Prevention and Response

Robert Rebecca

Description: 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)

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

Patricia Welch, Erin Rafferty Bugher

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

Saturday June 1, 2019

8:00 am - 9:15 am

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

Adena Bank Lees

Description: 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)

Cice Crucial Cs Assessment (CCCA): Development and Practical Applications for a New Assessment of the Crucial Cs.

Joseph Cice, Susan Belangee

Description: 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)

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

Debbie Joffe Ellis

Description: 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)

Number One Priority/Top Card

Mary Jamin Maguire

Description: 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 to help them understand themselves. (Section: ACT)

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

William G. Nicoll, Monica A. Nicoll

Description: 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)

Adlerian Diversity Model for Creating and Sustaining Collaboration

William Premo

Description: 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 point of views of determining what it is and why we really need it. (Section: TLC)

Encouraging Discouraged Adolescents and Young Adults

Jane Silver

Description: 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)

The Encouraging Leader

Begum Verjee, Jim Little

Description: 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)

Saturday June 1, 2019

9:25 am - 10:25 am

Metaphors for Understanding the Adlerian Counseling Process

Gary Bauman

Description: Metaphors are a powerful way to illustrate and remember important principles allow people to grasp and understand. Utilizing such 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)

Individual Psychology Case Formulation: Contributions from Some Early Adlerians

Rocky Garrison

Description: An Individual Psychology case formulation (IPCF) is outlined and contributions from several early IPers are 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)

Adlerian-based Positive Discipline Tools for Teachers and Parents

Kelly Gfroerer, Jane Nelsen

Description: 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)

Using Basic Metaphoric Storytelling in Adlerian Play Therapy

Amy L. Holsinger, Amy Harberg, and Sharon Beets

Description: 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)

A Path to Healing and Social Interest

Barry Isaacson

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

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

Erik Mansager, Henry T. Stein

Description: 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)

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

Lori McGrimmon, Begum Verjee

Description: A high attrition rate in the first 5 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)

Social Justice and Clinical Practice: the Adlerian Solution

Hallie M. Williams Sr.

Description: 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)

Saturday June 1, 2019

10:35 am - 11:50 am

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, Marina Bluvshstein, and Crystal Sandoval

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

Creating an Adlerian Organization

Jeffrey Allen

Description: 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)

Caregiving the Caregivers

Marion Balla

Description: 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)

Adult Clients with ADHD

Susan Pye Brokaw

Description: This 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)

Curiosity and Connection: Building Resiliency in Parent-Child Relationships

Serena Samaniego

Description: 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)

Lifestyle Assessment and Case Conceptualization

Jon Sperry, Len Sperry

Description: Lifestyle recognition is essential in developing accurate and clinically usefully 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 is illustrated. (Section: Clinicians)

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

Given the Current Evidence Based Practice Evaluation Standards

Sterling P. Travis

Description: 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)

From Floor Plan to Life Plan

Wes Wingett, Ben Rader

Description: 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)

Saturday June 1, 2019

1:45 pm - 3:00 pm

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

Dodie Blomberg, Casey O'Roarty

Description: The teen years are a challenging ride for both child and parent. Through an interactive presentation, Dodie Blomberg and Casey O'Roarty 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)

The Triggered Brain

Tessa Brock

Description: 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)

Beyond Baby Talk

Karen Gillespie Haeg

Description: Beyond Baby Talk: Organ Dialect & Community Healing of the Opioid Epidemic. Every 25 minutes a baby is born suffering from opioid withdrawal. Attendees will learn how the language of infants, touch, and Adlerian psychology best support infants and caregivers impacted by opioid addiction to recover. (Section: Clinicians)

Developmental Challenges and the Life Tasks

Timothy Hartshorne, Robert Saxner

Description: 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)

Leaving Happily Ever After

Teal Maedel, Deb Bailey

Description: Deep grief plunges people on a journey that no one wants to take. Life is forever changed and transformed. Deb and Teal 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)

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

Erik Mansager

Description: "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)

Learning Difficulties: Taking an Adlerian Perspective

Sonia Nicolucci

Description: 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)

Saturday June 1, 2019

3:10 pm - 4:10 pm

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

Caroline Fernandes, Aimee Hicks

Description: Through lecture, demonstration, and experiential activities, participants will learn and experience to utilize Trauma Narrative Treatment, a trauma recovery model. Participants will learn the close connection of mind-body and how traumatic experiences influence feelings of inferiority and social connectiveness. Participants will learn mindfulness and movement techniques in trauma treatment. (Section: Clinicians)

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

Bryan Gaviria-Jimenez, Katie Sawchuk, and Ash Senter

Description: 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)

The Efficacy of Adlerian Parent Education Using Positive Discipline: A Randomized Control Group Comparison Study

Kelly Gfroerer, Eva Dreikurs Ferguson

Description: Ferguson and Gfroerer 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)

But First, Neurodiversity: Unpathologizing Individuals on the Autism Spectrum

Erica Haugen

Description: 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)

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

Michael C. McDonough

Description: 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)

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

Description: 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)

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

Jennifer Nivin Williamson, Daniel G. Williamson

Description: 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)

The Subtle Art of Yoga and Mindfulness: An Experiential Workshop

Tricia Wolanin

Description: 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)

Saturday June 1, 2019

4:45 pm - 5:45 pm

Through the Hoop

Deb Bailey, Jennifer Lee

Description: 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)

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

Jo-Ann DeLuca, Begum Verjee

Description: 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)

Helping Middle Schoolers Address the LifeTask of Work

Joyce A. DeVoss

Description: 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)

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

Paul J. Fitzgerald

Description: 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)

Our Love, Life, and Sex Style

William Premo

Description: 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)

The Original Positive Psychology

Richard E. Watts

Description: 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)

POST-CONFERENCE WORKSHOPS

Sunday June 2, 2019

8:00 am - 12:00 pm

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

Caroline Fernandes

Description: "Man knows much more than he understands" - Alfred Adler. This workshop will present Adler's concept of holism and how to maintain mind-body-spiritual equilibrium. Through lecture, demonstration, and experiential activities, participants will learn the connection of the Eastern concepts of meridian and chakras. They will experience mindfulness techniques including multicultural awareness and social connectedness.

Healing from Trauma: Improving Life Now

Anthea Millar

Description: 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.