

‘In the flow- no explanation’

By Teresa Wade

Lilian Beatty’s creative group displayed their ‘collaborative masterpiece’ at the closing ceremony of the Adlerian Summer school. This is one of the group’s view about what this experience meant to her!

So...the Art display was our collaborative Masterpiece as this was the medium through which we explored what was significant in our lives, in the now, which was greeted with total support & respect for each individual within the group.

We stood together linked supporting each other forming a half circle, the other half was completed by the “audience” symbolising that though we worked individually and collectively as a group we remained connected to the universe through nature and through Lilian's spirituality & "airy" groundedness.

The story of courage - written by a group member, insightful of itself was read beautifully by another member displaying true courage, also told of the courage we had developed together.
(see below for the story)

The song:
Doors closing
Doors opening
Doors closing
Doors I’m opening
I am safe
It’s only change

resonated with our group because there are always doors closed in relation to our creativity, most significantly - our minds, our hearts, our souls. Doors opening representing the opportunity of attending summer camp, the expertise, generosity and openness of the facilitators and the organising committee. Doors closing was the classroom door when the group had arrived representing safety, boundaries and perhaps nervousness.

Doors I'm opening - this is personal, this is choice, this is risk taking facilitated by Lilian but with the support of the entire group. I am safe - yes exhilarating, wonderful, unbelievable etc. though the experience may be most of us need to feel safe though safety means very different things to people. It’s only change - there is nothing more constant than change, night turns to day, the seasons etc. yet many of us fear or at least dislike change however things quite simply don’t ever stay the way they are. When you embrace change with a “Lilianesque” approach you can choose to create your own Masterpiece. Lilian “osmosified” into each member of our group the belief that we are our own Masterpieces and that each of us are perfectly imperfect if only we would allow ourselves to be.

Sureprint

Membership of the Adlerian Network of Ireland Ltd.

(Based on the work of Alfred Adler)

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.

Application Form for Membership of the Adlerian Network of Ireland Ltd.

BLOCK CAPITALS PLEASE

Name: _____

Address: _____

Email: _____

Phone Number: _____ Mobile: _____

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: _____



of SOCIAL INTEREST
Newsletter of the Adlerian Network of Ireland Ltd.

Resource Centre, Kickham Street, Clonmel, Co. Tipperary.

AUTUMN 2012

Editorial

Welcome to the autumn edition of the Adlerian Newsletter. This edition contains information on the upcoming events of the Adlerian Network of Ireland.

Firstly is the Autumn workshop entitled 'An Adlerian approach to Self Care' This workshop will be facilitated by Mary Mulcahy and will focus on the use of relaxation and awareness to deal with the day to day stresses we all have to cope with. This workshop will be held on the 19th November 2012 at the Resource Centre, Kickham Street, Clonmel.

There are also articles on some of the fantastic workshops that took place at this year's Adlerian Summer School. The articles review these workshops that ranged from Handling Family Stressors to The Flow of the Brush.

We are very grateful to all the people who took the time to contribute articles for this edition. Their articles highlight what a positive experience the Summer School is for one and all.

At this years AGM a resolution to change the Articles of Association was passed by the members of the ANI. As a result membership of the ANI is now free. Please take time to fill out the new membership form and return it to the secretary at the office address.

We hope you enjoy reading this newsletter and should you seek any further information or wish to comment on any aspect of the newsletter, please contact us at:

The Adlerian Network of Ireland Ltd.,
Resource Centre,
Kickham Street,
Clonmel,
Co. Tipperary.
Telephone: 086 - 3989513
or check out our website
www.adler.ie

The unique wing, mind and ball

By Agnes Harney

One sunny, windy day
Two little ducklings stood on the shore
One Jessie felt brave, happy and determined
Even though one of her wings
Was not as strong as all the other birds
She decided that it wasn’t going to hold her back
She said, ‘my wing may be unique but my eyes,
my ears and legs can be stronger than everyone else’
With this she dived into the pond
with a tremendous splash,
The other little duckling, Macie felther mind
was different to the others and she crackled;
‘how can I be like everyone else I’m different,
my wings will not hold me up’
Jessie shouted, ‘who’s looking at you kid’!
Macie know in her heart and soul that it was
Mavlou’s dogs inside her mind
that was holding her back
So at that moment Macie decided
to open her mind so Mavlou’s dogs disappeared
She decided to trust in her own boundaries
With that she dived with a splash into the pond.
Hedgehog who was ear wicking shouted,
‘we are all unique in our own special way’
With that he curled up into a ball.

