

Adlerian Network of Ireland Ltd *of Social Interest*

Editorial

Special points of interest:

- Mindfulness Workshop
- Summer School Stories
- Membership

Welcome ,

In line with the motion agreed at the AGM in September this is our first email newsletter. We hope you find it interesting and feel free to pass it on to anyone you think might be interested.

In this issue we have stories from Summer School 2013 . We always appreciate those members who take the time to record their experiences for us. It is wonderful to be reminded of those great days.

This November 2nd we are delighted to have Bruce Greenhalgh presenting 'A day of Mindfulness' What a great opportunity to learn about relaxation and gentle

meditation. There are still some places available so contact us on 086 3989513 or

print off the booking form and post it to the office.

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 Adler@gmail.com



Selling or laughing
at the book stall at the Summer School 2013

Story from Managing Parent and Childrens Emotions with Sue Anne O'Donnell and Bruce Greenhalagh by Rebecca Canning

Summer 2013 was my second time at the Adlerian Summer School in Clonmel. The year before I had attended on my own and had a really positive and enjoyable experience. I decided this year that I wanted to go with my four daughters, hoping that they too would enjoy the experience. I applied for the scholarship and to my delight and appreciation was accepted.

As the date got nearer my girls began to ask questions 'what is a summer school?

We're not going to be doing maths, are we?' I felt a little nervous that they might not enjoy it, then my teenager started making sounds that she didn't want to go. I encouraged them and promised them that they'd enjoy it and asked them to trust me! I need not have worried at all because of course they did! My three girls aged five, eight and nearly ten went into lovely Martina's group gaining positive encouragement and strategies to help me in my position of parenting alone. Great

Continued from Page one



Plotting and planning their parenting and teen programmes!

learning came not only from the tutors and their experiences, but from the other people in the group, as well as some fun and some laughter. Break times brought me back together with my youngest three were we'd picnic in the outside courts attached to the school. The weather was fine, hot sunshine and blue skies and a feeling of contentment seemed to be

with everyone. My teen hung out with her new friends so I hardly saw her, that was something she really liked. The last day brought the closing pieces from each group as we all gathered in the hall. I like this bit and don't at the same time, being a little nervous getting up in front of everyone! I learned from the year before 'if the kids can do it, I can do it!' Again I got

the same message as my own got up and did their pieces with great confidence.

As we drove away on the last day, they all said how much they'd enjoyed it and asked 'can we go next year?' I was delighted that they'd all got something positive out of it, and more besides. A great experience and I look forward to summer 2014.

Mindfulness Workshop 2013

A Day of Mindfulness

Saturday 2nd
November 2013

Clonmel Óg Clubhouse
Frank Drohan Rd (Bypass)
Clonmel

Price- 60 euros
9.30 am - 5:00 pm

Please bring a yoga mat and blanket. Wear comfortable clothes suitable for lying on the floor.

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: _____



Bruce Greenhalgh

Self Discovery Through Art With Dr. Lilian Beattie

by Sinead Larkin

This year, the I participated in the 'Self Discovery through Art workshop' presented by Lilian Beattie at the 23rd Adlerian Summer School in Clonmel. It just so happened that the summer school coincided with the first heat wave in Ireland for 7 years. I was naturally a little hesitant about entering a north facing classroom during our rare spell of sunshine. As I entered the 'George Bernard Shaw' room, I was reminded of his writing that 'The True artist will let his wife starve, his children go barefoot, his mother drudge for his living at seventy, sooner than work at anything but his Art.' Not very Adlerian in principle, I thought to myself, however I was willing to sacrifice the sunshine and jump in at the deep end on this occasion. Pablo Picasso once said 'Art washes away from the soul the dust of everyday life.' No sooner had we introduced ourselves and settled in than I forgot about the sunshine outside and focused on the light within the group.

We set sail on a journey of self discovery guided by our tutor, Lilian and we all discovered many unexplored islands and hidden treasures along the way. The film 'Life of Pi' comes to mind when one considers the variety of visual imagery created during the classes. The I mages included bird, plant,

animal life, seascapes, landscapes, nature studies, chakra colour studies, self portraits, images of galaxies representing inner and outer space, poetry, quotes, creative writing and journaling. As we were moored in the GB Shaw room, I will include another Shaw quote 'Life isn't about finding yourself, Life is about creating yourself.'

Lilian gave us permission to be '5' once again and to explore our imagination through art and creativity and see where it leads us. It is said that a falling leaf returns to its roots and I think it was a good experience to return to one's past imagination at the age of five in order to grow in the present and move forward in the future. Shaw once said 'We don't stop playing because we grow old; we grow old because we stop playing.' He also stated that 'You use a glass mirror to see your face; you use works of art to see your soul.' Indeed we are all courageous enough to experiment with the art materials, have fun, feel capable, and connect with others through feedback, which created a sense of belonging within the group. All very Adlerian in theory, however in this particular class Adlerian in practice. We were all willing to take risks, make mistakes, learn from our mistakes, and this became transparent through a movement in our visual imagery as the days

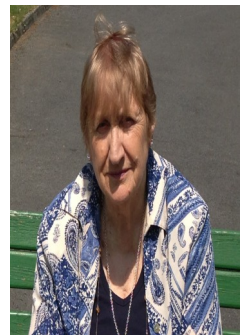
progressed. To quote Shaw, once again 'A life spent making mistakes is not only more honourable, but more useful than a life spent doing nothing.'

Each member of the class contributed pearls of wisdom towards the greater good. We were all encouraged to step back from our visual imagery, observe the materials used, study the methods of use, question the colours chosen, understand the meaning of the imagery to ourselves and reflect on the work created by ourselves and the other class members. It was important to listen to judgements, comments and advice given by others and to understand that these expressed the person that gave them.

The most important realisation for me was a deeper understanding of my own work and what images said to me personally. 'A picture tells a thousand words.' Due to the practical nature of the class, I think the following quote sums up our learning experience.

'Tell me and I forget
Show me and I remember
Involve me and I understand.'
Lao Tzu.

Thanks again, to the Adlerian Summer School for another wonderful experience, to the presenters who travelled from around the world, Lilian, in particular, to my fellow class members and the creative spirit of GB Shaw, ever present in the classroom.



Dr. Lilian Beattie enjoying the sunshine in Clonmel

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

Alfred Adler

Adlerian Network of Ireland Ltd.

Resource Centre,
Kickham Street,
Clonmel,
Co. Tipperary

Phone: 086 3989513

Fax:

E-mail: adler.ireland@gmail.com

**We're on the web! www.adler.ie and
find us on Facebook**

Autumn by Julie L. O'Connor

There's a crispness in the air that greets the morning sun, a feeling of anticipation, a new day has begun. Harvest days are ending, winter is drawing near, yet in between is surely the most special time of year. They call it Indian Summer, and it seems to fit the bill, for it's as if the Lord took a feathered brush and painted all the hills.

Now as I sit contented, atop of one of these, a book in hand to pass the time, the sound of a gentle breeze, I can almost imagine an Indian child upon this mountain-top, looking down at the land of her forefathers, lost within her thoughts For in every persons lifetime some heartache may occur, but on these hills in quiet solitude, God helps us to endure.

So I say that the eyes are a window, beauty is found within the soul, and upon the hills of Autumn, that are strewn with red and gold.

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: _____
—

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: _____