

## Parenting- with an Adlerian

### Focus

Kim Lee-Own

I attended Kim's parenting course as I was interested in parenting skills. As I have attended many courses on parenting, Kim's for me was an important way to learn from not being the 'perfect parent.'

Through this course I became aware of my parenting style. As a parent with my own style I became aware of other ways, better ways to parent. We all deserve good children and our children deserve good parents. This course helped me to focus by using the Crucial C's (Courage, Connect, Capable and Count). It was particularly the courage to embrace change from our new learning and awareness that I learnt from this course.

A key parenting objective is to 'Catch them being good.' Sounds simple but for me this concept was elusive. However from gaining a better understanding of 'effective discipline', this led me to recognize behaviours such as 'button pushing', 'throwing and catching' and 'negative labelling.' I learnt to see these behaviours and this allowed me to start to implement changes.

I also learnt that children's need's can only be met when our needs are met. The analogy used by Kim was that of the jug (parent) and the glass (kids). If your jug is empty you need to fill yourself up first. Not unlike airline instructions re: oxygen masks; look after yourself first so you can be of more help to your children.

Amazingly, our kids will learn their style from us, as we learnt from our parents. So if I live a well balanced, wonderful life that is the second best gift I can give to my kids. The first I learnt was 'Time'.  
Ken Walsh

Ps Kim's style, skill and patience was worth the 'financial and geographical inconvenience', to quote Leonard Cohen. Not to mention the great friendship felt as experiences were halved and shared.

## A Spring Poem

A week of frost, of fog and cold

But then the sun came out,

And like a ray of new-born hope

It brushed away the doubt.

A week of gales and heavy rain

But then the wind grew calm,

And like the peace of silent hills

It spread a healing balm.

A week of floods and melting snow

But then the sun revealed,

The wonder of awaking Spring

In every tree and field!

*Iris Hesselden*

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"When things go wrong as they sometimes will,

When the road you're trudging seems all up hill,

When the funds are low and the debts are high

And you want to smile, but you have to sigh,

When care is pressing you down a bit,

Rest if you must, but don't you quit.

Life is queer with its twists and turns,

As every one of us sometimes learns,

And many a failure turns about

When he might have won had he stuck it out;

Don't give up though the pace seems slow—

You may succeed with another blow,

Success is failure turned inside out—

The silver tint of the clouds of doubt,

And you never can tell how close you are,

It may be near when it seems so far;

So stick to the fight when you're hardest hit—

It's when things seem worst that you must not quit."

~ *Unknown*



# of SOCIAL INTEREST

Newsletter of the Adlerian Network of Ireland Ltd.

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

***SPRING 2011***

## Editorial

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

Firstly is the Spring workshop entitled 'Encouragement' which will take place on Saturday, the 16<sup>th</sup> of April. This workshop will be facilitated by Catherine Ann O'Connell and will focus on how to use encouragement for personal growth and to improve relationships.

There is also details on the numerous and fascinating workshops that are available at this year's Adlerian Summer School 2011. There is a great variety of workshops which range from grief/loss to anger management to self care. Take your pick!!

This newsletter also contains a review of the autumn workshop that took place in November. It also has articles on the experiences of some participants at last year's Adlerian Summer School. We are very grateful to all the people who took the time to contribute articles for this edition.

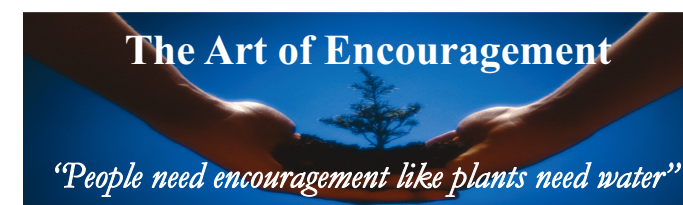
We hope you enjoy reading this newsletter and should you seek any further information or wish to comment on any aspect of the newsletter, please contact us at:

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

Phone: 086-3989513  
or check out our website  
[www.adler.ie](http://www.adler.ie)

Happy reading!

