

The Details You Need

Location: Loreto Secondary School, Coleville Road, Clonmel,
Co. Tipperary

Registration: Thursday & Saturday from 8.45 am to 9.30 am

Thursday/Friday/Saturday:

Morning Presentation 9.30-10.30 Course time 11.00 to 3.30 pm

Sunday:

Course time 09.30 to 3.30 pm

Tea & coffee breaks each day 10.30-11.00 am.

*Sandwiches, tea & coffee may be purchased on premises during
lunch break (1-2pm)*

**Parents/Guardians are required to supervise their own children
during break times.**

Evening Social Activities:

Thursday, 14th July *Adler Café*

Friday, 15th July *Meal*

Saturday, 16th July *Celebratory Dinner, 7pm*

Full details available at the Summer School

Adlerian Network of Ireland Ltd.

Resource Centre

Kickham Street

CLONMEL

086 – 3989 513

**Please check our website for
Information on the Presenters**

www.adler.ie

Email **info@adler.ie**

Charity No. 294724

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Adlerian

Network

Ireland Ltd.

**25th Adlerian Summer
School**

**Thursday 14th July to Sunday 17th July 2016
In Clonmel Co. Tipperary**

A programme of personal development courses.

Addictions

Grief & Loss

Parenting Children with ADHD

Managing Life Transitions

Private Logic

Leadership in Action

Encouragement

Making Friends with your Inner Critic

Teen Course and Childrens Programme

Free Talks - open to the Public 9:30am - 10:30am

An opportunity to hear various Speakers and get a flavour of the entire Summer School

Thursday, 14th July

Karen John - Understanding Emotional Wellbeing

Friday, 15th July

Wes Wingett - Identifying Personal Assets and Strengths

Saturday, 16th July

Jim Holder - TBA

No prior Knowledge necessary. All are welcome May Qualify for CPD Hours

Courses

1. DEALING WITH ADDICTIONS (4-day)

Jim Holder

From an Adlerian-Dreikurs perspective participants will learn how private logic sets an individual up for addictive behaviours. A key to treatment and awareness is how the addiction itself reinforces the belief system. Processes used will include Early Recollection interpretations, the re-writing and re-reading of ERs and honing the therapist's sensitivity, predictive potential and perceptive reasoning.

2. FINDING A WAY: AN ADLERIAN APPROACH TO GRIEF AND LOSS (4-day)

Wes Wingett

This didactic and experiential course will focus on some principles of Adlerian Psychology. There will be opportunity to define and illustrate personal losses, identification of helpful people and clarification of a personal loss pattern. We will look at the delineation of personal grief and loss and seek resolution strategies.

3. PARENTING CHILDREN WITH ADHD (4-day)

Dr. Frank Walton

The instructor will explain and demonstrate how an underdeveloped sense of community feeling and mistaken approaches to life frequently influence children to manifest behaviour that meets the criteria for the ADHD diagnosis. Specific techniques to work with these parents and children will be offered and demonstrated with families/children with ADHD diagnosis.

4. MANAGING LIFE TRANSITIONS (4-day)

Marion Balla

This course is designed to assist participants to identify and explore the losses and gains inherent in major life transitions. Example aging, career change, retirement, graduation, marriage/partnership, major illness, empty family nest, separation/divorce. 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.

5. PRIVATE LOGIC AND LIFE STRATEGIES (4-day)

Elaine Parker

This 4-day workshop is intended to explore the meaning of the Adlerian concept of Private Logic. We will look at the definition of Private Logic, its roots and sources in childhood in birth order, family constellation, family atmosphere and values, early recollections as well as inferiority and compensation. Other aspects of the workshops will also include goal-directedness, safeguarding behaviours, impasse and priority of lifestyle. We will look at how therapy can help us identify and modify our private logic through our own creativity as human beings with encouragement and action as well as insight. This workshop is suitable for anyone who has an interest in self-development, as well as for those who wish to revise or add this element of Adler's theory to their professional practice.

6. LEADERSHIP IN ACTION (4-day)

Karen John

Whether you work as a senior or middle manager, a supervisor, teacher or facilitator good communication and the ability to envision and model for and with others are essential leadership components. Social equality and democracy require new ways of leading and relating, yet ambivalence about leading and being led prevail. We will look at leadership styles – autocratic, democratic and laissez faire – what prevents us from exercising our own and recognising others' good authority. We will explore our private logic, feelings and actions that undermine democratic living using early recollections, psychodrama and team work to identify lifestyle issues and dilemmas.

7. THE SPIRIT OF ENCOURAGEMENT (2-day, Sat+Sun)

Michael Fitzgerald

The goal of this course is to create a feeling of courage and to express it. We plan to explore the mistaken ideas that fuel our discouragement. Examining the resolutions we concluded when we felt discouraged we will creatively explore these ideas using storytelling, rewriting them into common sense and sharing within a safe environment.

8. MAKING FRIENDS WITH YOUR INNER CRITIC (2-day Sat+Sun)

Tom Larkin

Many people talk about "conquering", "overcoming" or "silencing" that inner voice that seems to undermine and sabotage our best efforts. In this workshop we will be taking a more compassionate approach to that fearful part of ourselves. Employing the mindfulness-based approach of Focusing we will turn towards the Inner Critic to understand it and turn its apparent criticisms and worries into stepping stones for moving forward in our lives.

9. TEEN PROGRAMME (13 - 17 years)

Are you between 13 and 17 and would like to learn more about yourself and how you would like to be in the world? Do you struggle at times in your life with peers, siblings, family, getting time for yourself, deciding what is really important to you, communicating your needs successfully?

If you agree with any of this and more, why not come and spend four fun filled, wacky and decidedly different days learning how to become familiar with your true values and beliefs, increase your self belief and confidence, set your goals, discover the benefits of meditation and how to let go of stress and negative beliefs. And did we mention having fun? This course is for teens whose parents/guardians are attending the Summer School.

10. CHILDRENS PROGRAMME (5 - 12 years)

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 use opportunities to develop each child's ability to connect, feel capable and count in ways that are useful to themselves and the group. For children of course participants only.

For information on the Presenters see www.adler.ie