

KIM LEE-OWN qualified as an Adlerian Counsellor in 2003. During her training she learned about the theory of Adlerian Parenting and began teaching Parent Education classes at the local community education college. Since that time, Kim has worked as a counsellor and supervisor in private practice, volunteering at an agency offering counselling for young people, as well as becoming a tutor on the Certificate in Adlerian Counselling at Bottisham, Cambridge, UK. Adlerian Parenting has been an important part of her work. Currently, Kim works for an organisation “Sharing Parenting” which successfully delivers an Adlerian Parenting programme across Cambridgeshire and is currently being examined by other counties in the UK.

JILL REYNOLDS completed her Diploma in Adlerian Counselling in 1999, following which she did a 2 year tutor apprenticeship with Dr. Lilian Beattie before becoming a year tutor on the counselling training course. At the same time she gained a psychology degree with the Open University. However it was counselling in general and Adlerian counselling in particular that became her passion, and she pursued this, in her lifestyle pattern, by being a tutor with Buckinghamshire Adlerian Counselling, gaining the ASIIP Diploma in Counselling, followed by becoming an ASIIP accredited counsellor. Later she trained with the Cambridge Supervision Training and gained a Diploma in Supervision. Not content with this she wears other Adlerian hats, including being a member of the UK Adlerian Summer Schools organising team, a Trustee of the Adlerian Sanctuary Trust, and is a member of both the ASIIP Training Committee and Council.

MARY CAMPION is based in Thurles, Co. Tipperary where she worked in the banking sector. She is trained as a NLP master practitioner and Business and Life Coach. She works as an Aura Soma practitioner attached to the Aisling Health and Beauty Saloon in Thurles as well as working from her own home. She holds a diploma in social studies from UCC Cork and a Certificate in Adlerian psychology. She has a wealth of information from her different roles in life and her own theory of “the day she stops learning is the day she will die.”

KAREN MOLAN has a private NLP practice in Cashel Co. Tipperary. Initially trained in accounting Karen moved into the world of education in the mid 90's where she specialised in working with children diagnosed with dyslexia. Since then her private practice has grown and she has worked with many clients on a variety of issues from phobias and anxieties to quitting smoking and behavioural issues. Karen is a Society of NLP licensed trainer and also holds a Certificate in Adlerian psychology.

Alfred Adler (1870 – 1937)

Alfred Adler, born 1870, into a Jewish family as the second boy of 7 children. He graduated from University and became a General Practitioner and Psychiatrist and practised in Vienna. Formerly a colleague of Sigmund Freud und Carl Jung he founded in 1913 The Society for Individual Psychology. Most of his life he worked as a practitioner and spent his last years lecturing in Europe and the United States and died in 1937 on a lecture tour in Aberdeen, Scotland.

Adlerian Counselling
“To see with the eyes of another,
to hear with the ears of another,
to feel with the heart of another.”
 - Alfred Adler -

What is an Adlerian? John F. Newbauer, Ed.D.

Alfred Adler, a psychiatrist in Vienna in the late 1800's, was a member of Freud's Vienna Circle until he and several other members of the group left because of irreconcilable differences of opinion. After Adler broke from Freud's group, he labelled his theory, **Individual Psychology**. While in English, *individual* means one or single, in Adler's native German, the word conveys a sense of an indivisible and undivided person. Adler was one of the first persons to provide family counselling, group counselling, and public education to teach psychological concepts to the general public as a way of improving the human condition. He was very interested in the human condition and emphasized the importance of nurturing feelings of belonging in everyone. Equality, civil rights, mutual respect and the advancement of democracy are values shared by Adlerians everywhere. Social interest, a combination of a feeling of belonging and contribution to the welfare of humanity, became one of his essential ingredients for mental health. His ideas are just now being validated by scientific research and are often referred to as “positive psychology.”

Adler's theory is a holistic psychology that focuses on the goals and purposes of human behaviour. Holism suggests that a person is working toward the same goal on all levels of his or her experience. It also views the behaviour of a person as being socially embedded. Nothing happens in isolation. As a holistic psychology, Adlerians focus on the unity of behaviour. All behaviour is seen as goal directed and moves from a “felt minus” to a “perceived plus.” Goals come in all dimensions: short term, long term, and at various points in between. Think of why you went to school, why you picked up this newsletter, why you did almost anything and you will find a goal involved. Adlerians think of goals as being an important part of motivation and the cause of behaviour. Certainly our past has a role in exposing us to possibilities and learning opportunities but our choice to move in a particular direction reflects our goals and our ability to direct our own lives.

