

October 2008

Please contact us for further information about upcoming Adlerian Workshops

NEWSLETTER OF THE ADLERIAN
NETWORK OF IRELAND LTD

Adlerian Network of Ireland Ltd,
Clonmel Community Resource Centre
Kickham Street
Clonmel
Co.Tipperary

Phone: 086 3989513

or check out our website at
www.adler.ie

"The secret of attraction is to love yourself. Attractive people judge neither themselves nor others. They are open to gestures of love. They think about love, and express their love in every action. They know that love is not a mere sentiment, but the ultimate truth at the heart of the universe."

Deepak Chopra

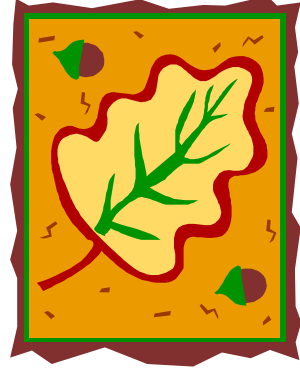
Learn to Swim Learn to Live!

*"What do you first do when you learn to swim?
You make mistakes, do you not? And what happens?
You make other mistakes, and when you have
made all the mistakes you possibly can without drowning-
and some of them many times over- what do you find?
That you can swim!"*

*Well - life is just the same as
learning to swim!*

*Do not be afraid of making
mistakes, for there is no other
way of learning how to live?"*

Alfred Adler



Of Social Interest

NEWSLETTER OF THE ADLERIAN NETWORK OF IRELAND LTD



Editorial

As we are heading into the winter months we hope this newsletter will brighten up your day.

We are new recruits, so would therefore welcome any criticisms of this edition ... positive is welcome too!! ... - to make your next read in the Spring an even

more enjoyable one! Thank you to the many contributors, without whom our task would be harder.

Please send comments, questions, concerns, or articles to ANI, Resource Centre, Kickham Street, Clonmel or telephone 086 3989513.

In the interim, we hope you

enjoy this read and that you have a very enjoyable Autumn and Winter.

Best Wishes,

**Shirley Fahey,
Deirdre Lowry,
& Dorothy McCormack.**



A Breath of Fresh Air

The grey skies of summer 2008 were lightened for me early in July, when I attended a four

day workshop during the 18th Adlerian annual summer school in the Loreto Secondary School, Clonmel. The cost of the four days was very reasonable. But, because of this my expectations were

Inside this issue:

- The large A phenomenon of Terry Kottman's Encouragement
- A review of Cows can be Purple: My Life and Art Therapy
- Raising Responsible Adolescents
- A Report from ICASSI (International Adlerian Summer School)
- Upcoming Events
- Membership
- ... and lots lots more

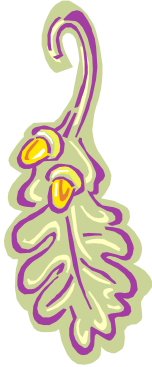
low, until I learned that famous and expert facilitators were giving their services free of charge. Such generosity was inspiring in a world where materialism seems to be the norm.

Armed with my American son-in-law's sat. nav. I set off, directed by a soft American female voice forecasting me of every twist and turn, and I duly arrived (having passed the school on a number of occasions, until I was finally forced to put aside this 'man thing' of blundering on, and so I reluctantly asked a kind lady in the Minella Hotel where the school was).

It was a shaky beginning, but I could feel the excitement as I entered the school and saw a big crowd gathered there for the summer school. I was delighted to see that there was a plenary session each morning given by different facilitators. It gave me a taste of what I might like to do in future years.

I really enjoyed the presentation by Terry Kottman. Her wit and

good humour were accompanied by the humility of a really great person. She was



entertaining and informative, and behind that wit, humour and humility lay a shrewd brain and great wisdom.

I found the presentation by Yvonne Schurer fascinating. Initially, I began to switch off, as I could not understand her Swiss accent, but when she set up a real counselling session with a real client, I became wide awake and absorbed, as she wound her way through the intricacies of a counselling session. My experience of seeing other counsellors in action was in role play. But this was real. It was most interesting to see Yvonne use a genogram-type model for the session. It prompted me to do further research on genograms, and subsequently to use one on a client. I was excited to see that the Chrysalis

Centre in Wicklow is putting on a day's training on family sculpting on 2nd October, and I have enrolled for it, because of the interest inspired in me that July morning in Clonmel.