## The Adlerian Network of Ireland Spring Workshop 2011



**Resource Centre, Clonmel**  
**Saturday 16<sup>th</sup> April 2011**  
**10:00 am - 4.00 p.m.**  
(Registration 9.30am)

Facilitated by Catherine-Ann O'Connell

At this workshop you will learn about Alfred Adler's concept of encouragement. According to Adlerian psychology, encouragement is the process of developing a person's inner resources and providing courage to make positive choices.

During the workshop we will use visualisation, group work, discussion and activities to explore the concept of encouragement. You will leave feeling stronger, more able to make changes, cope with life and of course feeling hugely encouraged!

Catherine-Ann O'Connell has been lecturing in Adlerian Psychology in Tipperary Institute for nine years. Catherine is passionate about the common sense psychology of Adler and of his practical ideas for improving our lives. She has developed a programme called Time to Change, which helps people who are facing changes, to move forward with ease in their life.

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

Further enquiries to 086 3989513  
[www.adler.ie](http://www.adler.ie)

**The Voice of Spring**

by Mary Howitt

I am coming, I am coming!  
Hark! the honey bee is humming;  
See, the lark is soaring high  
In the blue and sunny sky,  
And the gnats are on the wing  
Wheeling round in airy ring.

Listen! New-born lambs are bleating,  
And the cawing rooks are meeting  
In the elms--a noisy crowd.  
All the birds are singing loud,  
And the first white butterfly  
In the sunshine dances by.

Look around you, look around!  
Flowers in all the fields abound,  
Every running stream is bright,  
All the orchard trees are white,  
And each small and waving shoot  
Promises sweet autumn fruit.

**Summer School 2011**  
**Choice of Courses**

1. Spirituality in Difficult Times (4 day)

Peggy Pelonis
2. Grief and Loss: An Adlerian Approach (4 day)

Wes Wignett
3. The Flow of the Brush (4 day)

Dr. Lillian Beatty
4. Meeting Everyday Family / Classroom Challenges(4 day)

Joyce Callus
5. Anger Management (4 day)

Camilla Ghazala / Peter Saunders
6. Introduction to Adlerian Psychology (2 day) (Thurs+ Fri) (Sat+ Sun)

Sue AnneO’Donnell
7. An Adlerian Approach to Self Care (2 day) (Thurs+ Fri) (Sat+ Sun)

Mary Mulcahy
8. Children’s Programme (5 to 11 years)

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

**Registration:** Thursday 7<sup>th</sup> of July 2011, 9.00- 9.30 in the Loreto Secondary School

**Remember the Early Bird Offers!!!**

**Adlerian Autumn Workshop 2010**

**‘The Work’**

This Workshop was presented by Margot Diskin from Galway. Margot is an enthusiastic student of ‘The Work’ of Byron Katie. Margot described the journey that Byron Katie made to eventually arrive at emotional wellbeing. From the depths of inpatient Psychiatric treatment she came to the point of sharing her insights with an ever increasing multitude of people from all corners of the globe.

The Work is so simple and yet so profound. When I am emotionally triggered by an event or person to the point that I begin to suffer distress there are four simple questions asked.

**Is it true ?**

**Do you absolutely know that it is true?**

**What feelings do you generate when you have this thought?**

**In what way would your life be different if this issue was not present in your life?**

The Work then seeks to do a **Turnaround**

I am invited to consider the possibility that my statement about a person or event that caused such emotional distress is not true and the possibility that the opposite is true. So instead of the statement ‘my mother doesn’t love me’ I am asked to consider three other possibilities.

1. My mother does love me

2. I do not love my mother

3. I do not love me.

I am then asked to give three examples of each of these three statements. When I have considered these aspects somehow I have broadened my perspective to the point that I become less self preoccupied and more open to aspects of my own behaviour that I have often ignored.