Trees

By Joyce Kilmer

I think that I shall never see
A poem as lovely as a tree.
A tree whose hungry mouth is prest
Against the sweet earth's flowing breast;
A tree that looks at God all day,
And lifts her leafy arms to pray;
A tree that may in Summer wear
A nest of robin's in her hair;
Upon whose bosom snow has lain;
Who intimately lives with rain.
Poems are made by fools like me,
But only God can make a tree.

Summer School 2012 - Managing Family Stressors

By June Maher

As I pushed down the door handle to the room which hosted the course ‘Handling Family Stressors’ presented by Wes Wignett, the nervous knot in my tummy tightened. I had seen Wes give a morning presentation at the Summer School two years ago and found his talk very interesting.

Now I tried to second guess what he would ask and what we would discuss in relation to Family Stressors. I asked myself: was this a mistake? Would it be too invasive and uncomfortable? I couldn’t have been more wrong. As I entered the room I met Karen first- Wes’s wife and fellow participant in the class. She was lovely and welcoming as was Wes.

The room soon filled with its ten participants and Wes introduced himself and told us a little bit about himself and his background and soon his good humour and gentleness and funny jibes to everyone helped to ease my nerves.

He handed us out blank cards and asked us six simple questions
1/ Where were you born?
2/ Where did you live until the age of ten?
3/ Where did you live in our adolescence?
4/ Where do you live now?
5/ A word we would use to describe stress in our lives?
6/ Choose an animal that you would relate to (characteristically)

From: Chameleon, eagle ,lion or turtle.

We wrote the answers on our cards and began to talk about and compare our answers, and this was our starting point. Listening to the different answers and the stories behind them was so interesting, and all of a sudden we all seemed to be really at ease with one another.

Next Wes handed us out our beautiful workbook to fill in as we talked, we even had space to draw if we wished or just scribble or just write words. It was a bit daunting, like being back in school and handed a blank piece of paper and told to write a story! But somehow in the special atmosphere of that group of lovely people (all strangers) open to sharing, learning and just letting people be their real selves, with no expectations, and no judgements-just listening, hearing and acceptance, and with Wes guiding the topics, I suddenly felt comfortable and safe and began to fill in my book.

Once I started it was like a floodgate opened and the words just flowed out. Soon most people were comfortable enough to share what they had written and so was I. Wes was good enough to go through an early recollection with me and helped me to decipher a recent dream. I was amazed.

Some other participants who had been a little cautious about sharing personal stories with the group felt able to do so now and I learned so much from them. Parts of different stories were similar to my own and helped me to feel a kind of validation as if someone truly understood my experiences and by extension ...me...as they had lived through something so similar. There was so much common ground, it made me realise that sometimes we feel misunderstood, alone and isolated when we needn't feel that way at all.

As others spoke and shared their experiences, it was riveting to listen to the detail of each personal story- some very similar, some very different, stories of good humour, great heart, hope, loss, pain, fear, resilience and survival and how all of these have coloured our present lives.

Wes showed us how our negative thoughts, feeling and ideas could be turned into positives and how we all had strived unknowingly to overcome these and move toward the positive to achieve success, satisfaction and fulfilment and to ultimately solve the three social challenges in life-occupation, friendship and love. I was blown away as I looked back through my workbook and saw the words staring back at me from each page and the patterns repeated through time now in black and white before me. It was like looking through a window pane that someone had cleaned the condensation from and now, suddenly the view was crystal clear.

At the end of my experience, I felt I had left down a weight I had been carrying for years. I felt I knew myself better and felt more confident. I could see how my past had coloured my present and how ti could relate to the future. I was so glad that I had chosen this course and left feeling absolutely invigorated. I will never forget Wes and the other participants that I shared my experience with and how some of them have touched me deeply.

Wes was an excellent teacher on Alfred Adler (he also ran the Adler Café on one of the evenings).