I frequently use art therapy in my own counselling, and so my main interest was in the workshop 'The Flow of the Brush – Creativity and Adlerian Psychology'. This was given by Dr Lilian Beattie, a retired medical doctor and an Adlerian therapist. I experienced Lilian to be a jolly, kind and extremely wise woman, and I immensely enjoyed working with her. I had presumed that the workshop would be about counselling and would help me in my art therapy efforts. It did that, but it was, however, more about myself. About exploring myself. It was a long time since I had 'indulged' myself in that way. What a beautiful and sometimes painful indulgence it was! I had the opportunity to use art to bring back my childhood, its freedom

'Tools and Techniques used in Adlerian Psychology'

This workshop is based on the principles of Alfred Adler's individual Psychology.

It is a great opportunity for an introduction into a range of key Adlerian topics and can also refresh existing working methods to those in ongoing professional development through valuable learning. The weekend will suit parents, teachers, counsellors or life coaches.

The point of using Adlerian techniques is to 'put the person back into the client'. First we have got to understand the person in their entirety: co-work towards a position where we identify who is the person and what does he want?

All decision making and goals are governed by the creative power of the child/adult. To see the use somebody is making of their creative powers in terms of the conscious and unconscious goals they are currently experiencing is the task of the client/counsellor or parent/child relationship. Adlerian psychology is a 'psychology of use' so we need to understand the use we make of our abilities which includes exploring how things could be different. The task of the Adlerian Practitioner is to increase the creative responses and increase the creative power towards 'social interest'. Adler's intention was to focus on the use we make of what we have got and not the abilities.

This workshop will demonstrate how the Adlerian Practitioner engages with the client to discover this 'use'. A number of international Adlerians will share their knowledge and expertise.

The workshop will be experiential with a strong emphasis on creative approaches. Methods such as creative dialogue, working with early recollections, art and play will be part of the weekend's learning.

Gerhard Baumer BA clinical psychology. He has worked extensively as a psychotherapist, supervisor and trainer in Germany, the UK and Ireland.

Phil Riddle MA forensic psychotherapy. He has many years experience in the prison system in the UK.

Wendy Goddard B.A. (Hons) Cert Ed. Adv. Dip. Couns. MBACP. Wendy has had a varied career of teacher, psychiatric nurse, LEA advisor, counsellor and supervisor.

Bruce Greenhalgh MA Integrative Couns and psychotherapy MBACP. He currently manages an Employee Assistance programmes for corporate clients.

Vincent Byrne Dip Adlerian Couns Dip Cll MBACP Life Coach. He is the tutor on the Irish Adlerian Training group.

Dr Lilian Beattie MB, BS, DHP. Lilian has worked as a counsellor for 25 years having originally qualified in medicine. She is the Senior Adlerian tutor in Dublin.

Application Form for Membership of the Adlerian Network of Ireland Ltd.
(Membership is €30 and is valid until the 30th of June each year)

BLOCK CAPITALS PLEASE

Name: _____

Address: _____

Phone Number: _____

Mobile: _____

Email: _____

Membership Type: _____ New: _____ Renewal: _____

Signature: _____ Date: _____

WEEKEND WORKSHOP
Fee: €140. Lunch
tea/coffee
included.

Adlerian Winter Workshop

Saturday 22nd – Sun 23rd November
2008

Saturday and Sunday 9.45am - 5pm
All Hallows College, Gracepark Road, Dublin 9
Contact: Vincent Byrne 087 412 3567
Joan Armstrong King 087 697 7453

and joys as well as the tragedy I suffered in my adult life.

Creativity, of course, is not always about art-work, and I got the opportunity to write a few poems. It was really satisfying and moving when some of those in the group asked for them. I would have liked to share them with you, but I cannot, having gladly given them away.

I don't have the scope in this short article to explore in detail the workshop, but one session involved the 'elemental wheel' with its emphasis on the four elements - air, fire, earth and water, and associated metaphors such as 'an aery spirit', 'a breath of fresh air', a 'fish out of water', and so on. We really speak

Adlerian Summer School. I cannot finish without expressing my gratitude to those who made this workshop available to me, and I wish the Adlerian Network of Ireland every success.