Byron Katie is like Adler in that when she concentrates on the others in her life space she is less preoccupied with herself. Adler says that I can only achieve mental health when I attend to the welfare of those who make up my human group.

Byron Katie has made that journey herself and has now opened her heart to countless others who suffer such emotional distress. She is encouraging us to be very clear about what it is we worry and distress about:

1. Is it my business ?

2. Is it your business ?

3. Is it God's business ?

I can only deal with my business, and Byron Katie says that much of our distress is caused by taking over the issues of the others in our lives, and living in their space. Then she says that there are issues which are outside the influence of myself or the others and that she calls God's business.

I found this workshop interesting, challenging and at times profound in the questions it raised for me. Please visit her web site: **www.byronkatie.com**

*John Murphy*

**ADLERIAN SUMMER SCHOOL**

**JULY 2010**

**A Family View**

It was with great excitement and expectation that Bob (aged 9), Amey (aged 7) and I (age best left unprinted!) set out for the Adlerian Summer School in Clonmel on July 5<sup>th</sup>. We were excited for a number of reasons, it was our third year attending and we loved the two previous years. Diarmaid and Daire, (Bob and Amey's friends) were with us this year and we had loads to tell them about the fun we had, the games we played, the friends we made and the stuff we learned the other years.

Wes was going to be there and we loved him last year. He had become our buddy and we were so looking forward to meeting him again.

But most of all, all three of us knew this year would be good. We weren't as nervous about new places and people, we knew the drill. Adler had become part of our lives and we were in a sense coming home.

The week met and surpassed all our expectations. Bob said in his card to Martina on the last day 'it was the best week of my life'. Amey jumped out of bed each morning, anxious to get there, full of delight. Diarmaid and Daire have already booked their space in the car for next year! The choice of workshops was fantastic and from the feedback I heard, each and everyone was excellent. The plenary sessions were interesting, informative and always gave a gem to bring away and reflect on.

I had just completed the Certificate in Adlerian Psychology and Counselling Skills in Tipperary Institute in May and confess to having become an 'Adler addict'. I chose to attend Wendy Goddard's workshop, Creative Therapeutic Interventions, believing it would equip me with a new range of skills which I could bring to my work. It certainly did give me new skills which are practical and useful, but like all Adlerian work, the most valuable lesson of the week, was what I was able to learn about myself and how I view myself, my life, my work, my relationships and my fears. I could write forever about the pieces of work we did but would not be able to capture the depth of it, the significance for each person, the strength and courage in that room each day, the risks taken and the treasures found.

For me personally, the exercise around the Journey to my Goal was particularly powerful. Wendy used the feet and hands drawn by our children and sketches of brick walls to map out the stumbling blocks, the steps and the helping hands that are part of our journey as we travel towards our goal. As I made that journey in that room in Clonmel I experienced fear, hesitation, stumbles and falls but accompanying me on the road I met forgiveness, encouragement, helping hands, courage and a sense of achievement. That captures for me what the message of Adler is and it encapsulates what the Summer School is about – Roll on 2011.

*By Mary Purcell*

**Membership of the Adlerian**

**Network of Ireland Ltd.**

Please fill in the form below 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.

**Adlerian Network of Ireland Limited**

(Launched in 1994)

**Aims**

To advance public awareness and professional interest in the work of Alfred Adler.

To teach individuals, groups and families effective ways of living cooperatively together.

To develop training programs that encourage high standards of practice.

To promote a forum for the holding of lectures, seminars, meetings and training courses which will enhance the aims and objectives of the A.N.I.

To facilitate communication and the exchange of ideas between the many individuals and groups in Ireland who are interested in Adlerian Theory and Practice.

**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:** \_\_\_\_\_

*Enclose subscription of €30 and send to: The Secretary, Adlerian Network of Ireland Limited, Resource Centre, Kickham Street, Clonmel, Co. Tipperary.  
Phone: 086-3989513*

**Membership Type**      **New:**      **Renewal:**

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_