“Feelings of inferiority” is another basic Adlerian idea. We all have feelings of inferiority that become a motivating factor for us to develop skills, talents, and ways of overcoming our sense of inadequacy. Feelings of inferiority can give rise to genius. Unfortunately, they can also give rise to neuroses and problems in daily living when they are overwhelming or when we attempt to hide them rather than face them courageously. Adler believed that courage was the answer to many of the problems of living. Adlerians promote encouragement in the family, the school, the workplace, and in our communities.

So what is an Adlerian? An Adlerian is a person who applies the ideas and principles of Adler in his or her work. That work might be as a doctor, a nurse, a counsellor, teacher, principal, business consultant or any other of a number of occupations. Adler applied his ideas in his practice as a psychiatrist. But he also went outside his office to the schools of Vienna and to the public. He started over 20 clinics in the schools of Vienna for teachers, parents, and children to learn how to solve their problems together. He spoke frequently to the public, explaining psychological concepts that could help them in their daily lives. He wrote over 300 books and articles in an attempt to share his insights with others so that they may all live and work more cooperatively. That's what Adlerians do. They work in schools, clinics, businesses and communities. They counsel and encourage people who are most in need of encouragement. They create learning environments where children thrive because they feel a sense of belonging, and know that they are respected and challenged at the same time. They write books and training manuals that help people learn how to live together, learn together, and work together in cooperation and mutual respect.

Adlerian Network of Ireland Ltd.
Resource Centre
Kickham Street
CLONMEL

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SUREPRINT

**ADLERIAN
 NETWORK OF
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presents

**20th ADLERIAN
 ANNUAL SUMMER
 SCHOOL**

**Monday 5th July – Thursday 8th July 2010
 in Clonmel, Co. Tipperary, Ireland**

**Experiential Workshops for
 Professional and Personal
 DEVELOPMENT**

**No prior Knowledge in Adlerian Psychology necessary.
 All are welcome!**

**For Parents, Educators, Counsellors, Coaches,
 Therapists, Students, Social Workers,
 Childcare Workers, Health Care Workers,
 Psychologists, Interested Adults
 and Children of Participants**

PRICES REDUCED!

CHOICE of COURSES:

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| 1. Divining a Path: Investigating Lifestyle (4-day) | Wes Wingett |
| 2. Creative Therapeutic Interventions (4-day) | Wendy Goddard |
| 3. “Everything can be different” (4-day) | Seamus Barry |
| 4. Parenting – with an Adlerian Focus (4-day) | Kim Lee-Own |
| 5. Working creatively with Dreams (4-day) | Jill Reynolds |
| 6. Managing Your Stress (2-day, Wedn+Thur) | Mary Campion/Karen Molan |
| 7. Children's Program , (5 to 11 years) | |

Location: Loreto Secondary School, Coleville Road, Clonmel, Co. Tipperary. (Maps available)

Registration: Monday 5th July 2010, 9.00am to 9.30am in the Loreto Secondary School

Plenary Sessions: Free! All are welcome! No prior Knowledge required.

Monday	9.30-10.30	Wes Wingett
Tuesday	9.30-10.30	Wendy Goddard
Wednesday	9.30-10.30	Kim-Lee Own
Thursday	No Plenary Session! (Courses start 9.30am)	

Course start and duration times Monday, Tuesday, Wednesday:
11am – 3.30pm, lunch break 1.00pm – 2.00pm

Course start and duration times Thursday:
9.30am – 3.30pm, lunch break 1.00pm – 2.00pm, Closing ceremony 2.30pm

Sandwiches etc., tea & coffee may be purchased on premises during lunch break.

COURSES

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| 1. Divining a Path: Investigating Lifestyle | Wes Wingett |
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“The child... is more or less dependent on his own creative power and on his ability to divine a path.” Alfred Adler

Divining a Path: Investigating Lifestyle will utilize Alfred Adler's “trustworthy approaches to the exploration of personality” to aid individuals in self-exploration and understanding, and also to help health professionals in understanding and assessing lifestyles of adolescents and adults. Early recollections, day and night dreams, family constellation, childhood changes and childhood challenges will be studied. Emphasis will be on gathering and understanding personal perceptions and ongoing outcomes of lifestyle decisions. Applications to personal growth development, individual and group psycho-educational and psychotherapeutic settings will be discussed.