Jim O'Shea



Jim has recently had a book published- "When A Child Dies, Footsteps of a Grieving Family" (Veritas 2008)

*Creativity is a drug!
cannot live without*

Cecil B. DeMille 1881-
1959

And so ended a most interesting workshop, and some time I will return for further self-exploration in a different workshop at the

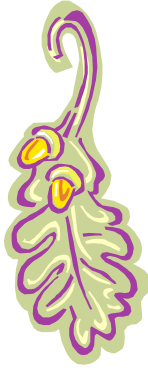
The large A phenomenon of Terry Kottman's EnCouragement

Terry Kottman is a wonderful, fun, courageous, intelligent, otherworldly lady who communicates simultaneously in the five universal languages of love.

Through her energy, fun activities, shared experiences, practical



tools and tears we were given the opportunity to know that we are all enough and that we can choose our response in any situation. "We are all whole, creative and resourceful".



Fun was the key ingredient in our group. There was much hilarity, childlike simplicity and inspiring creative activities. **FUN** also involved Focus, Friendship, Under-

standing," Up until Now" and evaluating our Yes / No responses. rainbow dances and the pot of gold (available to all) holds creative materials and tools, an attitude of gratitude and the commitment to make one change.

Teresa Wade

Book Review

By Dorothy McCormack

Cows can be Purple: My Life and Art Therapy

By Sadie E. (Tee) Dreikurs

(Alfred Adler Institute of Chicago, inc. 1986)

This was the first book I ever read that was from an Adlerian perspective.

It was about the pioneering work of art therapist Sadie Dreikurs who used art therapy from an Adlerian per-

spective as a means to change behaviour, lifestyles and personality. This book was an eye opener for me as I had never known there was such a person as an Adlerian artist and I was interested in finding out more.

Most of the shadows of this life are caused by our standing in our own sunshine.
Ralph Waldo Emerson

In the

first part the author tells the story of her life and the influences in her life. Her first interest in art began when she was six and a



hot weather, NOT A DROP OF RAIN) Tennessee, USA, and all are welcome. They love the Irish over there and would make you feel very welcome indeed. Especially if you sing or dance or story tell!!! Just hinting, like. So start saving.

Mary Mulcahy
Anyone interested in supervision for alternative therapists can contact me at 872524531



Membership of the Adlerian Network of Ireland Ltd

Please fill in the form on the next page if you would like to become a member of the Adlerian Network of Ireland Limited. This network is based on the Individual Psychology of Alfred Adler.

Benefits of Membership

- You receive notification of all Adlerian workshops and meetings.
- You get a discount on all workshops that you attend.
- You receive two newsletters a year (Autumn & Spring) with interesting articles and information in relation to Adlerian events.
- You support the Adlerian Network of Ireland.

Upcoming Events

Spring Workshop 6th and 7th March 2009

Topic: Developing Resilient Children: Teaching the Skills of Social Interest.

Presenter Bill Nicoll Ph.D. (US)

Summer School 6th-9th July 2009

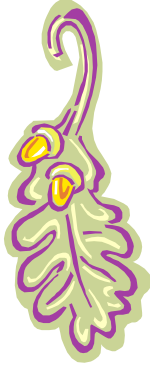
We welcome back confirmed presenters Barry McDonald, Wes Wingett and Jim Bitter with new topics and Adlerian presenters.

room, all English speaking with various accents to make it interesting. The nationalities again were varied: Turkey, Greece, Germany, Lithuania, USA, Latvia and Ireland

Rachel presented us with a method of supervision that I had not experienced before using early recollections. I loved the week and would like to bring this form of supervision to therapists in Tipperary, not currently in supervision for example reiki, reflexology, massage therapists or anyone who works one on one with others and who does not receive structured support from a professional.