One of Adler’s quotes was ‘Man knows much more than he understands’ and Wes was so good at guiding us to see the knowledge we already possessed about ourselves but hadn’t quite understood just yet... I can’t wait for the next Summer School!

Sinead Larkin

From the 5th -8th July 2012, I participates in the ‘*Managing Family Stressors*’ workshop at the 22nd Adlerian Summer School in Clonmel. The workshop was presented by Wes Wingett, however, as Wes explained at the start of the class, ‘*He can to teach and to learn*’. I think this summarises Wes’s approach and Alfred Adler’s principles of connecting, contributing, being courageous and encouraging. Wes has travelled from North America to present at the Adlerian Summer School for the past five or six years, accompanied by his lovely wife Karen. This year Karen had a serious wrist/hand injury and still made a huge effort to travel to Ireland. It is said the ‘*with broken wings, no bird can fly*’, however Karen proved this wrong by flying all the way from America and making a huge contribution to our class. Karen has a way with words and has us all enthralled with her beautiful early childhood recollections and positive outlook.

Wes usually begins his class by reading from ‘*The Little Book of Courage*’ by Barbara Lewis Marco. Wes presented his workshop through a Workbook format. He has designed a number of workbooks on various topics ranging from intimacy to bereavement and from family stressors to family strengths. These workbooks include questions, which the participants answer in a written format. This is also space of visual imagery, photography or drawings to be included. The participants are encourages to share their written response or imagery with the class group, if they so wish. The workbooks are experiential in nature, in that the participants are fully involved in the experience of finding the answers to the questions within themselves. There is also guidance/support from Wes and the other class members. The workbook is a lovely written and visual record of ones own personal journey during the four day workshop. It is similar to a mini auto-biography and is useful aid for reflection and contemplation. Sometimes the answers to the questions arrive through the written word and sometimes, surprisingly, through the drawings. The answers often arrive through both mediums as each compliments the other. At times the ‘*Aha moment*’ is reached through listening to class members, understanding their personal journeys and empathising with them. During this workshop we all experienced many moments of enlightenment, through sharing and listening. The workbooks may be obtained from *Wes Wingett, Adlerian Counselling and Training, 214 North Seventh St., Suite Six, Norfolk, NE 68701, North America*. They are also on sale at the Adlerian Summer School Bookshop each year.

On the front cover of the ‘*Managing Family Stressors*’ workbook there was an image of a mature Oak Tree. I think this image was appropriate because we are all members of a family tree in the past, present and future. We are also members of a community and indeed a global family tree. During these stressful recessionary times, locally, nationally and globally it is important to remember that we are all rooted in the same earth and it is good to support and help each other as best we can. During this workshop I learned that there is strength in unity and that the friendship and support of the class members for each other was positive and affirming.

I would like to conclude by thanking Wes and Karen for another wonderful workshop and my fellow class members for their kindness and simple yet profound words of wisdom. I would like to include the poem 'Trees@ by Joyce Kilmer to illustrate our experience of spiritual growth and renewal during the Adlerian Summer School of 2012

Sinead Larkin.

Attitude

By Charles Swindoll

The longer I live, the more I realize the impact of attitude on life.

Attitude to me, is more important than facts.

It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do.

It’s more important than appearance, giftedness or skill.

It will make or break a company...a church...a home.

The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day.

We cannot change the fact our past... we cannot change the fact that people will act in a certain way... we cannot change the inevitable.

The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it.

Adlerian Network of Ireland Autumn Workshop

An Adlerian Approach to Self Care

Let Mary teach you the skills of relaxation, meditation and visualisation



Mary believes that love, care and balance start with the Self. Self Care is increasingly more important in our stressed lives.

This experiential workshop will guide you to a state of relaxation and awareness from where you can better deal with day to day issues.

Mary Mulcahy is an Alderian counsellor and an Aura Soma colour therapist in private practise. She co-presents the Adlerian Psychology & Counselling Skills Programme in the Limerick Institute of Technology, Clonmel

Wear comfortable, loose clothing.

Bring a mat, blanket and pillow to fully enjoy the day.

Resource Centre, Kiekhams St., Clonmel
Saturday 17th November 10.00 am to 4.30 pm

60 euro

Enquiries: 086 3989513

www.adler.ie