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| 2. Creative Therapeutic Interventions | Wendy Goddard |
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Whatever our role whether as supervisor, parent, grandparent, husband, wife, counsellor, teacher, youth worker or trainer, we rarely get the luxury of time to stand back and reflect upon who we are. In order to fulfil any role effectively we need to be centred – to be undiminished by the chaos around us. This power within gives us the courage and strength to endure and overcome inner and outer resistance and opposition, difficulties and hardships. In this workshop we will use our creativity to prompt reflection, to explore our relationships, personal and professional; and to find an understanding of ourselves, as inter-connected human beings. I hope it will be useful for anyone who dares to explore themselves and their relationships in a different way. It will be fun, creative, spiritual and reflective as well as being practical with suggestions as 'how to' you can use the methods with clients, supervisees, young people or within families. Min. 6 – max. 12 participants.

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| 3. “Everything can be different” | Seamus Barry |
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“Everything can be different” (“Alles kann anders sein”) An exploratory introduction to the theory and practice of Individual Psychology through the life and work of Alfred Adler and the ideas and philosophy that shaped him.

This experiential and taught course will facilitate participants to gain a practical understanding of Adlerian theory by applying it in encouraging and creative ways during the four day workshop.

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| 4. Parenting – with an Adlerian Focus | Kim Lee-Own |
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- Adler believed that the family is the most important formative influence on children. Parenting has a huge impact on children, while at the same time, being one of the most difficult jobs to perform. Both Adler and Dreikurs felt that pampering was as damaging as neglect, in terms of sending unhelpful messages.

To help children develop self-discipline, resilience, cooperation and a sense of responsibility, parents need to find ways for children to learn in an encouraging environment. This workshop on parenting will be an opportunity to explore parenting styles, to become aware of children's needs and how to understand and manage challenging behaviour. It will also look at logical discipline and how all these things can contribute to a positive plan for parenting with an Adlerian focus.

The workshop is open to anyone interested in building an empowering, positive parenting strategy, using logical discipline methods. No previous knowledge of Adlerian theory is required.

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| 5. Working creatively with Dreams | Jill Reynolds |
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“Working creatively with dreams” is a workshop where you can creatively explore, discuss and come to understand how dreams reveal our lifestyle. We will look at how our perceived position in the family, our perception of family values, mottos, myths, atmosphere and gender guiding lines are revealed within our dreams.

We will also discuss how dreams can be useful in working therapeutically with families, addressing Adlerian concepts such as the extent to which we are embedded in the social, the unique way in which we see life, the purpose of thoughts, emotions and behaviour, and the way that we are holistically self-determining individuals.

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| 6. Managing Your Stress | Mary Campion and Karen Molan |
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This two-day workshop will teach you the ways you can manage stress and how to utilise positive stress. Included in this course will be relaxation techniques and a lot of fun. Adler's theory on health will also be covered.

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| 7. Children's Program (5 - 11 year olds) | |
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Working and playing as part of a group will provide a fun, safe environment for children to exercise their creativity and develop their problem-solving, negotiating and communication skills. Using encouragement, group meetings and other Adlerian methods, the facilitators will capitalize on opportunities to develop children's ability to connect, feel capable and count in ways that are useful to themselves and the group.

COURSE PRESENTERS

WES WINGETT has been a counsellor in private practice in Norfolk, NE for over thirty years. Wes received his Doctor of Philosophy in Counsellor Education from the University of Wyoming in 1975, where he began his studies in Adlerian psychology. Prior to entering private practice, Wes was a school teacher, school counsellor, school administrator, university staff member, and a counsellor in a community mental health centre. Wes has presented Adlerian based training in 17 states of the United States, Puerto Rico, two provinces in Canada, and six countries in Europe. He has been a member of the North American Society of Adlerian Psychology since 1976 and has been awarded a Diplomat in Adlerian Psychology by that organisation.

WENDY GODDARD founded the 'Listening Ear', a charity in Bournemouth which meets the needs of children, young people and their families. She currently provides supervision for Counselors, Children's Centre Managers, and other professionals working with families. Wendy has had a varied career: a psychiatric nurse, teacher, an LEA advisor, counselor, supervisor, and trainer both nationally and internationally. She is presently supervising and training Parent Support Workers. She has published three parenting manuals based on Adlerian principles. Her creative approach in workshops is always fun but well grounded in theory. Recently she was elected Chair of the Adlerian Society and Institute of Individual Psychology UK

SEAMUS BARRY is in private practice in Co. Waterford. He works as a counsellor, therapist, supervisor and trainer. His background is in education, guidance and counselling. Seamus is a former Vice-President of the Institute of Guidance Counsellors, Ireland, and the European Association for Supervision, Hannover, Germany. Seamus is currently in his second year of a professional doctorate (DPsych) in London, UK.