I decided as I was travelling such a way I would attend for the 2 weeks and do some sightseeing during the middle weekend. This worked out very well as the city had a heat wave for the weekend, a nice break from the downpours we were getting used to!! As a city to visit, it is cute, has an Irish connection in the Carmelite church that is celebrated each year on

the weekend near July 13th, apparently we gave a gift of a picture



of the Madonna to the city and once the picture cried tears of blood after a tragedy and this event is celebrated each year with a Magyear/Ireland festival, I thought it was in my honour, as I arrived in the centre of the city, to hear Irish music coming from one of the many squares, and saw advertisements for the Irish band to play that evening. The following

There is only one person who could ever make you happy, and that person is you.
David Burns, Intimate Connections

bottle so I could continue to get used to it.

I would love to tell some stories about the evening antics, but that is not part of the concert! I think if you wish to know more attend next year yourself, you will not regret it for a second. Next year ICASSI is to be in (guaranteed hot



The social side of ICASSI is almost as important to mention as it is a time to interact with like minded people

teacher insisted that she change a drawing she had made of a purple cow. This meaningful experience in her life influenced her future work. Her other main influences were friends, work colleagues and her two husbands.

Her first husband was an artist, Leon Garland. After Leon Garland's death in 1941, she married Rudolf Dreikurs, a prominent Adlerian Psychologist. Through these relationships the author was introduced to art, Adlerian psychology and working using art therapy with children and adults. In later years she began to link Adlerian psychology to her art therapy work. This highlighted to me that her life was a process. It was through her life experiences and her relationships that she was introduced to different elements that influenced her life and her work.

In the second section she provides practical experiences of how she used an Adlerian approach to art therapy in sessions with adults and

children. She used Adler's theory of psychotherapy in relation to assessing lifestyle, lifestyle patterns, family constellations and childhood roles. By using these approaches in art therapy Sadie



Dreikurs helped people to come face to face with their lifestyle choices and their perception of themselves and helped them see a new way forward.

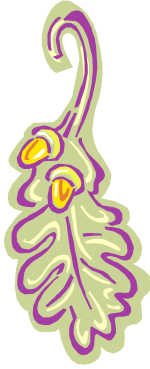
It is easier to fight for one's principles than to live up to them.
Alfred Adler

I liked this book as I felt that the author had a real interest in art therapy. It was personal and informative. The author stated three main qualities that were essential to an art therapist were 'spontaneity, creativity and the courage to be imperfect'. I thought that these qualities would also be important for a play therapist. I think by developing these traits I will be of greater bene-



Raising Responsible Adolescents

"We call our young people lazy "so and so's" when they don't help about the house but instead want to play ... yet this is exactly what we taught them to do as toddlers when they'd ask if they could help with the painting or the wash up!!" or "It's a wonder we don't see our young people checking for their behaviour at the weekends"



It was great to see such a good turnout at the workshop ... we can always improve as parents. Our little intimate group comprised of approximately 12, both male and female with various backgrounds. Some of us were there because we worked with adolescents, while others were parents of adolescents with children ranging in age from 1 to their early 20's. I chose the course primarily because I work with adolescents, however, once into it, I found that it was also very appropriate for my own daughter who had just turned one. The skills, tips and techniques that we learned from Vincent can be put into use from a very early age. In our group we had stay-at-home mothers, pro-

We cannot direct the wind but we can adjust the sails.

fessionals, and a widower. I was moved to see the latter ... it was great to see a man taking a keen interest in his children's lives. A man looking after his children is a beautiful site. We were introduced to Adlerian psychology while specifically focusing on mistaken misbehaviour in young people, how to respond to young people, active listening and responding techniques, a young person's mistaken goals, and the typical faulty goals of adolescents. In addition, we spoke about the importance of looking after ourselves as parents. Vincent also shared his own experiences of being the middle child, all of which was very intriguing and from which we could all learn. I could listen to him forever ... and am reading Adlerian psychology books and attending seminars



It was great to see such a good turnout at the workshop ... we can always improve as parents. Our little intimate group comprised of approximately 12, both male and female with various backgrounds. Some of us were there because we worked with adolescents, while others were parents of adolescents with children ranging in age from 1 to their early 20's. I chose the course primarily because I work with adolescents, however, once into it, I found that it was also very appropriate for my own daughter who had just turned one. The skills, tips and techniques that we learned from Vincent can be put into use from a very early age. In our group we had stay-at-home mothers, pro-

... these are a few of the many witty yet educational comments we had the privilege of hearing at the workshop on Raising Responsible Adolescents facilitated by Vincent Byrne. As part of the Adlerian Summer School, which took place at the Loreto Secondary School in Clonmel, I took this two-day work shop. In a supportive open group, we were given the opportunity to speak about our concerns, and Vincent's ability to help people relax made it all the more easier and enjoyable.

