

Editorial

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Welcome ,

In this issue we have stories from Summer School 2013 and from the Autumn Mindfulness workshop. This March we are delighted to have Mary Mulcahy presenting our Spring Workshop 'Enhancing your Relationships' To book your place contact us on 086 3989513 or print off the booking form and post it to the office.

The line up for the 24th Adlerian Summer School is now in place. Topics will be:

Suicide,
Me Myself a Man,
Forgiveness,
Focusing,
Parenting,
Personality types and Self Care along

with our Teen and Childrens programme.

The Brochure will be emailed shortly.



Chatting at the Adler Café at last years Summer School

If you have any queries or ideas that you would like us to hear we can be contacted at

Adlerian Network Ireland Ltd
Resource Centre, Kickham Street,
Clonmel, Co. Tipperary.
Telephone: 086 3989513
Email: info@adler.ie

Story from Positive Communication with Elaine Parker by Treassa Halpin

This year was my second time to attend the Summer School. Last year I attended and completed Wes Wingetts four day course, which I thoroughly enjoyed. In returning to Clonmel, this year, I chose to attend Elaine Parker's course on "Positive Communication". This was Elaine's first year facilitating at the Summer School. My purpose in choosing this course was that I was in the process of researching and starting a new business and I felt that it would help me to be clearer in my communication around myself and this new opportunity. I got this and much, much more. Elaine has a wonderful ability to work with a

group. Our group included people who knew nothing about Adler and his theories, some like myself who had a small amount of understanding and those who worked within the field. This would be a challenge for any facilitator, yet Elaine held the room with great ease and understanding.

In focusing on "Positive Communication", Elaine looked at it through the prism of Alfred Adler's ideas and theories on feelings. This gave us a framework through which to look at ourselves and our own private logic. I found this very beneficial and the space that Elaine facilitated allowed us all to speak freely about

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Elaine Parker enjoying the final night out!

our own experiences or challenges. Her kindness and ability to work through understanding enabled many present to attain new realisations and release old negative patterns of thought and feeling.

On the Thursday morning we are mostly strangers to each other yet by the end of the four days, new friendships and connections have been forged. The Free Morning Talks that take place in the first three mornings give you a taster of what or who you may like to

do a course with next year. One of the best parts of the Summer School is the mixing that takes place at the break-time and lunch time. It is amazing to meet so many interesting and interested people. We mix at the breaks with each class so we can pick up bits of what they are doing, that might also prompt you to take a specific direction next year. I had heard about the Adlerian Summer School for many years yet it took me a while to get there, I am very grateful that I finally made

it. We are very lucky to have such an impressive and effective educational opportunity on our doorstep. I am already looking forward to next year's Summer School, even without knowing what courses and facilitators are available. I know I will most certainly make it a priority that I am available for next year. Thank you ANI and thank you Elaine Parker for a most interesting and educational four days, I look forward to seeing you all next July in Clonmel.

Workshop 2014

Enhancing your Relationships

Saturday 22nd March 2014

Resource Centre
Kickham Street
Clonmel

Price- 60 euros
9.30 am - 5:00 pm

This workshop is designed to allow you space to look at the important relationships in your life.

- Self
- Personal
- Friends/Family
- Work

We will see how your relationships are currently and what you can do to enhance them. You will go away with tools to enhance all of the relationships in your life. We will have a lively, interactive day full of discussion and exploration. Today is focusing on the positive.

To book your place - Complete the registration form and return with fee to:

The Secretary,
A.N.I. Ltd.
Resource Centre
Kickham Street
Clonmel

Name: _____

Address _____

Phone: _____

Email: _____

Things can always be different.
A. Adler

Day of Mindfulness With Bruce Greenhalgh by Sarah Covey

I attended the 'Day of Mindfulness' which was facilitated by Bruce Greenhalgh. I went along with an open mind and an interest to learn further about the subject of mindfulness. I had read a couple of books prior to the day so I had a basic understanding. I found the day was very effective in helping me gain a further and deeper sense of understanding in terms of mindfulness.

I enjoyed the way the day was very practical and experiential. It allowed me to put into practice my new learnings. I loved the way every exercise taught us to slow down and to be fully present in that moment without thinking of other things.

I found it very beneficial in respect to bringing in the concepts into my meditation practice. I teach meditation and since the day workshop I am now incorporating pieces of learning from the day and I am finding it is now benefiting my clients as well as myself. I still have a great interest in this subject and am learning more about it all the time. The course gave me a great start into the wonderful journey that is mindfulness.



**Bruce
Greenhalgh**

Self Discovery Through Art With Dr. Lillian Beattie by Winifred (Emma) Treacy

For the Adlerian Summer School 2013 I attended the 'Self Discovery through Art' course given by Dr. Lillian Beatty. We worked in an environment that was safe, confidential and yet offered fun, respect and mutual understanding in a wonderful group setting. Each morning of the course, we were given a one hour presentation. During one presentation I learnt that we all come into existence through others. We are all stars and every star creates the whole constellation. Becoming ourselves is the most important journey in life. By giving and receiving encouragement each of us can become a flower and radiate out into the cosmos.

In the class we learned how we are a constellation of stars, like a family constellation. I also learned about myself that I am a good observer and listener. I am myself and I am normal. The creative process that was involved in this course enables and enhances our conscious awareness of self in relation to others. It also offers the chance to explore and practice interactive skills. I would highly recommend this course to others.

*To see with the
eyes of another
to hear with the
ears of another
to feel with the
heart of another*

Alfred Adler

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[We're on the web!](#)

www.adler.ie and find us on

[Facebook](#)

Never speak out of anger,
Never act out of fear,
Never choose from
impatience,

But wait... and peace will
appear.

Guy Finley

Membership of the Adlerian Network of Ireland Ltd.

By simply filling the form at the side of this letter and returning it to the secretary, you can become a member of the Adlerian Network of Ireland Ltd. In becoming a member you will receive notices of all workshops throughout the year.

The Adlerian Network of Ireland was launched in 1994

Aims:

- To advance public awareness of and education in the work of Alfred Adler.
- To promote professional interest in Adlers work and to develop training programmes which encourage high standards of practice.
- To teach individuals, groups and families effective ways of living cooperatively together.
- To promote a forum for the holding of lectures, seminars, meetings and training courses which will further enhance the aims and objectives of the A.N.I.
- To facilitate communication and the exchange of ideas between many individuals and groups in Ireland who are interested in Adlerian theory and practice.
- The Adlerian Network runs a weeklong Annual Summer school as well as several one day workshops throughout the year.
- We would like to encourage this work, which benefits all sections of the community. All people interested in upholding the aims and objectives are invited to become members.

Adlerian Network of Ireland Ltd.

Membership form

Please print in Block Capitals

Name: _____
Address _____

Email: _____

Phone: _____ Mobile: _____

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Please tick the box below

I agree to be contacted by the Adlerian Network of Ireland Ltd. (ANI) with information on newsletters, workshops, summer school and any other material the ANI deems pertinent.

We do not share information or contact details with outside parties. All information will be treated in strictest confidence.

Please sign and return to The Secretary, ANI Ltd.,
Resource Centre, Kickham Street, Clonmel,
Co. Tipperary.

Signed _____

Date: _____