We cannot direct the wind but we can adjust the sails.

ents. Vincent also shared his own experiences of being the middle child, all of which was very intriguing and from which we could all learn. I could listen to him forever ... and am reading Adlerian psychology books and attending seminars

Report from ICASSI (International Adlerian Summer School)

ICASSI was in Hungary this year, in the university city of Győr (pronounced Djhur), the 3rd largest city in Hungary, and situated in the middle of the train route between Budapest and Vienna. So I took full advantage of the location and flew into one city and flew home out of the other.



I had booked myself in to do a full week with Anthea Miller studying Trauma and Recovery for the first week and Supervision, an Adlerian approach, with Rachel Shiffon. Both courses were exhausting, wonderful, left me wanting so much more, enlightening and will enrich the work that I do enormously. The amazing thing for me, attending both courses, was the huge variety of nationalities. In total at ICASSI there were 26 nationalities, with 1 Swedish man who came for the weekend to play and sing Irish songs!

The race is not always to the swift ... but to those who keep on running.

1 UK facilitator, 2 Germans, 1 Japanese, 2 Romanians, 3 from America, and me. This wonderful course was given in English with simultaneous translation from that amazing little girl, and some pauses for the Romanian ladies to catch up, in all quite something to get used to before I started to take in anything about the actual course. What I have learnt will be of huge benefit to my clients and to the students of Adler in the Tipperary Institute. By the end of the week we were firm friends and I had about 6 words in Hungarian, enough to get a huge hug from

those beautiful ladies every time we met after the course finished.

All during the two weeks, as in Clonmel at summer school, we had a plenary session each morning with the various presenters given an hour to present their topic to the general audience, again with simultaneous translations into German from the stage and to Hungarian from the back of the room to make life simple. I loved the mornings enough to get me out of my bed 9 out of 10 mornings, impressed myself anyway! And some afternoons we had special interest sessions during which I learnt some really good little techniques that I can put to good use.



The second week was supervision with Rachel, from Israel and we had 10 ladies in the

The Adlerian Network of Ireland Autumn Workshop

www.adler.ie

Laughter & Wellbeing

with Ann McDonald, Laughologist

C.Y.T.E.

The Wilderness, Clonmel

18th October 2008

9.30 am - 4.30pm



Join Ann McDonald for a day of laughter and letting go.
This workshop will combine laughter with exploring strategies and skills to enhance wellbeing. You will spend your day laughing like you did when you were young!

A day not to be missed

Cost: €60 A.N.I. member €65 non-member

since!

An interesting thing I learnt from the workshop was that most of the teenagers discussed were by no means problem teenagers. They were simply going through the normal teenage process, testing the boundaries, rebelling, etc. I'm sure some parents may have found this frustrating as there isn't a quick fix for this behaviour ... it will

pass, but will pass so much easier on us both when we learn a thing or two on how to cope in these difficult times ... Vincent taught us just some of these. My students are reaping the benefits of the



ing the benefits of the

workshop now ... you'll have to get back to me in 18 years time to see my "perfect" teenager!! I will in the interim, however, be keeping up to date with the skills and techniques required and hope to attend the Adlerian summer school again in 2009 ... along with everything else Adlerian! A huge thank you to Vincent.

Advanced Certificate in Adlerian Psychology and Counselling Skills

Good luck to all the students who are beginning the Advanced Certificate in Adlerian Psychology and Counselling Skills in Tipperary Institute on the 4th of October 2008.

This course is running from October 2008 to April 2009 and will give the students an increased understanding of Alfred Adler's Individual Psychology and so much more!

Course tutors are Mary Mulcahy and Catherine Ann O'Connell and the course runs each year from October until April.

For further information about this course: Contact: Tipperary Institute at www.tippinst.ie

Email: dhp@tippinst.ie or phone: 0504-28126.